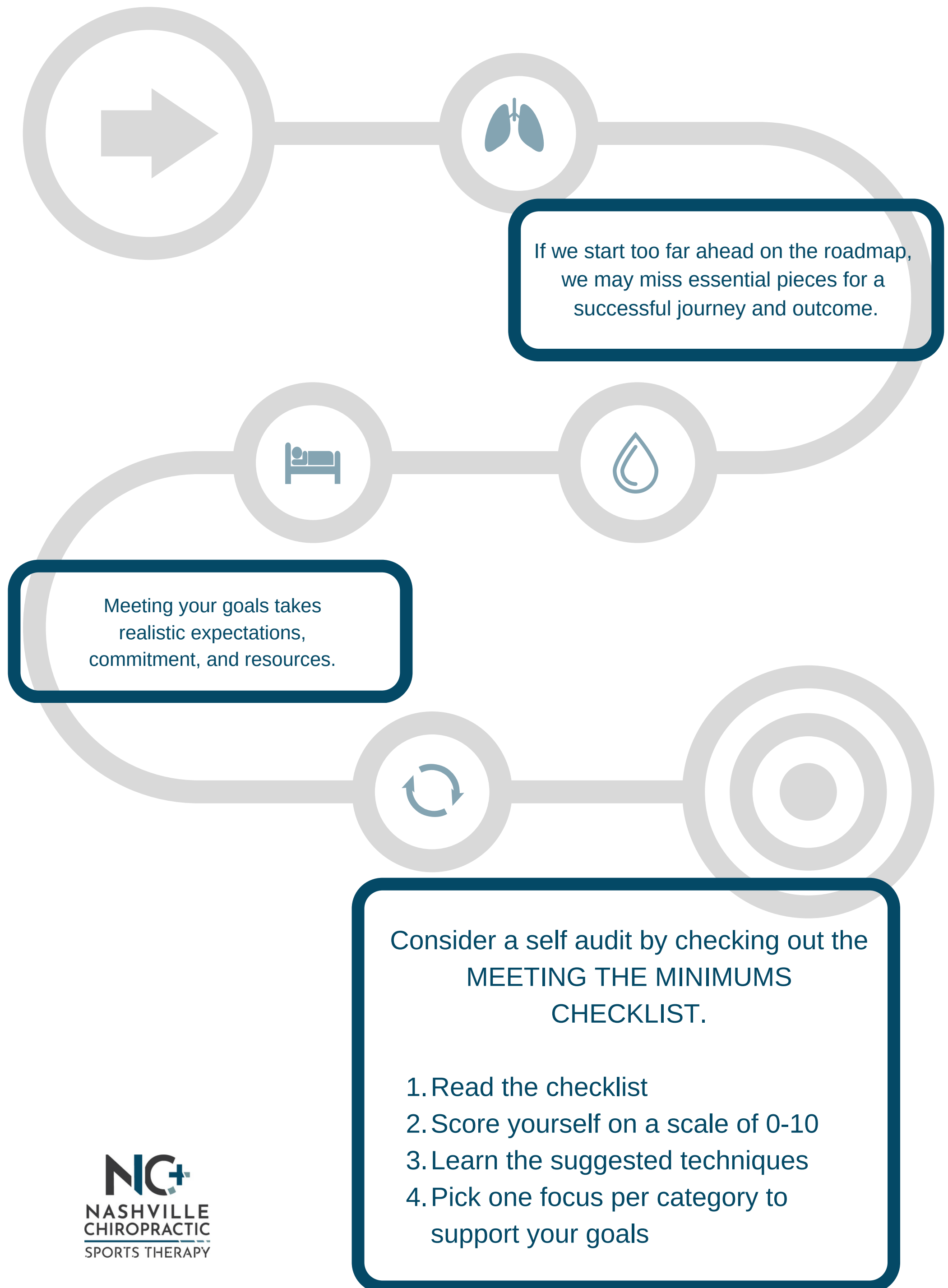


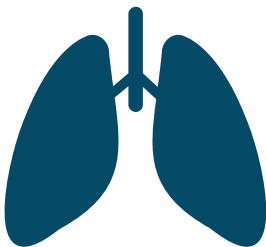


Do you have goals for the new year?

Hoping to be more active and address health concerns?



MEETING THE MINIMUMS

A CHECKLIST TO ADDRESS ESSENTIAL NEEDS

			
BREATHING	SLEEP	NUTRITION	MOVEMENT
<div>AM I PRACTICING QUALITY BREATHING EXERCISES?</div> <div>AM I TAKING TIME TO BREATH?</div>	<div>DO I HAVE A END OF DAY ROUTINE?</div> <div>AM I GETTING ENOUGH SLEEP?</div> <div>AM I GETTING QUALITY SLEEP?</div>	<div>AM I EATING WHOLE FOODS?</div> <div>AM I GETTING ENOUGH PROTEIN?</div> <div>AM I STAYING HYDRATED?</div>	<div>AM I MOVING 20-30 MINUTES/DAY?</div> <div>AM I TAKING WORK BREAKS?</div> <div>AM I MAKING GOOD ERGONOMIC CHOICES?</div>
0-1-2-3-4-5-6-7-8-9-10	0-1-2-3-4-5-6-7-8-9-10	0-1-2-3-4-5-6-7-8-9-10	0-1-2-3-4-5-6-7-8-9-10
<ul style="list-style-type: none">• Diaphragm Breathing• Full 360 Breathing• Breathing in for 3 seconds, out for 6• Holding breath for 20 seconds post exhale	<ul style="list-style-type: none">• 13-18 years old = 8-10 hours, >18 years old = 7+ hours• Dark room, no TV, in a bed, white noise if needed• No screen time first 30 minutes of waking or 30 minutes before sleep	<ul style="list-style-type: none">• Minimize processed foods• Protein = 1g/1kg of bodyweight/day• Drink to thirst• Electrolyte Use	<ul style="list-style-type: none">• 30 minutes of movement 5x/week• 2 strength training days/week• Movement snack 1x/45 minutes of sitting
<i>IF IN ACUTE PAIN: Increase slow breathing sessions</i>	<i>IF IN ACUTE PAIN: Increase sleep needs</i>	<i>IF IN ACUTE PAIN: No alcohol, Minimize sugar</i>	<i>IF IN ACUTE PAIN: Modify as instructed by your provider</i>
FOCUS:	FOCUS:	FOCUS:	FOCUS: