

WEEK 21

01 BRIDGE VARIATION

02 LEARN YOUR SENSITIVITIES

03 CONNECTING WITH ANIMALS

MOVEMENT

HOW: Start with your back on the ground and knees bent. The feet should be hip-distance apart. Press through the feet and extend the hips. Align the body from knees to shoulder with arms extended toward the legs. Slowly lower and repeat.

DURATION: 4-count up, hold 2, 4-count down

MEASURE: Ability to fully extend. Advance by lifting one foot at a time or extending the leg.



NUTRITION

Food sensitivity can create unpleasant symptoms such as bloating, upset stomach, gas, and headaches. Signs can delay, making it more challenging to understand what your body may be sensitive to. If you have symptoms regularly, use the food log to track what you regularly eat. Eliminate a suspected food for the week and see if symptoms subside.



MINDFULNESS

Connecting with nature can be more than spending time outdoors. Connecting with animals can ease nerves, improve your mood, and feel rewarding. You can even find guided meditations for pet owners and yoga classes to practice with your companion.



WEEK 21 CHALLENGE

MOVE: 20 repetitions of your chosen bridge variation 5+ days this week

HABIT: Remove a food you suspect is causing unwanted symptoms

MINDFUL: Spend 3+ hours connecting with nature in a different way