

WEEK 04

01 BUTTERFLY

02 PLAN MEALS IN ADVANCE

03 POSITIVE DAILY MESSAGES

MOVEMENT

Butterfly is a seated hip opener, inner thigh, and groin stretch. Opening the feet in this posture provides an additional stretch through the ankle and fibularis muscles which help improve balance. Lengthen and stabilize your spine to feel a light stretch in the abdominals.



NUTRITION

Creating a weekly menu will help fight temptation to eat 'convent foods' that are less healthy. Make sure to include a variety of fruits and vegetables for optimum nutrition. Try a new recipe or two each week. Save recipes you like to start building your own healthy recipe reference book.



MINDFULNESS

Affirmations can help you overcome negative thoughts and self-sabotage. Writing kind messages to others can release endorphins and boost serotonin. You can even manifest goals through writing. Create a positive message each day and observe how it affects you throughout the week.

