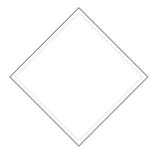
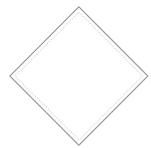


Wellness Cheat Sheet

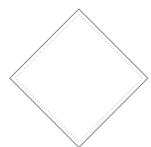
Lifestyle Routine



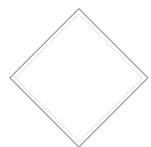
Stay off your phone (social media, texts) as you plan out your day in the morning.



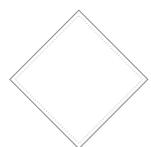
Drink water before anything else if possible. (i.e. water before coffee).



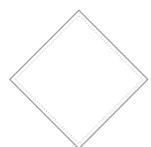
Go through some form of movement. I recommend Cat/Cow, Hip CARs, Shoulder CARs, breathing /meditation.



Have your plan for the day in place. Appointments, meetings, meals, non negotiables.



Did you make time for the little things? Life is short. Include them. Prioritize time with family/friends. Schedule it.



Keep electronics out of your room if possible. Keep phone away from bed. Spend time away from screens before sleeping

Fitness

A great foundation is to plan some resistance training 3 times a week and get some form of cardio (walks count) twice a week. Practicing consistency is the most important variable. Your training does not have to be a non-stop 60 minutes. You can do a little throughout the day.

It's a good idea to journal or track your mood at the start of the day, how your workout felt, and what's going on in your life. Track your sleep and watch for trends.

Breathing is a very valuable less promoted cue for lifting weight, body awareness and even pain and stress reduction.

Misc. Trainer Advice

Being aware of the nutrition facts in your food is extremely helpful. Understanding the outcome of drinking triple triples vs. black coffee or 40g of protein per day vs 150g of protein per day.

A lot of our biggest struggles stem from not knowing what we don't know.

@CHRISTIANLIDDLE
WWW.INVIGORATETRAINING.COM

Alternative ways to journal or meditate

Voice memos to yourself can be an alternative way to journal. Just unload everything on your mind. Get it out. Save it or delete it. The process is helpful.

Meditation can be looking at the ceiling, time spent with a pet, or a long tree lined walk.