

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 - Water then Drink a plant, fiber, and protein shake.

Recover - Say aloud your motivation for staying healthy.

## Afternoon

Move - Squat and Push, Stand and Pull sequence for 30 seconds.

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

Recover - Take a long deep breath in followed by a full exhale, 5 times.

## Evening

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

Nourish - Water then Fish with colorful veggies and multi-grains.

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

## Night

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

Nourish - Water then a plant protein with any type of potato.

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