

# WEEK 20

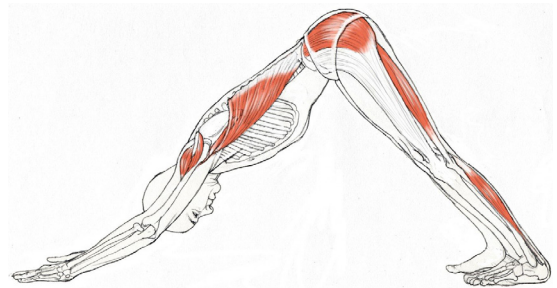
- 01 DIVE BOMBER PUSH-UP
- 02 PRIORITIZE EATING LEAFY GREENS
- 03 GET ACTIVE TO RESET YOUR MINDSET

## MOVEMENT

**HOW:** Start with your feet hip-distance apart and a slight bend in the knees. Bend the elbows, drop the chest, and sweep your body forward through a push-up. Then, lift the chest up with your body elevated above the ground. Reverse the movement to complete.

**DURATION:** Repeat a variation 10x. Drop to the forearms or press directly back if needed.

**MEASURE:** Number of completed repetitions.



## NUTRITION

This week, focus on incorporating more greens into your diet. How often do you currently eat salad? Leafy greens are low in calories but contain plenty of fiber, vitamins, and minerals. Along with improving your health, greens can help curb your appetite, prevent disease, and fight obesity.



## MINDFULNESS

Prioritize activity as a stress release this week. If you feel overwhelmed, anxious, or down, let exercise be your outlet. Use your mood or source of stress as fuel. Think of 'emptying the tank.' Allow your endorphins to kick in, and reset your day with a different mindset,



## WEEK 20 CHALLENGE

**MOVE:** Practice a variation 4+ days this week, 10-15 reps..

**HABIT:** Include leafy greens with or without protein 3+ days this week.

**MINDFUL:** Log 30+ minutes of activity 5 or more days this week.