

WEEK 13

01 WALL TRIANGLE

02 SLEEP TO OPTIMIZE HEALTH

03 PAUSE BEFORE RESPONDING

MOVEMENT

HOW: Place back against the wall with feet wide and arms extended at 90. Push left hip back and right arm forward. Drop right arm toward floor, left arm toward the sky. Repeat on the other side.

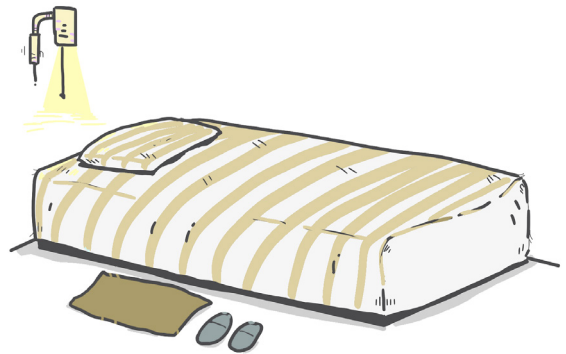
DURATION: 30 seconds each side

MEASURE: From bottom fingers to floor



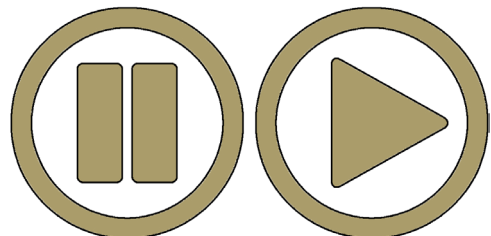
NUTRITION

Sleep is crucial for our body to function optimally. Our sleep quality affects body repair, hormone regulation and can influence nutrition habits. Feeling tired can trigger a desire to eat, so we receive an energy boost even though we aren't truly hungry. Strive for a full night's sleep and to wake up feeling rested.



MINDFULNESS

Focus on pressing pause this week. Pausing before an action or response allows us to process situations more fully, so we act and respond with a greater sense of awareness. This practice enables us to have more meaningful conversations and make decisions aligned with our intentions instead of emotions.



WEEK 13 CHALLENGE

MOVE: Complete 7 minutes this week.

HABIT: Get 8 hours of sleep for 3 nights. Track your RHR upon wake.

MINDFUL: Complete (6) 15-minute pause sessions this week.