

ACTION!

MORNING

1. **Gently stretch** and move your body before getting up.
2. **Hydrate.** Have a glass of water and fill up your water bottle.
3. **MAYBE**, if you have time:
15 min **Fascia CHI** or **5 min Box breathing**, Mobility, or any calm exercise. Focus on areas where you feel stiffness.



1. **Break-Fast** = non sweet, protein first.
2. **MAYBE**, if you have time : Take a class, walk outdoors with your dog. Breath through your nose all the time. Adjust movement to your breath. **Use breath exercises for activity.**



LUNCHTIME/EARLY AFTERNOON

1. **Lunch**, protein and vegetable focus (great time for SALAD/SOUP)
2. **Refill your water bottle.**
3. **MAYBE**, if you have time : Go for walk and breath through your nose only. If you are at work and sitting most of the time, this is your time to take at least 10 min for proper stretch and move your body!
4. **Take 10. min to do Breath exercises.**



LATER AFTERNOON/ EVENING

1. **MAYBE**: if you haven't done it already, Evening class or your own workout
2. **Dinner**: prioritise protein with plenty of vegetables and a handful of carbs.
3. **Practice meditation or breathing exercises for better sleep.** For relaxation use CALMA. If you snore, do LSD and try sleeping on your left side.



**HAVE A DEEP, RESTFUL SLEEP—
IT'S CRUCIAL FOR YOUR BODY
AND MIND RECOVERY!**

