



Day Nine

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Exercise



Any exercise that you sweat with will help to detoxify your body. One that is especially detoxifying is the rebounder. Gentle jumping on the mini trampoline:

- Releases endorphins and other hormones
- Stimulates and exercises EVERY cell in the body at the same time
- Stimulates muscle tone and strength
- Increases flexibility
- Oxygenates the blood
- Improves circulation
- Helps to release toxins
- Stimulates the lymphatic system

You can set the rebounder up in the living room bounce and watch television at the same time. Try turning on the music and bouncing.

However, ANY movement helps stimulate your lymph system and improve detoxification, so be sure to move DAILY. When motivation for all else fails, I find walking to be something I can always do. Walking after meals is particularly beneficial as the glucose from your meal is circulating and your muscles will more easily use it up!

Cleanse Your Mind



Affirmation

I love my body. I am strong and full of energy.

Thoughts

Make a list of 5 good things about your body.

Journal



Thoughts, Feelings and Intuitions (Spiritual, Family, Inspirational)	
Gratitude	
Goals	
Fitness	
Joy	
3 signs of progress	
Something I will do better tomorrow to move me toward my goals.	