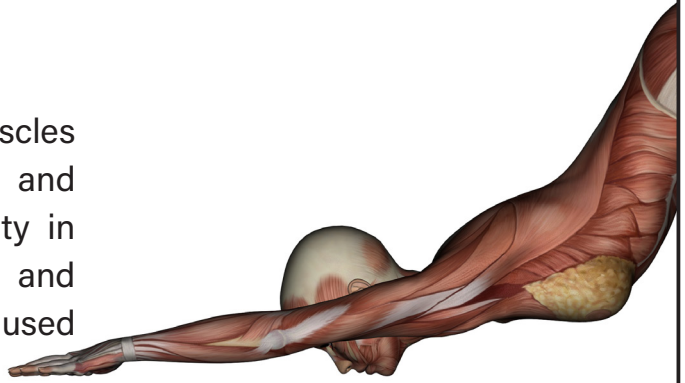


WEEK 03

- 01 MELTING HEART
- 02 PRIORITIZE VEGETABLES
- 03 MUSIC TO INFLUENCE MINDSET

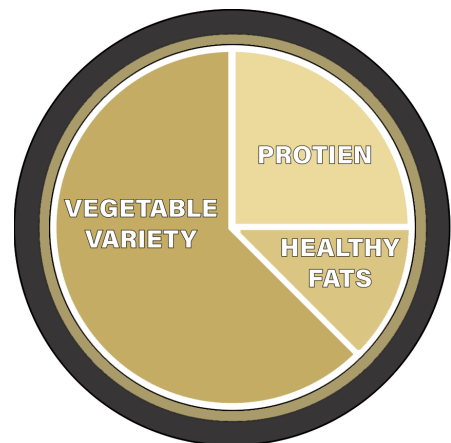
MOVEMENT

Melting Heart stretch releases muscles in the arms, shoulders, upper back, and chest. Practicing can improve mobility in the shoulder girdle, thoracic spine, and counteract a rounded upper back caused by poor posture. Modifications should be used for the neck when necessary.



NUTRITION

Cravings are often caused by inadequate nutrition. Increasing vegetable intake will help curb unhealthy food cravings and improve overall nutrition. This week, fill over half your plate with vegetables at least one meal. When you're ready, begin incorporating this habit into additional meals and focusing on vegetables that are lower in carbohydrates.



MINDFULNESS

Music can relax the mind, energize the body, aid sleep, and improve productivity. This week, use music to influence your mood and create a more positive mindset. Add upbeat tunes for positivity and slower tempos to relax. I've made a playlist for you and created two collaborative playlists you can share with colleagues.



Prepared
tinyurl.com/2020Relax

Collaborative
tinyurl.com/UnwindMusicEAA
tinyurl.com/GoodMoodMusicEAA

