



HEALTHY LIFESTYLE
OPTIMISM
PERSISTENCE
ENCOURAGEMENT

@CHOOSING_TO_RESET

DAILY
WALK

FIBER
GOAL

WATER
GOAL

MAY RESTART

• WEEK ONE - MAY 4th-10th •

Let's Get Moving

WALKING + FIBER

Walking is a moderate-intensity exercise that lowers the risk of heart disease, stroke, diabetes and some cancers.

A high-fiber diet supports digestive health and helps reduce disease risk.

SUN	MON	TUES	WED	THURS	FRI	SUN
Aim for a minimum of 20 minutes of walking (brisk pace) but stretch yourself. If already walking 20 minutes, add an additional 10 minutes per day. Check off each day that you walk!						
Include approximately 25–30 grams of fiber per day from fruits, vegetables or whole grains. Check off each day that you meet your fiber goals!						
Drink 8 cups of water each day. Check off each day that you meet your water goals!						

Weekly Celebrations

Use this area to record your celebrations and thoughts for the week.



Scan the QR Code to open the Week 1 Playlist on Spotify

An early-morning walk is a blessing for the whole day.
~ Henry David Thoreau

By participating in this restart, you are acknowledging that participating in any exercise or physical activity program can carry a possibility of physical injury, and that choosing to engage in this restart is doing so at your own risk. Always consult with your healthcare professional before beginning an exercise program. If an activity seems too rigorous for you, make adaptations or take a break.



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