

DEFINE YOUR JOURNEY



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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.

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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!

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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.

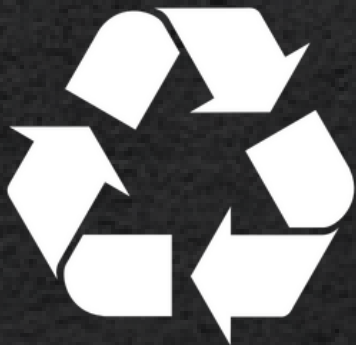
- Palm of Hand = 1 serving of proteins*
- Hand Cupped = 1 serving of carbs*
- Fist = 1 serving of veggies*
- Thumb = 1 serving of fats*

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!

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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.

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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!