



HEALTHY LIFESTYLE  
OPTIMISM  
PERSISTENCE  
ENCOURAGEMENT

@CHOOSING\_TO\_RESET

STRETCH  
BREAK  
BREATHING  
& POSTURE  
HEALTHY  
SWAP  
WATER  
GOAL

# MAY RESTART

• WEEK FOUR - MAY 25th-31st •

## — Continuing Strong! —

### FLEXIBILITY & HEALTHY SWAPS

Our final week of the restart is here and we're highlighting daily stretching and smart food swaps. Daily stretching keeps muscles flexible and joints healthy, reducing injury risk. Being cognizant of food choices and swapping something less-healthy for a food that would be a better choice has big nutritional payoffs (American Heart Association).

| SUN  | MON     | TUES    | WED     | THURS   | FRI     | SAT     |
|--|---------|---------|---------|---------|---------|---------|
| <p><i>As you are keeping up with daily walks and balance and strength exercises, start to incorporate 5-10 minutes on full-body stretches. Flexibility prevents muscles from tightening and helps joint range of motion. Check off each day you all these.</i></p>       |         |         |         |         |         |         |
|  |         |         |         |         |         |         |
| <p><i>Continue to work-in daily breathing exercises to your day as well as a posture break. Check off each day that you complete deep breathing exercises and a posture break.</i></p>   |         |         |         |         |         |         |
|  |         |         |         |         |         |         |
| <p><i>While continuing to reach daily fiber and protein goals as well as being mindful of food portions, start trying to make one healthy swap each day - for example: instead of a sugary snack, have berries. Check off each day that you make a healthy swap.</i></p> |         |         |         |         |         |         |
|  |         |         |         |         |         |         |
| <p><i>Is it getting a little easier to get in those 8 cups of water a day? Hope so! Continue to drink 8 cups of water each day and check off bubbles each day you reach your water intake.</i></p>   |         |         |         |         |         |         |
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## 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

Flexibility is the key to stability.

~ John Wooden

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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