



HEALTHY LIFESTYLE
OPTIMISM
PERSISTENCE
ENCOURAGEMENT

@CHOOSING_TO_RESET

MAY RESTART

• WEEK TWO - MAY 11th-17th •

— Balance + Breathing — and PROTEIN

Balance exercises, deep breathing and getting enough protein helps to relieve stress. Balance training improves stability and reduces fall risk. Deep, diaphragmatic breathing (for example: 5-10min of slow breaths) can calm the nervous system, therefore lowering heart rate and stress hormones.

BALANCE
EXERCISE

DEEP
BREATHING

PROTEIN
GOAL

WATER
GOAL

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---------|---------|---------|---------|---------|---------|
| In addition to your daily walk, perform a standing balance move for a few minutes each day. This strengthens legs and core, improving stability. Check off each day you complete a daily walk and a balance exercise. | | | | | | |
| | | | | | | |
| Spend 5-10 minutes on conscious breathing exercises (slow inhales/exhales). Controlled breathing promotes relaxation and lowers blood pressure and stress hormones. Check off each day that you complete deep breathing exercises. | | | | | | |
| | | | | | | |
| While continuing to reach a daily fiber goal, aim for protein-rich foods at each meal (roughly 20-30g per meal). Protein builds and repairs muscle, which is essential after strength/balance work. Check off each day that you meet your fiber and protein goals. | | | | | | |
| | | | | | | |
| Drink 8 cups of water each day. Check off bubbles each day as you meet your water goals! | | | | | | |
| ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ |
| ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ | ○ ○ ○ ○ |

Weekly Celebrations

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



Breathing is not only the process of inhaling and exhaling; it's a reminder that every breath we take is a gift of life.
~Unknown

Scan the QR Code to open the Week 2 Playlist on Spotify

Balance is not something you find, it's something you create.

~Jana Kingsford



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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.