

EVOLVE IN 5

*Crazy Simple
Steps for
Daily Success*



50 MIN. OF MOVEMENT

Commit to 50 minutes of movement each day. Shoot for 3 medium to high intensity workouts each week, consisting of yoga, Pilates, strength training, running, cycling, or hiking. gardening, finishing a house project. On the other days, count your NEAT activities like finishing a house project, gardening, cleaning out the garage...non-exercise activity thermogenesis.

Re-train your brain to get that dopamine high from movement over Netflix & chill.

64 OZ. REAL WATER

Drink a minimum of 64 ounces of REAL water each day...no processed, flavored water. Improves kidney health, assist in weight loss, energizes muscles, regulates hormones transportation...the list goes on!



EAT YOUR VEGGIES

Eat 1/2 plate of non-starchy veggies at 2 meals a day. Vegetables are LIFE. Not only are they high in fiber, rich in nutrients, but also low in calories so you can eat a lot of it!



LIMIT ADDED SUGAR

Recommended daily amount of added sugar per day is 25g for women and 37g for men....1 teaspoon ~ 5 grams.

What is added sugar? Anything that is added to food to make it sweet....creamer in coffee, flavored yogurts, cookies, bread...

Natural sugar are foods that are already sweet like dates, sweet potato, and fruit. Sugar isn't bad for you! However, it's good to start keeping track of your intake. Check out this link for names of added sugar hidden in food labels!

COMMIT 5 SILENT MINUTES TO REFLECT, REFOCUS, & REALIGN YOUR MIND

Find a space and place that eliminates (or as much as possible) distractions and noise for just 5 minutes! Embrace the old fashioned way of putting pen to paper to reflect over these 5 questions.

- What moments brought me joy today?
- What progress did I make toward my goals?
- How did I respond to challenges or setbacks?
- What thoughts were dominant today?
- How can I improve tomorrow?



READY TO EVOLVE ?

[Click here](#) to book your complimentary Breakthrough Call & take your goals to the next level.