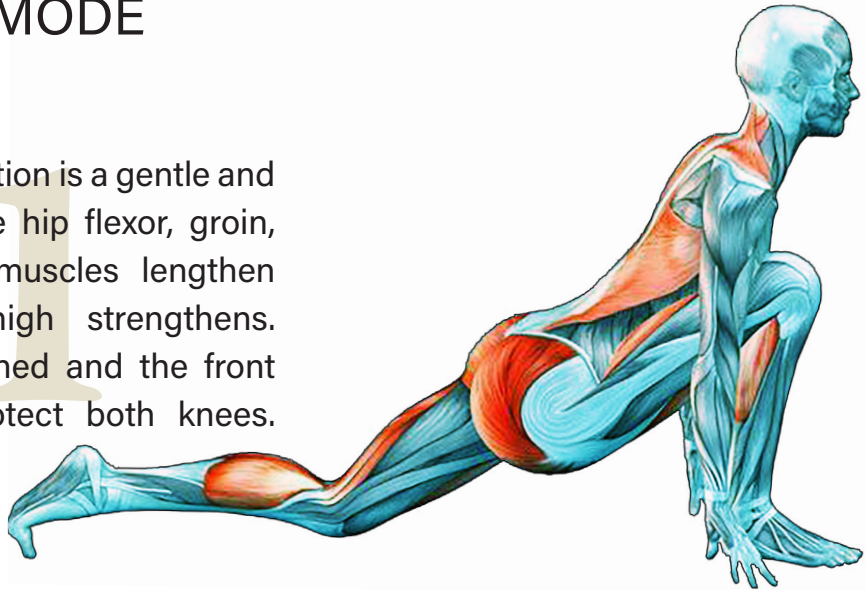


# WEEK 07

- 01 LIZARD LOW LUNGE
- 02 PORTION SIZE REFERENCE
- 03 CREATION MODE

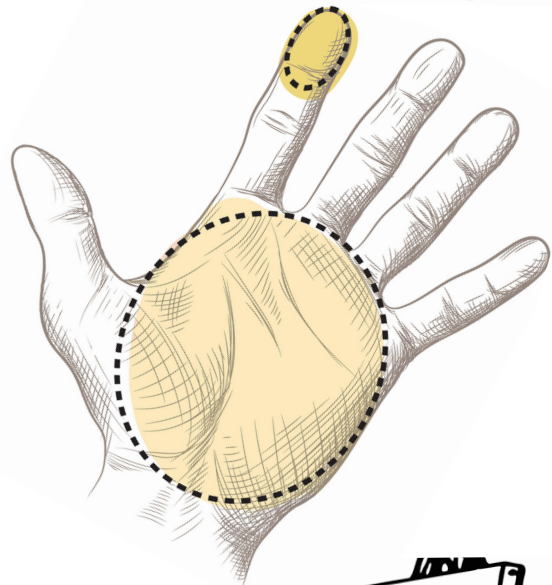
## MOVEMENT

Lizard in a low lunge position is a gentle and effective hip opener. The hip flexor, groin, quads, and hamstring muscles lengthen as the front inner thigh strengthens. Keep the back foot aligned and the front knee over ankle to protect both knees.



## NUTRITION

Portion sizes at restaurants can be larger than we need, enabling us to overeat if we're not paying attention to our body's natural full sensor. This week, memorize general portions using your hand as a guide. If you have a tendency to lose track and overeat, try applying this technique to one meal and see if your hunger is satisfied. Make adjustments based on your activity level and needs.



## MINDFULNESS

Tap into your creative side this week. Use visualization, intuition, and your first 'gut instinct' to drive decisions on a new project. Fine art, crafting, making music, decorating, woodwork, gardening, and creative writing, are a few examples. Tell a co-worker what you'll be working on for accountability.

