

WEEK 17

- 01 SINGLE LEG SQUAT
- 02 REDUCE MEAL DISH SIZE
- 03 DEVELOP A SELF-REWARD SYSTEM

MOVEMENT

HOW: Start in a standing position. Drop the hips back and extend one leg forward. Drop into a squat as you lift the extended leg off the ground. The foot of your squatting leg should be flat on the floor. Start with your 'less strong' leg if imbalanced.

Match repetitions with the other leg.

DURATION: As many reps as possible in one minute

MEASURE: Number of matched repetitions in one minute. Modify movement as needed.



NUTRITION

The serving size we need is usually smaller than the vessel we serve it in. Instead of filling your plate half-full, try reducing the size of your dishes and cutlery. This habit can reduce overeating tendencies and prevent food waste. A full smaller size plate better placates the mind.



MINDFULNESS

Sticking to a new habit can be challenging. One way to motivate yourself is by creating a reward system. Identify a measurable, attainable goal you'd like to accomplish. Next, choose a healthy reward and track your progress toward reaching your goal.



WEEK 17 CHALLENGE

MOVE: Practice 3-5 days this week, 3-5 sets each day.

HABIT: Decrease dish size on your largest meal every day this week.

MINDFUL: Choose one goal. Reach and reward yourself within 7 days.