

WEEK 10

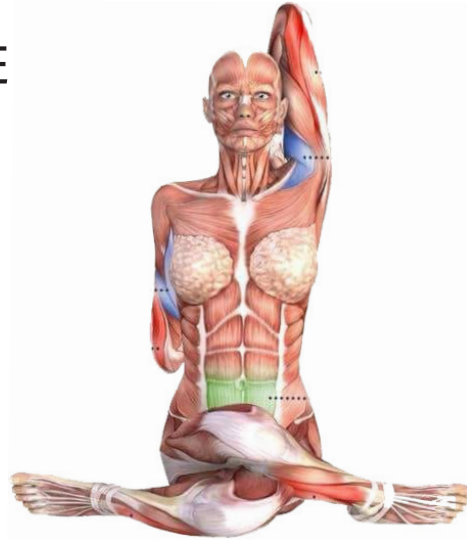
01 KNEE STACK

02 MANAGE TRIGGERS AND FEEL SATISFIED

03 SPEND TIME IN NATURE

MOVEMENT

The initial measurement for this posture will be the distance between your knees on each side. Once the muscles release enough that the knees can touch, begin hinging forward to intensify the stretch. Release into this for 30 seconds on each side to start each day this week before.



NUTRITION

Do you find yourself eating well part of the day but still reverting to old habits? Today we'll look at potential triggers and determine ways to break the cycle. This week, your objective is to feel satisfied with the nutrition choices you made each day.



MINDFULNESS

Break up your routine by spending some time outdoors. Nature is revitalizing and helps boost serotonin. Take a walk around the block, go on a hike, or spend just 20 minutes taking in sunshine to feel the rejuvenating effects of nature on your mind and body.

