

Holistic Living Summer Challenge by Healthy Comforts

In honour of the beginning of summer, we are embarking on a *Holistic Living Summer Challenge*! For the next 21 days, starting July 1, we will share a lifestyle tool on our social media and website. Here, we provide lifestyle tools to help you honour yourself in small, simple and practical ways that you can integrate into your day. On Healthy Comforts, we focus on recipes that are free from the common allergens (dairy, gluten, soy, refined sugar and grains), either due to an allergy or an elimination diet. While the food choices we make nourish our bodies, minds, emotions and spirit, nutrition is only one piece of the puzzle toward wholeness. The Summer Challenge tools that we will share with you focus on our own self-care in a holistic way, and encourages us to be grateful for our bodies, our minds, our spirit and our family and friends. With the recent pandemic, self-care even more important now, than ever before.

The truth is as women, the time we have to devote to ourselves is limited. Approach this summer challenge with an open mind and heart, as it provides an opportunity to learn something new and incorporate healthy habits into your day!



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Welcome to Week 1

The 21/90 Rule reminds us that it takes 21 days to make a habit, and 90 days to make it a permanent lifestyle change. For more information about the 21/90 Rule, [check out this link!](#)

Day 1	<p>SLEEP: Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information. Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety.</p> <p>EXPLORE: 7 Ways Sleep Can Help You Lose Weight Sleep in Peace - Guided Christian Meditation (with Neuromuscular Relaxation)</p> <p>CHALLENGE:</p> <ul style="list-style-type: none">❖ Wind down with some (or all) of these nighttime yoga poses for a better night's sleep❖ Practice five simple Sun Salutations upon waking❖ Remove all technology from your bedroom at night
Day 2	<p>UNITE WITH FRIENDS AND FAMILY: Socializing with others is good for your health! Many studies have shown that people who have social support from family, friends, and their community report that they are happier overall, and experience fewer health issues. In addition, research has found that social interactions can enhance good health through a positive influence on people's living habits. When we get together with those we care about, it makes us feel safe, loved and gives us a sense of purpose. But getting together isn't as easy during these unprecedented times. Technology has certainly helped keep in touch with friends during COVID-19. Invite others "over for dinner" through a Skype Dinner, Facetime Dinner, or Zoom Dinner, or plan a Virtual Netflix Party.</p> <p>EXPLORE: The Health Benefits of Strong Relationships Benefits Of Eating Together With Family & Friends Healthy Eating Habits</p> <p>CHALLENGE:</p> <ul style="list-style-type: none">❖ Plan a virtual get together with friends and/or family❖ Engage in a social distancing walk with friends❖ Think of others who may find this time very stressful such as those who have health issues, mobility difficulties or few social supports. Also, check up on people who have a history of depression or anxiety, or who may be heavily impacted by COVID-19 (e.g., job loss, health concern, separation from loved ones)
Day 3	<p>MOVEMENT: Exercise is a powerful practice that benefits everyone. It doesn't need to involve being pushed to the edge, covered in sweat (unless you're into that!). Exercise can be uncomplicated and it can (and should) fit into your lifestyle comfortably. It's helpful to see exercise from a holistic perspective, as it impacts the body, mind, emotions and soul. Physical activity keeps the body strong and healthy and can improve mental health by decreasing symptoms of anxiety and sore joints and muscles. Physical activity can also improve focus, performance, sleep and energy levels. On a soul level, exercise can also be viewed as a spiritual practice, as you are honouring your body that has been</p>

	<p>given to you by God.</p> <p>EXPLORE: Benefits of Exercise</p> <p>CHALLENGE:</p> <ul style="list-style-type: none"> ❖ Practice this 5-minute morning yoga flow ❖ Try one of these 10-minute bodyweight workouts ❖ Join our virtual Walk Off Fat Fast 20 Minute Fat Burning Workout ❖ Go for a nature walk and take some pictures of the interesting things you find on your path!
Day 4	<p>MINDFUL EATING: Achieving a whole body balance of food is not easy. With our hectic schedules, it's very easy to get disconnected to the food we eat, yet nutrition impacts not only our physical body, but our emotions, mental health and spiritual life as well. Giving yourself more time to appreciate the food is another way to show gratitude to our holistic wellbeing. Author Mariel Hemingway reminds us that everytime we make a choice about the food we eat, we can ask ourselves, "How shall I use food to make myself feel great today?" This self-reflection provides us with a deeper understanding of how our food choices make us feel.</p> <p>EXPLORE: 6 Tips for Mindful Eating Video</p> <p>CHALLENGE:</p> <ul style="list-style-type: none"> ❖ Try a new recipe from Healthy Comforts ❖ Explore a Mindful Eating Script
Day 5	<p>ELEVATE HYDRATION: When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full. If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour. Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.</p> <p>EXPLORE: The Importance of Hydration</p> <p>CHALLENGE:</p> <ul style="list-style-type: none"> ❖ Drink 6 (8 oz) glasses of water. If you don't like the taste of plain water, add lemon or cucumber or lime slices. Try one of these tips to increase your water intake. Tell us which worked best!
Day 6	<p>REFLECTIVE PRACTICE: Self reflection cannot be underestimated, especially when it comes to weight loss. It provides real time affirmation of where you are and where you want to go, despite the challenges that might come your way. Not everyday is going to have positive outcomes. That's part of the journey, if one is being honest. The truth is, we all fail now and again (sometimes more than we like). That's the beauty of reflecting upon your achievements. Good or bad, great strides or baby steps, it's all about the process of moving forward and reaching your goals. But this shouldn't stop you from persevering. Rather, self reflecting on your progress should inspire you to try even harder. So make time to get a bearing on where you've been and what you want to achieve in order to keep moving forward. You're worth it!</p> <p>EXPLORE: Healthy Weight Loss Habits</p> <p>Making sudden, radical changes to eating habits such as eating nothing but cabbage soup, can lead to short term weight loss. However, such radical changes are neither healthy nor a good idea, and won't be successful in the long run. Permanently improving your eating habits requires a thoughtful approach in which you <i>Reflect, Replace, and Reinforce</i>. REFLECT on all of your specific eating habits, both bad and good; and, your common triggers for unhealthy eating. REPLACE your unhealthy eating habits with healthier ones. REINFORCE your new, healthier eating habits.</p> <p>CHALLENGE: Try one of these self-reflection tips outlined in this article!</p>

Day 7

GRATITUDE:

The benefits of gratitude journaling include lower stress levels, a greater sense of calm and a whole new level of clarity. You'll learn more about yourself in the process and gain a fresh perspective that allows you to recognize blessings in disguise. As you continue the practice of gratitude, you'll be able to focus your time and energy according to the things that truly make you the happiest version of yourself. When you feel good and make healthy choices, express appreciation and gratitude for it.

EXPLORE:

[Why You Should Consider a Gratitude Journal Instead of a Food Journal to Help You Eat Healthier](#)
[Oprah Reads Entries from her Gratitude Journal](#)
[What Oprah Knows for Sure about Gratitude](#)

CHALLENGE:

As you enjoy your morning coffee, set aside time to write in your Gratitude Journal. See below for some prompts to get you started:

- ❖ Write 3 *things* you did for yourself this past week that made you proud
- ❖ Write a [compassionate letter](#) to yourself
- ❖ Pick a *favourite photo*, and write about why you're grateful for that memory
- ❖ Create a music playlist of songs that lift your spirits and make you smile!



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Welcome to Week 2

Day 8

SELF-LOVE:

Everyone deserves self-love. Some of us believe at one point or another that we don't deserve self-love because we've made mistakes in the past. We tell ourselves that we aren't good enough, but taking time to examine the inner narratives that we tell ourselves is essential. When we do believe these stories, it impacts our decisions, our belief systems, and how we see the world. Our actions then come from a place of lacking and inadequacy. The truth is that we all make mistakes. Take responsibility and give yourself the space to move your life forward. Each mistake is an opportunity to grow and learn about yourself and others.

Self-love **motivates** you to make healthy choices in life. When you hold yourself in high esteem, you're more likely to choose things that nurture your well-being and serve you well. These things may be in the form of eating healthy, exercising or having healthy relationships.

EXPLORE:

[A Seven-Step Prescription for Self-Love](#)
[I AM Morning Affirmations for Women](#)
[Marianne Williamson - SuperTonic for Self-Love](#)

CHALLENGE

- ❖ Look in the mirror and speak kind words to yourself by affirming all the qualities you are proud of
- ❖ Think positive recognizing that whatever challenges or barriers you face, you have the strength to get through it...reach out to those who provide you with the emotional, spiritual, and/or positive energy
- ❖ Be intentional with your thoughts...when your thoughts begin to spiral in a negative direction, take a moment to deconstruct this process...is it originating from past experiences? If so, make a conscience effort to redirect your thoughts by seeking stillness, breathing, and/or practicing gratitude

Day 9

UNDERSTAND THE POWER OF VISUALIZATION:

In her book entitled, "Creative Visualization", author Shakti Gawain shares that the use of mental imagery and affirmation can produce **positive changes** in your life. She goes on to explain that the process of change involves recognizing our most basic attitudes towards life. Through this process, we often discover ways in which we have been blocking ourselves from achieving fulfillment because of our fears and unconscious beliefs. Visualization through meditation can help to deal with stressful situations.

EXPLORE:

[Guided Meditation and Visualization Video](#)
[Super Soul Conversations - EP.#64: Amy Purdy: The Power of Visualization](#)

CHALLENGE:

- ❖ Select one area in your life that you would like to attract...better health...new career...reconnect a former relationship...use the power of creative visualization as one of the strategies to support you as you move towards fulfilling this goal
- ❖ A vision board or dream board is a collage of images, pictures and words that outlines one's dreams, and is used as a source of inspiration. Create a vision board that outlines your goals, dreams, ambitions, inspirations. Use magazines, newspapers, online images and any other materials that inspire you.

<p>Day 10</p>	<p>MINDFUL BREATHING: Deep breathing allows you to "Mindfulness of the breath helps us have an anchor for the present moment, because our minds are usually running off, worrying about the future, or regretting something that we did in the past," says Judson Brewer MD, PhD, Director of Research and Innovation, at the Brown University Mindfulness Center. When we have this "anchor" we are better able to handle whatever life throws our way.</p> <p>EXPLORE: Stop, Breathe and Think 3-minute Mindful Breathing Meditation (Relieve Stress) Why is mindful breathing important and a guide to practicing it</p> <p>CHALLENGE: Download one of these 15 Best Meditation and Mindfulness Apps for 2020 and try to engage in Mindful Breathing at least once per day.</p>
<p>Day 11</p>	<p>MUSIC: Music plays a big part in our lives. Research suggests that music can stimulate the body's natural feel good chemicals (e.g. endorphins, oxytocin). It can help energise our mood and provide an outlet for us to take control of our feelings. Music can even help us work through problems in our lives. One of the most surprising psychological benefits of music is that it might be a helpful weight-loss tool. If you are trying to lose weight, listening to mellow music and dimming the lights might help you achieve your goals.</p> <p>According to one study, people who ate at low-lit restaurants where soft music was played consumed 18 percent less food than those who ate in other restaurants. The researchers suggest that music and lighting help create a more relaxed setting. Since the participants were more relaxed and comfortable, they may have consumed their food more slowly and have been more aware of when they began to feel full.</p> <p>EXPLORE: How Music Can Support our Well-Being The Surprising Psychological Benefits of Music</p> <p>CHALLENGE:</p> <ul style="list-style-type: none"> ❖ Create your own favourite playlist of music while you read, clean, or exercise. ❖ Dance Like Nobody's Watching! Exercise can be difficult to integrate into your daily life, so put on some of your favourite music and dance! While you cook...while you fold laundry...while you water plants!
<p>Day 12</p>	<p>ENERGIZE: There are a variety of factors that can affect the natural ebb and flow of your body's energy. These include sleep and stress levels, your level of physical activity and the foods you eat. Generally, having a meal or snack tends to refuel your tank, helping you feel more energetic. However, some foods may actually zap your energy. A diet rich in foods such as wholegrains, oats, pulses, nuts and seeds will help you stay healthy and full of energy. Simple carbohydrates come in two forms, natural and refined. Some fruits and vegetables are high in natural sugars, and can provide a healthy boost of energy when needed.</p> <p>EXPLORE: How to eat for more energy 10 Ways to Stay Energized Throughout the Day</p> <p>CHALLENGE:</p> <ul style="list-style-type: none"> ❖ Try out a fresh green smoothie recipe from Healthy Comforts or explore How to Build a Super Nutritious Smoothie!
<p>Day 13</p>	<p>REIGNITE YOUR INNER PASSIONS: What are your passions? Are you doing what you love? Each of us has a calling, or something that we are meant to do. We all have gifts that we've been given that are meant to be shared with others. Throughout our lives as our focus changes, our passions may grow, evolve or change too.</p> <p>The word Ikigai is a Japanese self-discovery tool or framework that means "reason for being" and helps us to identify what our daily motivation is. Ikigai (pronounced "ee-ke-guy") is a way of being that strives to balance our spiritual lives with our practical lives. It is not only referring to our work life and how we make money to live, but all aspects. This philosophy reminds us that all life is interconnected and holistic- our passions impact our personal and professional lives and includes not caring for our loved ones, but the work we do to help others in our communities. A mindset of gratitude is foundational to this way of being.</p> <p>Ikigai is not an end result, or an end purpose. It's a process of self-discovery that takes time. Ikigai helps us to find the ingredients that will bring us joy and fulfillment.</p> <p><i>Have you discovered your Ikigai?</i></p> <p><i>"Love life. Engage in it. Give it all you've got. Love it with a passion because life truly does give back, many times over, what you put into it."</i> – Maya Angelou <i>"No matter what you want to do with your life, be passionate."</i> – Jon Bon Jovi <i>"The painter has the Universe in his mind and hands."</i> – Leonardo da Vinci</p>

“It’s not hard to make decisions when you know what your values are.” – Roy Disney
 “Passion is energy. Feel the power that comes from focusing on what excites you.” – Oprah Winfrey
 “We are what we repeatedly do. Excellence, therefore, is not an act but a habit.” – Aristotle
 “Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” – Harriet Tubman

EXPLORE:

[Exploring Ikigai](#)
[Feeling Extinguished? How to Reignite a Soulful Spark and Live a Flourishing Life](#)
[Live Bold and Bloom](#)

CHALLENGE:

- ❖ Select one of the quotes above...whichever one speaks to you...motivate yourself to reflect this quote in your daily practice for the remainder of the 21 Day Challenge!
- ❖ Spend 15 minutes a day engaged in an activity that sparks your soul, whether it is cooking, a form of art, singing, dancing. Whatever it is that brings you joy, do it!
- ❖ Self expression is one way to reduce stress. List ways in which you reduce stress in the following categories: Spiritual, Intellectual, Physical and Emotional

Day 14

GRACE AND GRATITUDE:

A common theme for this past week is gratitude – showing thankful appreciation for what we have in our lives – such as our loved ones, the earth, the food on our table, and service workers that work tirelessly to help others during these unprecedented times.

The word gratitude comes from the Latin word gratia, which means grace, graciousness, and thanks.

Grace reminds us that we are all connected; that there is more to life beyond ourselves, and gratitude is the practice to give it thanks.

EXPLORE:

[When Grace and Gratitude Come First](#)
[Grace and Gratitude by Olivia Newton-John](#)

CHALLENGE:

- ❖ What are you grateful for this week?
- ❖ Say thank you to someone you are grateful for today!



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Welcome to Week 3

Day 15

SUGAR RUSH

Today, we have *Cathy Sambrone* from *Rejuvenate & Restore: Mind Body Spirit* sharing her experiences as she eliminated sugar from her diet and what she learned from the experience.

Cathy graduated with a BA from York University in French. After many years in the corporate and non-profit sectors, it became clear that her next passion would be holistic health which led to studying various healing modalities: NLP (Neuro Linguistic Programming), Reiki, Therapeutic Touch and MBSR (Mindfulness Based Stress Reduction). Cathy is dedicated to empowering people on their path of transformation and believes in the power of mindfulness, meditation, exercise and proper nutrition as restorative practices. She is now diving deeper and learning how to heal the emotional wounds of the past via shadow/inner child work.

A sugar Rush. We have all felt it. As someone who has turned to sugar for comfort for many years, I know the feeling well. Through the years, I have worked hard to learn tools and techniques to help me better cope with stress so that I would not resort to eating too much sugar. Very recently, I decided to do a cleanse to help reset my body. After just 12 days of being off refined sugar (I had small amounts of honey, dates and stevia) and being off caffeine, I found that I had more balanced energy that was sustained throughout the day, less anxiety and less puffiness and inflammation. I felt great!

As I dug deeper to understand why, I learned that as our body breaks down the sugar from food, the pancreas releases insulin, the hormone that helps us metabolize our nutrients. If we consume too much sugar and have a lot of insulin floating around in the blood, insulin will take the extra sugar and convert it into fat. It can also prevent us from breaking down the fat in the body which can promote inflammation.

Studies are now showing a link between added table sugar and an increase in inflammation markers. The bright spot is that there is no link with inflammation when we consume natural sugars from whole foods like an apple. Believe it or not, an apple can have as much sugar as a candy bar (about 19 grams of sugar) yet the body processes each of them very differently.

So I began to eat more fruit and the difference lies in that the fiber in the fruit allows the fruit to be

digested much more slowly, thereby releasing less insulin into the body. “Fruit is a package deal that comes with other nutrients, like fiber, along with other beneficial vitamins and minerals, while table sugar and processed sugar are empty calories, offering virtually no nutritional benefit.” says Shannon Weston Nutritionist Supervisor at the University of Texas School of Public Health.

A key takeaway is that not all sugar is created equally and that eating more whole foods in the end is going to help us feel fuller longer thereby reducing cravings. So I began to incorporate apple sauce and dates into my gluten-free muffins so I could cut out the refined sugar knowing that by using the sugar in whole foods that my body can stay in balance and it will mean more energy and a healthier me in the long run.

EXPLORE:

[Does sugar cause inflammation in the body?](#)

[Is all sugar created equal?](#)

[How does insulin work in the body?](#)

CHALLENGE:

Find ways to substitute for refined sugar that are just as satisfying or find ways to fill a craving that is a much healthier option i.e. replacing white sugar in your coffee with honey or maple syrup, eating dates instead of chocolate, if you have a craving for sugar, make a smoothie that includes greens so you are balancing the fruit with vegetables thereby increasing the fiber content.

Day 16

UNDERSTANDING YOUR WHY

The key to any goal setting is exploring your Why. Your Why is your inner motivation for wanting to do something or your inspiration. When it comes to living a lifestyle that supports your overall mental health and well-being, focusing on the Why brings you clarity and helps to narrow your focus. For me, my Why is my family and my work. As a parent and educator, I know that I am a role model to young ones both at home and at work. I know that my children watch everything I do so it's important to be mindful of the choices I make. Am I perfect? Absolutely not, and I strive to be more kinder, more patient and more gentle with myself. But, I have hope because change is always possible. Each day provides an opportunity for a fresh start.

Rather than making huge goals that may overwhelm us, we embrace small steps that help us evolve into the best version of ourselves, reminding us that we are not perfect beings, rather works in progress. All the while, we place our Why at the centre of our goal setting. Our Why reminds us to embrace a mindset that nurtures the mind, body and soul, and creates a culture of courage, compassion and grace within ourselves and all around us.

EXPLORE:

[https://simonsinek.com/commit/putting-words-to-your-why/
Purpose is Life-Changing. Find Your Why](https://simonsinek.com/commit/putting-words-to-your-why/Purpose-is-Life-Changing-Find-Your-Why)

CHALLENGE:

On Day 9, we suggested creating a Vision Board. A Vision Board or dream board is a collage of images, pictures and words that outlines one's dreams, and is used as a source of inspiration.

- ❖ Create a vision board that outlines your goals, dreams, ambitions, inspirations. Use magazines, newspapers, online images and any other materials that inspire you.
- ❖ Revisit your Vision Board. Does it reflect your WHY?

Day 17

ME TIME

Today let it be a reminder to love and nurture yourself. Keep your self-talk positive, kind and forgiving. Ask yourself what makes you happy. It may involve hiking in nature, painting or simply listening to your favourite music. Take time for yourself and don't apologize for it! “You can't pour from an empty cup. Take care of yourself first.” Norm Kelly

My Happy List

- ❖ Upbeat music
- ❖ Butterflies
- ❖ Cardinals in my yard
- ❖ A great massage
- ❖ Having dinner with my two kids
- ❖ Phone calls from friends and family
- ❖ A full moon
- ❖ A swim on a warm summer night
- ❖ The first snowfall
- ❖ Cherry blossoms
- ❖ Bright colours of autumn
- ❖ A good night's rest
- ❖ Holding a baby
- ❖ Hugs from my kids and yes, they are both grown ups!
- ❖ Time to myself...no apologies here!

My list goes on...See how many you can come up with and share them! :)

EXPLORE:

<https://organisemyhouse.com/create-some-me-time/>

CHALLENGE:

Create a list for yourself of all things that bring joy into your life. Make at least two or three of them part of your day!

Day 18

MODIFY...DON'T DENY

*Today's guest writer is [Lena Ferrara](#) who shares her knowledge and experience with food intolerances and the importance of finding ingredients that are right for your body system. Lena Ferrara, co-author of *Healthy Comforts Cookbook*, is an alternative health practitioner and owner of *Nostalgica Foods*, where she and her husband manufacture and distribute a grain, gluten and nut free pizza dough mix with an authentic taste and texture. If you'd like to learn more about this product, you can find them on IG/FB @nostalgica_foods or visit their website at www.nostalgicafoods.com. Thank you to [Lena Ferrara](#) for sharing your expertise with us!*

Are you dealing with food allergies or food intolerances? First let's define the two.

Food allergy is an immediate reaction to a food related to a specific antibody to that food called IgE. Almost all symptoms appear within a few minutes of eating the offending food. Some symptoms to look for are: skin hives and/or swelling, difficulty breathing, runny nose and itchy eyes. Food allergies can be life threatening.

Food intolerances unlike a true food allergy may take hours or even days to develop after eating the offending food. Symptoms may last hours or days and symptoms will vary and include stomach ache, bloating, headaches, nausea, diarrhea/constipation, depression, anxiety, joint problems, reflux and fatigue.

Most often gut health is at the root of these issues. Our gut health impacts all our body systems and can lead to many of the above symptoms.

One way to support our gut health is to explore any foods that are negatively impacting our digestion. Consider this – 70% of our immune system lies in our digestive tract, it is also the hub that all other body systems rely on for nutrients. If our gut is not happy, chances are the rest of the body is not happy either.

Healthy Comforts is all about eliminating the most common allergens: dairy, wheat, gluten, refined sugar and you delicious foods made with alternative ingredients so you will never feel depressed or deprived.

You decide what is best for you and go at your own pace. Are you an “all in” or “baby step” kind of person? Even small steps will make an impact in the right direction. The important thing is to start, be patient and embrace the journey because it is so well worth it.

EXPLORE:

Two websites that I love are: Joyous Health and Downshiftology. Both these ladies embrace not only healthy eating but make transforming your “diet” easily with their step by step videos.

<https://downshiftology.com/>

<https://www.joyoushealth.com/>

CHALLENGE:

Try a new vegetable. Have you ever looked at certain vegetables and thought “what the heck do I do with this”? I felt the same way with celeriac and turnips. Turns out they are both easy to work with and delicious. I've made celeriac fries, and have used both celeriac and turnips with cauliflower to make a substitute for mashed potatoes... so creamy and delicious? Recipes can be found on our Instagram page or our website.

Day 19

EXERCISE

Today's guest writer is [Eva Mancini Johnston](#) who is a Fitness Enthusiast and Life Coach sharing her love for staying active. Thanks Eva for participating in our Holistic Living Summer Challenge!

E is for exercise, which means – you want to be moving your body. Maybe you're not sure where to start, maybe you're intimidated by the process, you want to use exercise to help shed some pounds and live healthier or maybe it's been a while, and so on. You're in the right spot being in this amazing Facebook group. as first you want to control how much you're eating and the quality of food. Next, you'll focus on how you want to move your body. Best part, a lot of things are FREE resources at our fingertips.

But where to start. Know that you'll want to move at least 20 minutes at once, 4 times a week. If you're a newbie, aim to work up to that. When it comes to a fitness routine it's best to find something you can commit to and truly enjoy to do. If you're not quite sure what that is you'll have to

experiment a little. Yoga, MMX, hiking, running, classes, swimming (perfect weather for it), weight training, etc.

Overall, exercise allows us to work on having more energy, strength, heart health, endurance, endorphins, and so much more. Just remember, your pace doesn't matter, it's not a race. Find something you can stick to and get going. Don't overthink it, get moving and have fun!

CHALLENGE:

Being in a time where gyms aren't open is an even more reason to take advantage of the free resources at our fingertips like YouTube or apps, as mentioned experiment and even find an instructor that's motivational for you.

A FEW SUGGESTIONS TO EXPLORE AND TRY:

BodyFit by Amy – Low impact cardio.

<https://youtu.be/9H9qdpUzu4M>

Tony Horton P90X3 Intense 10 version. (More advance)

<https://youtu.be/fjNT3l2KVmY?t=3s>

Jillian Michaels app – She offers daily 7 minute workouts without signing up for the paid version. Paid version opens up all her workouts.

Day 20

RENEWAL

Today we have [Annie Robinson](#) who is our guest writer! Annie is a gifted Yoga Teacher who believes that mindfulness and breath are pathways for connecting and discovering the essence of our inner truth. Her challenge to us today is a guided meditation that invites clarity and renewal into our lives. You can reach Annie at <https://www.braveheartmovement.ca/offerings>.

Thank you Annie for sharing your experience and wisdom with us!

A guided meditation centred around renewal. Starting with a stretch to move any stale energy out of the body and prepare our minds for a short guided meditation. Meditation can bring clarity and allow us to see what is serving us in our lives and what we need to let go of.

What seeds have you planted in this season of your life? What do you need to weed out?

A regular meditation practice can nourish and renew your sense of self. As you take time for self care today try not to hold on to any expectations, and know that it is normal and ok for your mind to wander. When this happens try to bring your attention back to your breath.

Day 21

GRATITUDE AND HOPE

Today's theme is Gratitude and Hope, and it is the last day of the Holistic Living Summer Challenge! Thank you for participating with me as we visit all the many aspects of self-love. I hope that this journey reminded you how deserving you are all good things that bring you clarity, peace and love. A special thank you to the special guest writers who joined our journey this week!

During these uncertain times, it is easy to get our brains stuck in the numbers and facts related to COVID 19. Although it is important to know updated data on the status of the virus, too much of it can make our heads spin.

There are many people who, despite the unsettling times, continue to hope for a better future, and envision happier times ahead. It takes courage to continue to see the world in a positive light – to see the world as it is and find the beauty in the imperfections.

The amazing thing about our human experience is that we always have a choice. The choice to make better decisions, and to align our thoughts and words with our actions.

We could choose to value people and our environment over things.

We choose to act on love, rather than fear, hate and anger.

We choose to honour the collective, rather than focusing only on the self.

In this time of physical distancing, we can choose to embrace the quiet and stillness. We can reflect on the kind of future that we want so that it can come to us in full clarity. We can envision a future

where we live fully and meaningfully, with our hearts open, and living life as we are meant to be.

EXPLORE:

Let Go Let God

CHALLENGE:

Our challenge to you is to make a list of tools that you find to support your mental health and wellbeing. How can you devote time everyday to do the things you love to do?