

WEEK 22

01 BIRD DOG

02 HUNGER VS. CRAVING

03 FOLLOWING YOUR INTUITION

MOVEMENT

HOW: Start on your hands and knees in a tabletop position. Extend one leg and the opposite arm straight. Keep the arm and leg in alignment with the body. Come back to the start position and repeat on the other side.

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

MEASURE: Ability to balance at full extension. Advance by lifting the knees or touching the extended elbow to knee under the body instead of coming back to tabletop.



NUTRITION

Is it hunger or a craving? If you desire to eat a specific food or kind of food, you're likely experiencing a food craving. Pay attention to the time of day, type of craving, and take a look at your lifestyle patterns to get a better understanding of why you might be experiencing them.



MINDFULNESS

As we get older and adapt to think more analytically, we tend to lose sight of the intuition we had at a younger age. Getting back in touch with your intuition can help you develop a healthier lifestyle. You'll begin to ease your mind, sleep better, and be less likely to eat out of emotion.



WEEK 22 CHALLENGE

MOVE: Try different variations. Complete 15 reps 2x on each side daily.

HABIT: Adapt your lifestyle to reduce cravings from lack of sleep or stress.

MINDFUL: Follow your gut instinct at least 3 times this week.