

15-DAY

# HEALTHY LIFESTYLE CHALLENGE

This month, commit to a balanced, healthy lifestyle by taking the 15-day Healthy Lifestyle Challenge. It's easy - just match the daily color with the list of simple strategies under each pillar, then complete the activity that best suits your day.

**HOLD YOURSELF ACCOUNTABLE** by asking a member of your EXOS performance team to initial each day you complete. And for extra motivation, recruit a few friends to join the fun.

01	02	03	04	05
06	07	08	09	10
11	12	13	14	15

MINDSET

NUTRITION

MOVEMENT

RECOVERY

## MINDSET

- + Visualize your perfect day. Imagine yourself easily dealing with any unexpected obstacles.
- + Set a goal to accomplish within your challenge and write it down.
- + Take five minutes to pause, notice, reflect, and adjust on your personal actions.
- + Visualize yourself achieving the goal you set for your challenge.
- + Write down one thing you're grateful for and share it with a friend or family member.
- + Take three deep belly breaths at least three times throughout the day.
- + Write down two ways you've positively impacted people within your circle of influence.
- + Write one thing you'd like to improve next week and share it with a friend or family member.
- + Read two pages of a book you've been meaning to finish (digital or hard copy).
- + Make eye contact with and smile at three people on your way into work.

## NUTRITION

- + Refuel within 30 minutes after your workout. Try Greek yogurt and fruit or a protein shake.
- + Refill your water bottle three times in one day.
- + Create a performance snack. Pair a colorful vegetable or fruit with hummus, yogurt, or nuts.
- + Cook dinner at home using only fresh ingredients.
- + Focus on eating your meals slowly and savoring each bite.
- + Have a protein source with each meal for an entire day.
- + Eat a well-balanced breakfast within 30 minutes of waking up.
- + Add a colorful vegetable to your plate that you've never tried before.
- + Keep a three day food journal to increase your awareness of what you're eating.
- + Choose one meal to eat as a family with no electronics at the table.

## MOVEMENT

- + Attend a consultation with your performance coach to create a movement game plan.
- + Attend a personal training session.
- + Make at least one of your meetings a walking meeting.
- + Move for at least five minutes every hour throughout the day.
- + Stretch for two minutes when you first wake up in the morning.
- + Take your movement outside by washing your car or finishing yard work.
- + Have an activity tracker? Commit to taking at least 10,000 steps, but strive for more.
- + Attend a small group training class alone or with a friend / coworker.
- + Sign up for a run or event in your area that involves movement and social activity.
- + Go on a hike, walk, or run with your family / friends.

## RECOVERY

- + Get 7-9 hours of sleep.
- + Spend 15 minutes foam rolling or practicing trigger point massage before bed.
- + Drop the temperature in your room to 65-70 degrees before bed.
- + Practice relaxation breathing (inhale for 6 seconds, hold for 4, exhale for 10) three times throughout the day.
- + Plan a weekend day trip alone or with your friends or family.
- + Walk outside around your campus to clear your mind and give yourself a mental boost.
- + Dedicate 20 minutes of your lunch break to visualizing or meditating.
- + Cultivate a positive mindset by finding ways to laugh throughout the day.
- + Catch up with a friend or family member – call someone you haven't talked to in a while.
- + Make one new personal connection with a friend, neighbor, or coworker.