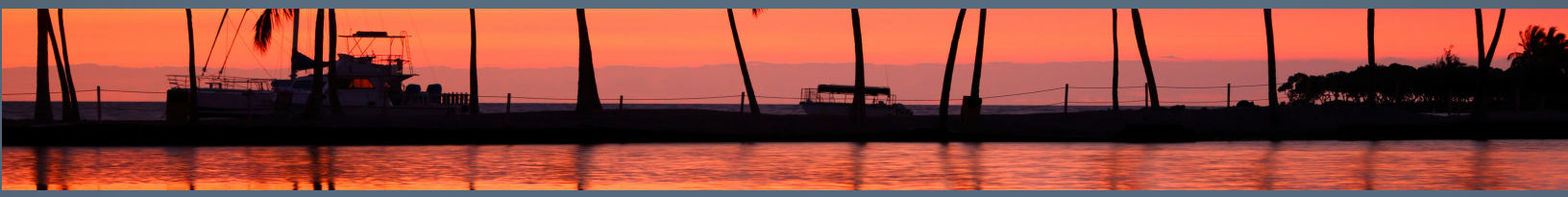
# STARTER B@L PLAN

**“A healthy lifestyle is like writing a book. Individually, the pages (or days) seem insignificant. Together, the book (or year) becomes magnificent.”**



## Morning

Move - Upon waking, put arms overhead and roll left 3x and right 3x.

Nourish - Drink a shake including plants, fiber, and protein.

Recover - Say aloud your motivation for staying healthy.

## Afternoon

Move - Squatted push and pull sequence for 20 seconds each side.

Nourish - Alternate red or white meat with fibrous grain and plants.

Recover - Take 5 deep breaths in with full exhale relaxing all muscles.

## Evening

Move - 10 consecutive minutes of an activity that raises your pulse.

Nourish - Fish with colorful veggies and multi-grain carbohydrates.

Recover - Reflect on a situation that you learned from today.

## Night

Move - Go from cobra stretch to child's pose 5 times each.

Nourish - Try a plant protein with any type of potato at night

Recover - Sleep 6-8 hrs in a dark, quiet, cool, and comfy environment.

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