

DEFINE  
YOUR  
JOURNEY



This FIT + WELL Journey will take you on a path of creating new, healthy, and life long habits. These habits will become the key components to your journey being a success. For the next few weeks, our team wants you to welcome these new habits that will *Embrace, Nourish, and Restore* the mind, body, and spirit. The topics below will provide you with the tools you'll need to start building a lifetime of health habits.

EMBRACE



Success rate when starting off with one habit:

80%

Accepting Change:

It can be intimidating to make changes, but start off by selecting *one* habit to focus on at a time. Change takes time but starting off small will lead to a higher success rate.

IT Factor:

Have a heart to heart with your self. Why do you want to make this change? Find the meaning behind your journey. Write it down and keep it close by!

Limiting Factor:

Think about and write down 3-4 limiting factors. These are potential obstacles that are preventing you from reaching your goal. Be honest with yourself!

NOURISH



Estimated 2030 Global Overweight and Obesity:

3,280,000,000

Serving Size:

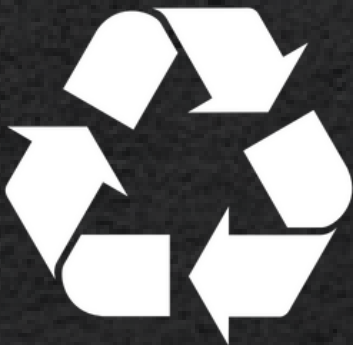
Take a look at your hand. It is always with you and it is a great measuring tool for serving sizes.

- Palm of Hand = 1 serving of proteins
- Hand Cupped = 1 serving of carbs
- Fist = 1 serving of veggies
- Thumb = 1 serving of fats

Portion Control:

Select a smaller plate. For women you should aim for 1 serving of each group and men should aim for 2 servings sizes. These may need to be adjusted based on goals and body type!

RESTORE



Percent of Americans living with moderate to high stress:

44% ↑

Stress:

There are numerous stressors in our lives, GOOD and BAD! Notice how your body reacts to stressors. Make a note of the things that make you stressed and how it feels.

Fatigue:

Fatigue plays a close role with stress, it is another factor we want you to pay attention to. Depending on the source of the fatigue, your body may feel tired, sore, or burned out.

Again, take note of when your body is feeling fatigued and what helps reduce the fatigue. You'll begin to associate habits that may be causing these symptoms.

Recap! Remember these are just starting points. As you continue your journey you will begin to unlock and build more tools for success. Start small and begin to pay attention to the signals your body is telling you. The more you develop self-awareness and take gradual steps towards your goals the better you will be able to make those life long changes!

# POWER YOUR JOURNEY



You have already defined your journey! Yes!!! Now, lets empower the actions needed to continue the process! In this next chapter, you will paint the picture. You have been apart of the Linked Family for 3-months, are you still following your wellness habits? Take a minute and think about them, ask your self are you still following through? Are you still performing that task?

**Taking Action:**

You have made it through the toughest part of your journey, the start! Make sure you are setting time for YOU and your GOALS! Even if it is only for 5 minutes, keep pushing towards the direction of your goals! Keep the actions small and manageable. Your journey is not an all or nothing process. Each habit, each goal, builds from one another.

There's never a perfect time, so why not now!?

**Staying Positive:**

The path you take towards your goals will not be perfect. Get back on track and continue to move forward. You may feel hesitant to new or developing habits, but embrace the change, it is completely normal. Remember you're not alone in this journey!

Always refer back to "WHY" and surround yourself with constant support! We are here for you!

**EMBRACE**

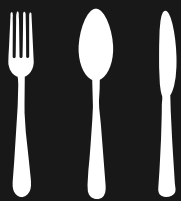


**Dropout Rates?**

Research shows that 50% of participants drop out within 6 months

**YOU GOT THIS!**

**NOURISH**



**How long should I take to eat?**

20-30 mins per meal

**Slow the Pace Down:**

Take your time when eating. Eating slower will help you to digest better and keep you satisfied longer. Over time, this can lead to better weight management. It takes about **15-20 minutes** for your body to recognize that it is **FULL**. We recommend to **STOP** eating when you are about **80% FULL**. Plus, eating slower will allow you to actually enjoy your food!

**Active Learning:**

Are you eating slow? Have fun with this! Take 10 minutes to eat 10 raisins.



**RESTORE**



**How many hours should you be sleeping a night?**

7-9 hours

**Sleep:**

Sleep is critical to overall health and is often put on the back burner. Usually, everyone focuses on just exercise and nutrition. Even if you are sleeping the recommended amount of hours a night, are you getting quality sleep?

Sleep is the time where your body restores from stress and fatigue. Lack of quality sleep has been linked with increased body fat and other negative health effects, which correlates to negative performance.

Practice keeping a consistent sleep schedule!



**Sleep Checklist:**

- 1. Hot Bath or Shower
- 2. Room Temperature = 66 to 70 F
- 3. Destress & Relax
- 4. Turn Off Electronics
- 5. Dark Room
- 6. Go to Bed before 11pm

As you move further into your journey, you will be faced with new obstacles. Do not let the bumps in the road stop you from reaching your goals! Brush the off the dirt and keep moving! Think about how far you have come and where you want to go! Slow down, stay consistent, and enjoy the ride!



# MAINTAIN THE JOURNEY



Over the past 6 months, you have consistently taken action towards your goals! It is now time to maintain your progress! In this next phase of your journey, fitness and wellness habits will be put to the test. Continue to act upon your habits and lifestyle changes. How confident are you that you can continue to follow these actions?

**Support System:**

A great way to help maintain your goals is by having a strong support system! It can be family, friends, coworkers, coaches, or through social media. A support system can help you mentally and physically! An external support system can provide empathy, a lending hand and listening ear when you need it most. This individual or group can help guide you through any road blocks.

Ways to utilize the support system, is by involving them in your healthy habits! Ask them to join you for a walk, do a workout together, cook dinner together, or invite them to events you are participating in. Let them understand your lifestyle! Also, it can keep you motivated! It is a fun and rewarding experience for both sides!

Don't ever be afraid to ask for help or seek out guidance during your journey. Maintaining your progress can be a challenge and your support system can help alleviate that stress!

**EMBRACE**



**Eating with 7 or more people?**

This can increase your energy consumption by over 90%!

**Not all support is positive. Be aware for those situations and remember your internal motivation.**

**NOURISH**



**The Kitchen Upgrade:**

The food you have around will eventually get eaten, whether you planned on it or not. There are a few key items to have readily available in your kitchen to help maintain your nutritional habits. These include food items and kitchen supplies.

Remove temptations and replace them with whole foods! Aim for better choices! Set yourself up for success by keeping your kitchen filled with foods to meet your needs!

**Food labeling error?**

A food label can have a +/-25% error!

**Whole foods for the WIN!**

- Whole grain pasta, oats, quinoa
- Fresh or frozen fruits and veggies
- Lean proteins and eggs
- Mix nuts, natural peanut butters, extra virgin olive oil
- Food processor, pots and pans, blender, shaker bottle

*\*Subjective to nutritional needs*

**Meditation:**

Meditation is simply the act of the conscious mind focusing on a single thing. This allows the mind to think more clearly and brings a sense of balance to the body.

There are many types of meditation. These can include breath counting, contemplation, thought watching, chakra, and walking meditation.

No matter what type works best for you, there are four common guidelines to follow: a positive **attitude**, a constant **focus**, a **comfortable** body position, and a quiet **environment**.

Two simple techniques to try in meditation is **mantra** (having a focus point: a word, sounds, or phrase) and **breathing** (focusing on your breath and rate of breath). Both are key to effective and efficient practice!

Benefits include decreased blood pressure, heart rate, and respiratory rate. Decreased anxiety and improves symptoms with both mental and stress related illnesses. Improves sleep quality, performance (athletic and work), and your mental state.

**RESTORE**



**How long should I meditate?**

A good starting point is 5 minutes.

**Practice creating a mind & body connection!**

**Click Here!**

*Link to our website!  
Meditation Audio!*

You should be very proud of yourself! Through the ups and downs, you have been able to jump back on the road and continue to push forward! We want to remind you to keep your mindset on continuing to grow and learn. This allows you to embrace challenges, and use them as a learning tool! Keep utilizing the tools in your tool box to turn these goals into lifelong habits!