

Day 27

I know it is a break day, but I'm going to give you an assignment anyway;) Come'on, there are only 2 days left!

Fill in the box below with all the ways you have grown and met your goals over the few weeks. Be sure to pull your list of goals back out when you do this.



*Our greatest glory
is not in never falling,
but in rising
every time we fall.
Confucius*

Urban Wellness Bootcamp

27

Day 27

Task

Have a great break!
Congratulate yourself on 28 days of progress!
Celebrate!

Day 27

12 Easy Steps

Over the past 28 days, you have learned a lot of life changing information. Here is a list you can keep nearby as a reminder.

#1 The first secret...is that everyone's secrets are different. It is called bio-individuality. Vegan eating can be right for you...but not for your neighbor. The more you learn about nutrition and the more you listen to your body, the easier it will be to figure out what is right for you.

#2 Hunger doesn't always signal a need for food. Sometimes hunger means you need some attention. Maybe you are sad, lonely, confused, bored...so, if you take a minute before heading for the kitchen...and really try to think what it is you really want. Sometimes, it just means you are thirsty. If you pay attention to the urge you are feeling, you can learn from it...and let it go.

#3 Eat healthy 90% of the time. This way you don't look at a food you really want...and think "I better eat it now because I can never have it again."...or worse "oh poor me, I am so deprived". Just be sure you are up on your math and 90 doesn't turn to 50.

#4 Eat at home. Prepare your food with love and enjoy it.

#5 Eat whole foods. You will notice a difference in how you feel almost immediately. (YES, that means no more Lucky Charms)

#6 Meditate or Pray to reduce stress.

Day 27

12 Easy Steps

6. Meditate or Pray to reduce stress.
7. Move your body...every chance you get.
8. Journal...I can't say it enough. If it is down on paper...you reap treasure.
9. Eat more green veggies.
10. Get a good night's sleep
11. Drink more water...and throw some lemon in there while you are at it!
12. EAT:
 - small amounts of protein
 - fruits and vegetables
 - whole grains
 - small amounts of healthy fats (nuts, coconut oil, virgin olive oil, avocado)