



HEALTHY LIFESTYLE  
OPTIMISM  
PERSISTENCE  
ENCOURAGEMENT

@CHOOSING\_TO\_RESET

STRENGTH  
MOVE

POSTURE  
BREAK

PORTION  
AWARENESS

WATER  
GOAL

# MAY RESTART

• WEEK THREE - MAY 18th-24th •

## STRENGTH + POSTURE and Portion Control

This week combines strength and posture exercises with mindful eating. Strength training builds muscle and bone - for example, Harvard Health notes resistance workouts slow bone loss and increase stability. Good posture exercises (planks, row, chest-openers) help align the spine and reduce pain.

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><i>In addition to your daily walk &amp; balance exercises,</i> do one strength exercise daily. Building muscle supports bones and balance. Check off each day you complete a daily walk, a balance exercise, and a strength move.</p>						
<p><i>In addition to your daily breathing exercises,</i> do a posture/stretch break. This reinforces proper alignment (head, shoulders, hips in line) and eases neck/back tension. Check off each day that you complete deep breathing exercises and a posture break.</p>						
<p><i>While continuing to reach daily fiber and protein goals,</i> be mindful of food portions. Journaling helps us become more aware of what we are actually consuming. Check off each day that you became more aware of your portions and tracked food choices.</p>						
<p>Drink 8 cups of water each day. Check off bubbles each day as you meet your water goals!</p>						
						

### Weekly Celebrations

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



Scan the QR Code to open the Week 4 Playlist on Spotify

*With the new day comes new strength and new thoughts.*

~ Eleanore Roosevelt

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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