



SPRING FORWARD.....

A TIME FOR CHANGE.

*workbook*

Mindset | Menu | Move



# A NOTE FROM THE BALANCED WELLNESS TEAM

## Inspiring YOU to Achieve Your Optimal Well-being

Balanced Wellness believes EVERY individual can achieve their version of optimal well-being with a little guidance! You craft your life and therefore, with guidance, can craft a well-being program that is best for you. We give you the option of using the system to create a specialized 10 day program, work with a coach to create your program, or simply implement a designed program provided in this workbook. Since this is only a 10 day process, many people modify the provided program.

Nutrition and exercise programs are typically either very complicated, not sustainable, or not a fit! We simplify the program to 5 components that most professionals **and the general public** can agree on!

- Eat Whole Foods
- Half your plate should be fruits and vegetables (the non starchy ones!)
- Drink Water
- Eat and live mindfully
- Move

These are sustainable strategies, not always easy - but simple. Of course, it is best if you adhere to these principles 80+% of the time, but implementing them 50% of the time is better than 10% or 0% of the time! 1 in 10 adults gets enough fruits and vegetables, and nearly half of our population do not get enough water (CDC).

*Balanced Wellness  
Team*

# SPRINGBOARD TO LIFESTYLE CHANGE

**INSTRUCTIONS:** You choose your level of guidance needed....and your level of commitment. You may choose to do a 'quick spring' skipping the VMOSA but going through the mindset, menu, and movement sections.

**ALL IN!** Eat only the foods on the list eliminating any packaged foods or convenience foods. Exercise 20-40 minutes per day. Spend 20 minutes everyday journaling and creating and applying positive affirmations.

**IN!** Eat primarily whole foods including some lightly processed foods. Exercise a minimum of 3 times a week for 20 minutes. State a positive affirmation daily.

**VMOSA:** CREATE A DESTINATION AND ROADMAP TO ARRIVE AT THE DESTINATION

**MINDSHIFT TO SUCCESS:** TEN POSITIVE AFFIRMATIONS TO OVERCOME ROADBLOCKS

**MENU:** TEN DAYS TO CLEANSE AND CHANGE UNHEALTHY FOOD BELIEFS AND HABITS

**MOVEMENT:** SPRING INTO MOTION AS A JUMPSTART TO LIFESTYLE MOVEMENT CHOICES

We want to give you a springboard to success!

The principles we suggest, are sustainable long term and will improve your overall well-being AND reduce your risk of chronic illnesses. The ten day plan, is more restrictive and will reset your behaviors and give you the quick results we often need to ignite sustainable lifestyle behavior changes.

# JOURNEY TO YOUR DESTINATION

VMOSA

## **Your destination and the roadmap to get there.**

A vision and mission help identify where you are going and why you want to be there. Stating and knowing your vision will give you hope and motivation when sticking with the plan gets tough, it helps you keep your focus on the end result. The Objectives (goals), strategies and actions provide the roadmap for you.

When YOU CREATE your plan it is much more sustainable. Completing your VMOSA will help you expound not only on your Path (your roadmap) but also your systems. Use the form on the following page.

### **Vision (dream)**

List three ways your life would be different if you had more energy and felt better. Write out a brief description of your ideal life including these three items.

### **Mission specific to your well-being (what and why)**

Create a deep WHY and purpose for wanting to be healthier. Of course our overall mission is much larger than our health mission – but our health mission will allow us to fulfill our overall mission. Vision and Mission statements should reflect our core values (adventurous, optimistic, vitality, family, etc.). Select 3 values that are important to you and add a verb as the action in the mission statement. *My mission statement: Live life with vitality, joy and purpose.*

## CREATE YOUR VISION AND MISSION STATEMENT

**QUESTION #1:** List three ways your life would be different, and describe the picture for yourself of a typical 'perfect day'.

**QUESTION #2:** List five values that are important to you.

**QUESTION #3:** Add a verb to your three most important values and create a mission statement.

## OSA: OBJECTIVES (GOALS), STRATEGIES AND ACTIONS

Now that you have a vision and mission statement, let's finish your VMOSA. You may choose to refine your plan at a later date, but allow us to define your strategy plan for this program.

**MY GOALS:** (this may be restating part of your vision statement).

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**STRATEGIES AND ACTIONS:** For each strategy, list 1-4 actions to focus on to make it happen!

**Strategy 1: Minset | Mindshift.** State a mindset daily as often as necessary! You may include eat mindfully setting a standard of eating without distractions and savoring every bite!


**Strategy 2: Eat whole foods.** The only packaged foods will be foods that have one item such as quinoa. Example: Eat in, clean my pantry of any chips, breads, etc., tell my peers at work!


**Strategy 3: Half my plate fruits & vegetables.** Adhering to the food list, fill half of your plate with fruits and vegetables. Starchy vegetables such as potatoes are not included in half your plate.


**Strategy 4: Water.** Consume 6-10 glasses of water a day.


**Strategy 5: Move 20-40 minutes.** Choose 3 -7 days per week.




# POSITIVE AFFIRMATIONS



FIVE TO GET YOU STARTED!

POSITIVE AFFIRMATION:

*I am filled with vitality, joy  
and purpose.*

POSITIVE AFFIRMATION:

*My body deserves healthy  
food as fuel.*

POSITIVE AFFIRMATION:

*I am strong and healthy.*

POSITIVE AFFIRMATION:

*I am filled with peace.*

POSITIVE AFFIRMATION:

*I learn everyday!*

POSITIVE AFFIRMATION:

*I grow from my mistakes  
and challenges.*

POSITIVE AFFIRMATION:

*I can accomplish  
anything.*

POSITIVE AFFIRMATION:

*I am remarkably made.*

POSITIVE AFFIRMATION:

*I am becoming the best  
version of myself.*

POSITIVE AFFIRMATION:

*I am getting healthier day  
by day.*

# POSITIVE AFFIRMATIONS



INSTRUCTIONS: IDENTIFY STATEMENTS YOU SAY TO YOURSELF FREQUENTLY. REFRAME THE STATEMENTS TO POSITIVE STATEMENTS BEGINNING WITH I AM... | I CAN... | I WILL...

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

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POSITIVE AFFIRMATION:

# POSITIVE AFFIRMATIONS

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

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POSITIVE AFFIRMATION:

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POSITIVE AFFIRMATION:

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POSITIVE AFFIRMATION:

NEGATIVE THOUGHT:



POSITIVE AFFIRMATION:

# MENU

FOOD FOR FUEL AND FUN

## Macro and Micronutrients:

We do not count macro and micro nutrients or calories! However, we do talk about nutrient density. Nutrient-dense foods contain vitamins, minerals, complex carbohydrates, lean protein, and healthy fats. Nutrient-dense foods have health benefits protecting against many chronic illnesses including heart disease, diabetes, and some cancers. Calorie-density focuses on the calories based on volume. Fruits and vegetables have a low caloric density; you can eat a large volume without high calories. IF you want to track, we have included a tracking sheet listing the foods that fit in each of the calorie categories. It is not necessary if you keep your focus on one-half of your plate being filled with fruits and vegetables, one-quarter filled with lean protein, and the remaining one-quarter filled with whole grains or starchy vegetables.

Simple, but not necessarily easy!

We have provided general guidelines for each of the calorie ranges because people are accustomed to and often need guidelines, particularly when they are adding new behaviors. Remember, these are general nutritional coaching guidelines, not dietetic prescriptions.

For a ten day period we recommend you are careful with your starch servings and fat servings. We also encourage a plant-based nutrition plan. There is considerable evidence suggesting a whole food plant-based nutrition plan will reduce your risk for chronic illness and your weight. Owner Terry Gehrke is a Certified Health and Wellness Coach, has completed a Certified Plant-Based Nutrition program through e-Cornell, and is also a Master Certified Health Education Specialist, in addition to her academic credentials. However, any dietary restrictions identified by your physician or dietician should be considered when choosing to reduce your fat intake and choosing a plant-based plan if you have any health issues.

## We Encourage Mindful Eating:

We highly encourage looking at why, where, and when you eat being mindful of your emotions, hunger levels, triggers, and your social circumstances. IF you are truly hungry, eat a small, healthy snack.

We have provided a mindset for you to repeat and/or journal about daily and have added journal sheets at the end of the workbook. You may want to add additional affirmations related specifically to triggers around eating. We have several additional worksheets if you need something specific. We are happy to serve you!

# MENU

FOOD FOR FUEL AND FUN

## To Eat:

**Whole Grains:** Limit to no more than 5 servings per day (80 calorie servings)

- 1/3 cup uncooked or 1 cup cooked
  - Rice (brown and wild)
  - Quinoa
  - Couscous
- Oatmeal 1/3 cup uncooked - preferably steel cut
- Popcorn (2 cups - no added butter)
- Less typical, Buckwheat, farro, millet, barley, bulgar, amaranth, wheat berry

## Vegetables:

**Starchy:** Limit these to no more than 5 servings per day

- Sweet potato (1/2 medium)
- Potato (1/2 medium)
- Corn (1/2 cup)
- Peas (1/2 cup)
- Beets (1 small beet, 1/2 medium and large)

**Non-starchy:** unlimited

- Salad greens
- Greens such as kale, collard, spinach
- Carrots
- Tomatoes
- Asparagus
- Brussel sprouts
- Zucchini
- Squash
- Peppers
- Green beans
- SO many more!

# MENU

FOOD FOR FUEL AND FUN

**Fruits:** Limit to 2/day (60 calories - ½ cup or 1 small)

- Berries - be sure to include frequently
- Banana is ½
- Apples
- Peaches
- Orange
- So many more!

**Lean Protein:** 3-6 x 35-50 calorie servings (below are serving)

- Fish (1 oz)
- Chicken (1 oz)
- Turkey (1 oz)Lean beef (1 oz)
- Pork tenderloin (1 oz)
- Beans or Lentils (1/2 cup)
- Hummus (1.5-2 TBS)
- Protein Powder (no whey - 35-50 calorie serving)

**Nuts and Seeds and Fats:** 1 oz no more than 2 oz/day

- Almonds 20-24, Brazil nuts 6-8, Pecans 18-20 halves, Cashews 16-18
- Peanut butter 1 TBS
- Sunflower seeds 2 TBS, Pumpkin seeds 2 TBS
- Hemp, Chia and Flax 2
- Avocado (1/8th)
- Olives (8 large)
- Limited Olive, Coconut and Grapeseed oil

**Eliminate:**

- Dairy (milk, yogurt)
- Vegetable oils
- Sugar and sweets
- Breads!!! (bagels, English muffin, pita bread, cereal)
- Pasta, tortilla's
- Juice and Soda

# MENU

FOOD FOR FUEL AND FUN

## Creating your menu plan:

It is important to note again that if you are eating from the food list, and creating your plate as recommended, you can essentially eat anything you would like at each meal! However, meal planning is important to your success. Those who fail to plan, plan to fail!

You may want to start with the 5 day plan we have offered. You can then pick and choose and add your own. On the next several pages we have templates for you. Here is the process I recommend to create your personalized plan.

1. Select 5-7 Dinner and lunch recipes that adhere to the recommended foods. Look for soups and salads but do not limit yourself to only vegetable soups and salads or your chances of being hungry are high. There are so many resources on the internet. Here are my favorites for plant based meals. Remember, feel free to add lean proteins.
  - a. Forks Over Knives ([www.forksoverknives.com/recipes](http://www.forksoverknives.com/recipes))
  - b. McDougall ([www.dr.mcdougall.com/health/education/recipes/mcdougall-recipes/](http://www.dr.mcdougall.com/health/education/recipes/mcdougall-recipes/) .APP)
  - c. Physicians Committee for Responsible Medicine 21 Day Kickstart (note - not all are compliant with the 10 day recommendations. <https://kickstart.pcrm.org/en> APP available)
2. Select 2-3 meals that you can eat out or are easy meal prep. My favorites.
  - a. Roasted vegetables, can purchase pre-cut or frozen pre-cut. My VERY favorite is sweet potato and roasted brussels sprouts.
  - b. Steamed vegetables served over rice or quinoa with seasoning. Your taste buds will adjust quickly to not expecting heavy sauces. Try Bragg Liquid Aminos.
  - c. Pre-packaged salads with added quinoa. Try toasted quinoa, crunchy and delicious.
3. On your calendar or the form below, begin to plot out your dinner meals using additional servings for lunch. Pre-pack to grab and go!
4. Add your lunches to the calendar filling in with additional favorites.
5. Add healthy breakfasts.
6. For additional food prep and shopping efficiency group the items together as you list them on a grocery list and prep two to three days at a time.

# SAMPLE MENU PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1	1/3 cup oatmeal with berries or other fruit (nuts optional)	Salad in a jar with hummus and chopped vegetables <a href="https://ohmyveggies.com/rainbow-salad-in-a-jar-with-avocado-hummus/">https://ohmyveggies.com/rainbow-salad-in-a-jar-with-avocado-hummus/</a> .	Stir Fry-Lunch Day 2 <a href="https://simpleveganblog.com/brown-rice-stir-fry-with-vegetables/">https://simpleveganblog.com/brown-rice-stir-fry-with-vegetables/</a> Use broth instead of the oil, Chicken Optional	Raisins & Nuts or popcorn
DAY 2	Sweet Potato Beginnings <a href="https://nutritionstudied.org/recipes/breakfast/sweet-potato-beginnings/">https://nutritionstudied.org/recipes/breakfast/sweet-potato-beginnings/</a>	Stir Fry-Lunch Day 2 <a href="https://simpleveganblog.com/brown-rice-stir-fry-with-vegetables/">https://simpleveganblog.com/brown-rice-stir-fry-with-vegetables/</a> Use broth instead of the oil, Chicken Optional	Stuffed Potato with Veggies (broccoli, red pepper, mushrooms and salsa (watch out for sugar) Beans or chicken	Lightly cooked apple with cinnamon
DAY 3	Oatmeal with Banana and nuts	Reboot Salad <a href="https://planturo.wordpress.com/2016/05/14/esselstyns-reboot-salad/">https://planturo.wordpress.com/2016/05/14/esselstyns-reboot-salad/</a>	Vegan Lentil Soup (instant pot or stovetop <a href="https://detoxinista.com/instant-pot-lentil-soup/">https://detoxinista.com/instant-pot-lentil-soup/</a>	Cut up veggies with hummus
DAY 4	Skillet potatoes ( <a href="https://www.drmcdougall.com/misc/2008nl/feb/recipes.htm">https://www.drmcdougall.com/misc/2008nl/feb/recipes.htm</a> )	Asian Rice Salad - <a href="http://www.chewoutloud.com/2016/02/01/asian-rice-salad-giveaway/">http://www.chewoutloud.com/2016/02/01/asian-rice-salad-giveaway/</a> I use edamame only	Reboot Salad and protein of choice and optional grain	Popcorn (my go to snack)
DAY 5	Skillet potatoes	Vegan Lentil Soup	Roasted veggies <a href="http://www.eatingwell.com/recipe/262078/colorful-roasted-sheet-pan-veggies/">http://www.eatingwell.com/recipe/262078/colorful-roasted-sheet-pan-veggies/</a>	Roasted Chickpeas ( <a href="https://www.allrecipes.com/recipe/81548/roasted-chickpeas/easy-oil">https://www.allrecipes.com/recipe/81548/roasted-chickpeas/easy-oil</a> )

# MENU PLAN

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	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				

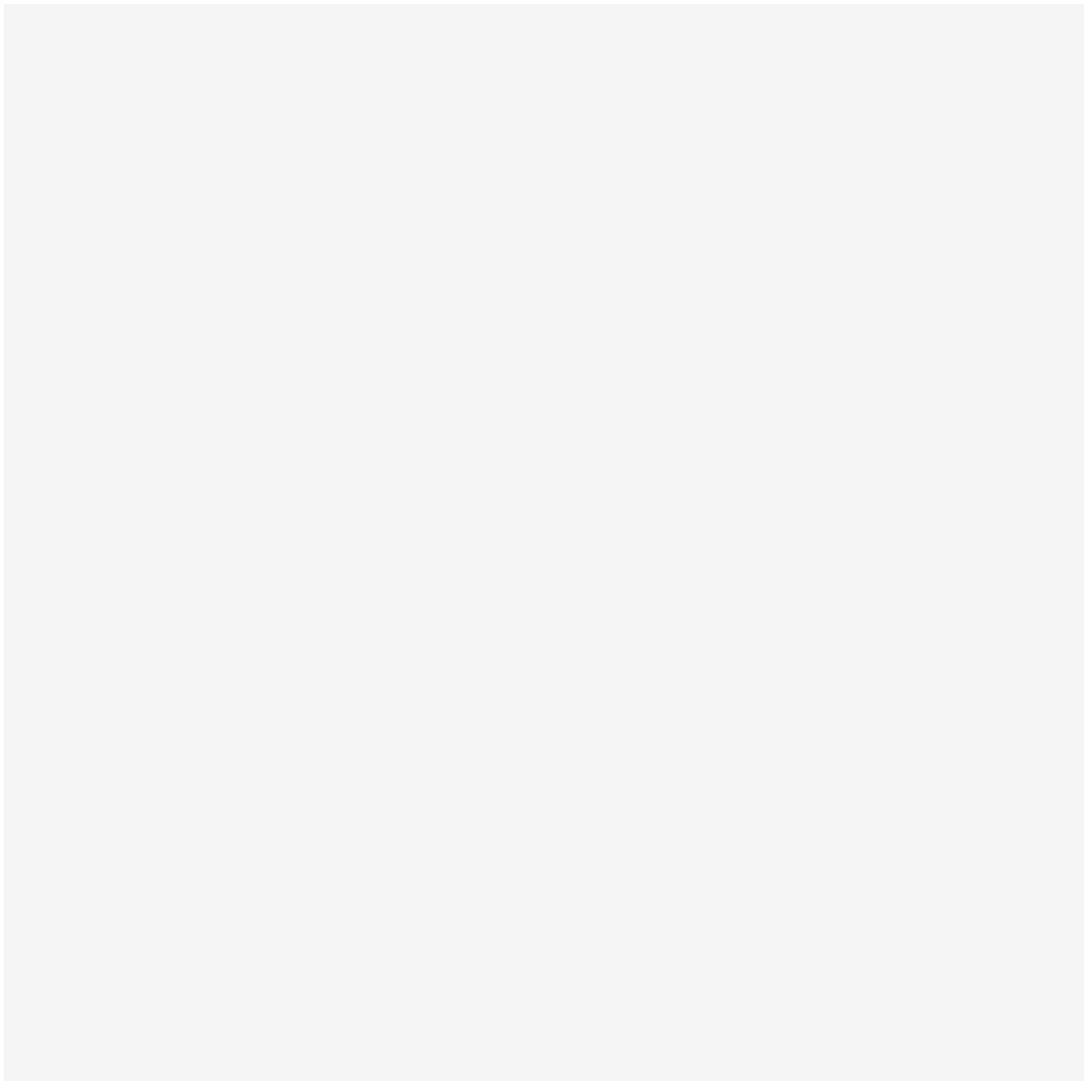
# MENU PLAN

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	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 6				
DAY 7				
DAY 8				
DAY 9				
DAY 10				

## GROCERY LIST AND PREP

**INSTRUCTIONS:** As you complete your menu plan, identify the groceries needed grouping them. Identify toward the bottom what prep is necessary. If you are new to meal planning and prep, I recommend doing 3-5 days at a time. Leave a day for flexibility!

A large, empty rectangular area with a light gray background, intended for users to write their grocery lists and prep instructions.

Starch Servings (80 calories)	Free Vegetables Fruit Servings (20-40 calories)	Protein Servings (35-50 calories)	Nuts, Seeds and Fats Servings (90 calories)	Calorie Guide (100 calories per goal weight)
4-5	6/2	3-4	2	1200-1400
6	8/2	5-6	2	1500-1700
6-8	8/3	6	3	1700-2000

**Whole Grains: Limit to no more than 5 servings per day\***

1/3 cup uncooked or 1 cup cooked  
Rice (brown and wild)  
Quinoa  
Couscous  
Oatmeal  
Popcorn (2 cups - no added butter)  
Less typical, Buckwheat, farro, millet, barley, bulgar, amaranth, wheat berry

**Starch Vegetables: Limit these to no more than 5 servings per day\***

Sweet potato (1/2 medium)  
Potato (1/2 medium)  
Corn (1/2 cup)  
Peas (1/2 cup)  
Beets (1 small beet, 1/2 medium and large)

**Non-starch Vegetables: Unlimited**

Salad greens  
Greens such as kale, collard, spinach  
Carrots (limit to no more than 1 per day)  
Tomatoes  
Asparagus  
Brussel sprouts  
Zucchini  
Squash  
Peppers  
Green beans

**Fruits: Limit to 2/day (60 calories - 1/2 cup or 1 small)**

Berries (include as often as possible)  
Melons  
Bananas  
Apples  
And so many more!

**Lean Protein: 3-5x (below are serving sizes)**

Fish (1 oz)  
Chicken (1 oz)  
Turkey (1 oz)  
Lean beef (1 oz)  
Pork tenderloin (1 oz)  
Eggs  
Beans or Lentils (1/2 cup)\*  
Hummus (1.5-2 TBS)\*  
Protein Powder (35-50 calorie serving)

**Nuts, Seeds & Fats: 1 oz no more than 2 oz/day \***

Almonds 20-24  
Brazil nuts 6-8  
Pecans 18-20 halves  
Cashews 16-18  
Peanut butter 1 TBS  
Sunflower seeds 2 TBS  
Pumpkin seeds 2 TBS  
Hemp, Chia and Flax 2 TBS  
Avocado (1/8th)  
Olives (8 large)  
Limited Olive, Coconut and Grapeseed oil

**Eliminate**

Dairy (milk, yogurt)  
Vegetable oils  
Sugar  
Breads!!! (bagels, English muffin, cereal)  
Pasta  
Juice and Soda

\* For a plant-based plan. Include unlimited Grains, vegetables and fruits, and legumes (beans and lentils). Eliminate or reduce nuts, seeds and fats.

Starch Servings (80 calories)	Free Vegetables Fruit Servings (20-40 calories)	Protein Servings (35-50 calories)	Nuts, Seeds and Fats Servings (90 calories)	Calorie Guide (100 calories per goal weight)
4-5	6/2	3-4	2	1200-1400

Day	Grains/ Starches	Vegetables/ Fruits	Protein	Nuts/Seeds/ Fats	Water	Exercise/ Eat Mindfully
Monday	□□□□□	□□□□□□ □□	□□□□	□□	□□□□ □□□□	□□
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6		8/2		5-6		2		1500-1700	
Day	Grains/ Starches	Vegetables/ Fruits	Protein	Nuts/Seeds/ Fats	Water	Exercise/ Eat Mindfully			
Monday	□□□ □□□	□□□□□□□□ □□	□□□□ □□	□□	□□□□ □□□□	□□			
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Starch Servings (80 calories)		Free Vegetables Fruit Servings (20-40 calories)		Protein Servings (35-50 calories)		Nuts, Seeds and Fats Servings (90 calories)		Calorie Guide (100 calories per goal weight)	
6-8		8/3		6		3		1700-2000	
Day	Grains/ Starches	Vegetables/ Fruits	Protein	Nuts/Seeds/ Fats	Water	Exercise/ Eat Mindfully			
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# MOVEMENT

WORKOUT BECAUSE YOU LOVE YOUR  
BODY NOT BECAUSE YOU HATE IT.

## BEST EXERCISE? ONE YOU WILL DO!

### Strength Training

**F** - 1-5 times per week with a day of recovery between workouts for that muscle group. If you do a full body you would workout 1-3 times per week.

**I** - Overload. The last repetition (lift/movement using the muscle) should be challenging without losing good form.

**T** - Time is not measured in minutes. We identify time as the sets and reps. It doesn't matter if you do 20 minutes if you exercise for 5 and then rest for 10! Typically 1-3 sets of 8-12 reps is recommended. You would do each exercise 10 times (1 set). Rest for 60-90 seconds or do a different muscle exercise and then repeat.

**T** - SO many options! Bodyweight, free weights, resistance bands, machines, medicine balls, kettle bells, etc.! We have provided a sheet of strength exercises, choose a column for each of the body parts (machine, free weight, resistance bands). You CAN do strength anywhere!

### Cardiovascular Training

**F** - 3-6 times per week.

**I** - 60-85% of your maximum heart rate. While steps are great, you should strive to increase your heart rate 3-5 times per week. You should be able to sing, but need to take a breath every 3-5 words. Tip....increase your pace for brief bouts during the day.

**T** - Varies with intensity. Your physical activity should be the equivalent of 10,000 steps most days of the week. The higher the intensity the shorter timeframe you need to workout. You should try to increase your intensity for 10 minutes several times per week to strengthen your heart muscle.

**T** - Anything that uses large muscle groups and elevates your heart rate. Walk briskly, jump rope, cycle, swim, etc.

### Flexibility and Balance

**F** - most days of the week

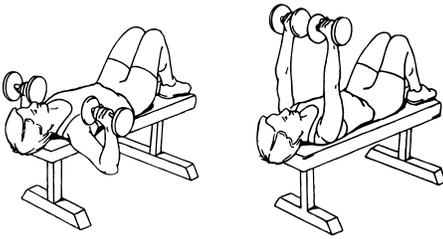
**I** - Overload. Stretch to the point of 'tension'. Do not bounce. Another alternative is 'dynamic' movement increasing your range of motion. Yoga is an excellent way to integrate balance and flexibility. Adds some strength too!

**T** - 30-60 seconds. Hold your stretch in the tension point for 30-60 seconds.

**T** - Yoga, dynamic, holding.

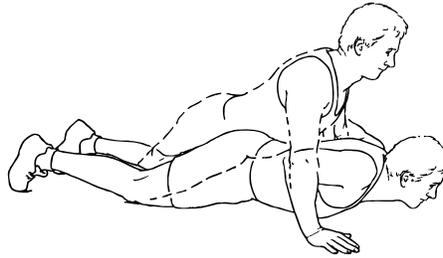


CHEST Bench Press (Dumbbell), Or Bar



Press to straight arms.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

CHEST Push-Up: Modified – Medium Hands



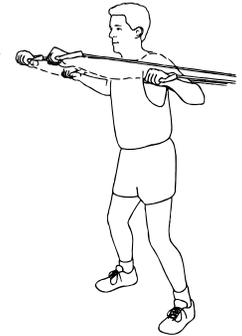
Chest a few inches from floor, push up until arms are straight, bending at knees.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

CHEST Press

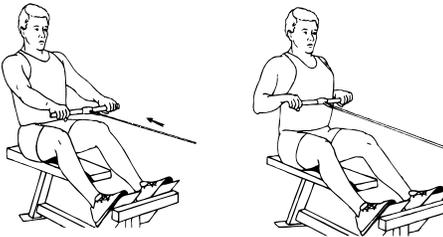
Face away from anchor (can be your back) in shoulder width stance.  
Palms down, press arms forward.

Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.

Anchor Height: Shoulder

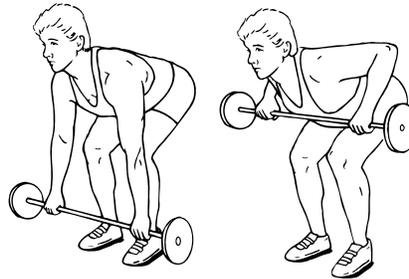


BACK: LATS - Row (Cable)



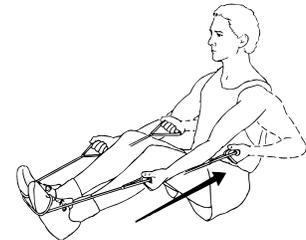
Torso erect, pull bar to lower chest.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

BACK: LATS - Row: Bent Over (Barbell or dumbbell)



Lift barbell to chest, keeping back flat and knees bent.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

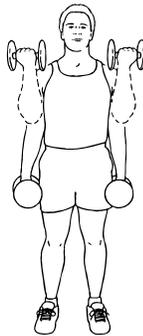
MID BACK Low Row: Long-Sitting



Tubing around feet and palms up, pull arms back while squeezing shoulder blades together.  
Repeat \_\_\_\_ times per set. Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.

ARMS: BICEPS - Curl: Standing (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

Isometric Bicep Curl

Use resistance such as arm or table.  
Hold your arms at 90 degrees with palms up. Push against resistance.  
Hold 30-90 seconds.



BICEPS Curl: Standing

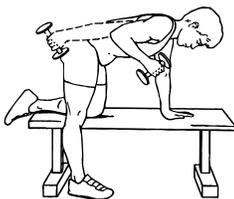
Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.



ARMS: TRICEPS - Kickback: Bent Over – Single Arm (Dumbbell)

Straighten arm, keeping upper arm in line with body.



Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.

ARMS: TRICEPS - Dip (Bench)



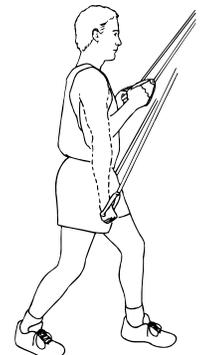
Body almost to floor, elbows close to sides, press upward until arms are straight.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

TRICEPS - Press: Standing

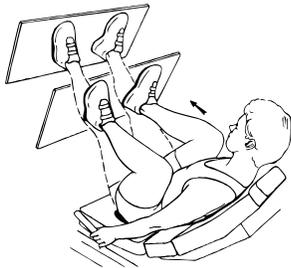
Face anchor in stride stance. Thumbs up, straighten arms, rotating to palms down. You may also anchor to opposite shoulder and press

Repeat \_\_\_\_ times per set.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.

Anchor Height: Over Head



LEGS: GLUTES / THIGHS - Leg Press: Incline (Machine)



Press forward until legs are just short of locked knee position.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

LEGS: GLUTES / THIGHS - Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold \_\_\_\_ seconds.

Do \_\_\_\_ sets.  
Complete \_\_\_\_ repetitions.



LOWER EXTREMITY - 16  
Quad Strength: Quarter Squat With Tubing

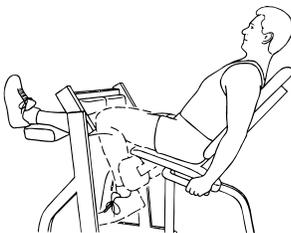
With feet shoulder-width apart, stand on tubing and pull to hip height. Bend knees to 30-45°. Return.

Repeat \_\_\_\_ times  
or for \_\_\_\_ minutes.  
Do \_\_\_\_ sessions per day.

**CAUTION:** You should not bend knees deep enough to cause pain.



LEGS: HAMSTRINGS - Leg Curl: Sitting – Single/Double Leg (Machine)



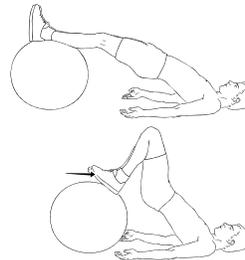
Bring heel as close to buttock as possible, keeping foot flexed toward knee.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

LOWER BODY - Bridge With Leg Curl

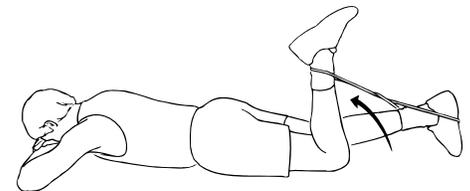
Lie on back, both legs on top of ball (you can also place heels on towel), knees straight, arms on floor. Tighten buttocks, keeping abdominals tight and raise hips \_\_\_\_ inches off floor. Hold lift and curl ball toward buttocks. Return legs to starting position, keeping pelvis elevated.

Do \_\_\_\_ sets  
of \_\_\_\_ repetitions.

\_\_\_\_ Advanced: Do not use



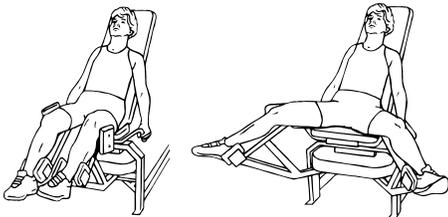
TUBING LOOP - Leg Curl: Prone (Single Leg)



Lying on stomach, anchor tubing around one foot. Loop around other ankle with twist. Bend same knee up.

Repeat \_\_\_\_ times per set. Repeat with other leg.  
Do \_\_\_\_ sets per session. Do \_\_\_\_ sessions per week.

LEGS: GLUTES / THIGHS Leg Abduction: Sitting (Machine)



Move legs outward and slowly return to start.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

LOWER EXTREMITY  
Gluteus Medius Strength: Wall Push

Bend uninvolved knee up and press against wall. Bend involved knee slightly and squeeze buttocks.

Repeat \_\_\_\_ times  
or for \_\_\_\_ minutes.  
Do \_\_\_\_ sessions per day.



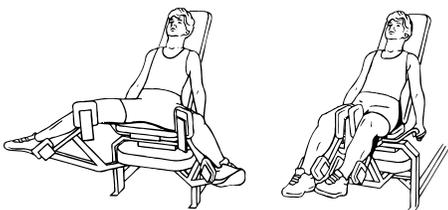
TUBING LOOP Hip Abduction: Standing - Straight Leg

In shoulder width stance, tubing around ankles, pull leg out to side, keeping knee straight.

Repeat \_\_\_\_ times per set.  
Repeat with other leg.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.



LEGS: GLUTES / THIGHS - Leg Adduction: Sitting (Machine)



Legs separated, move legs together and slowly return to start.  
Do \_\_\_\_ sets. Complete \_\_\_\_ repetitions.

Plie

Toes at 10 and 2, lower body down to a squat position. Do not allow knees to extend over toes.

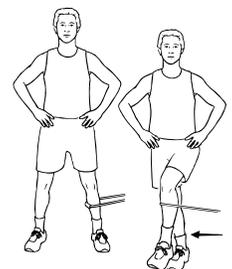


TUBING LOOP - 32 Hip Adduction: Standing - Bent Leg

In wide stance, side toward anchor, loop around same side mid shin. Bend knee and pull leg across body.

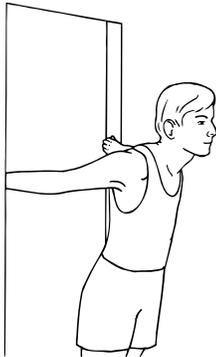
Repeat \_\_\_\_ times per set.  
Repeat with other leg.  
Do \_\_\_\_ sets per session.  
Do \_\_\_\_ sessions per week.

Anchor Height: Below Knee



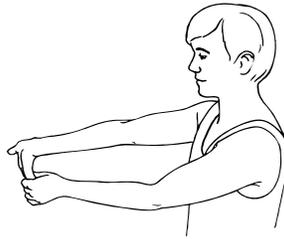
CHEST - Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold \_\_\_\_ seconds. Can also do single arm



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

ARMS - Wrist / Flexors

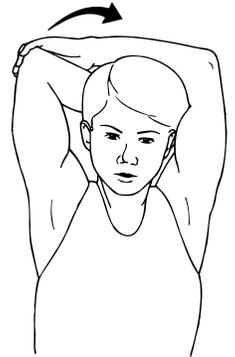


Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold \_\_\_\_ seconds.

Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold \_\_\_\_ seconds.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

UPPER LEG - Quadriceps

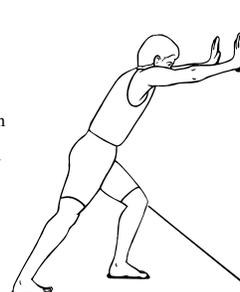
With left hand grasping right leg, gently pull heel toward buttocks until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other heel.



Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER LEG - Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold \_\_\_\_ seconds. Repeat with other leg.



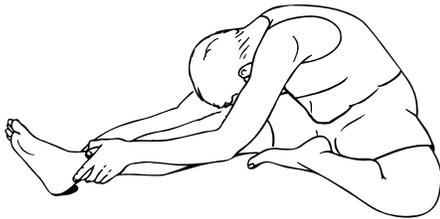
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

HIP OBLIQUE - Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold \_\_\_\_ seconds. Repeat with other leg. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

HAMSTRINGS - Head to Knee



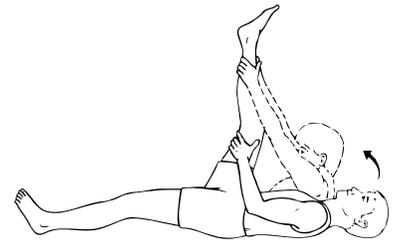
With hands on ankle, pull head toward knee and Hold \_\_\_\_ seconds. Repeat with other leg. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

UPPER BACK - Upper and Mid Extensors



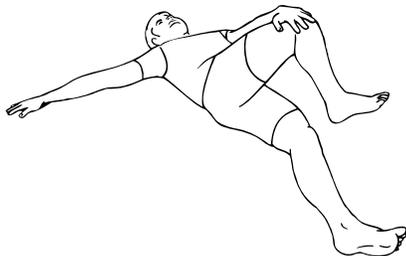
Slide hands forward and buttocks back. Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

HAMSTRINGS - Leg Raise



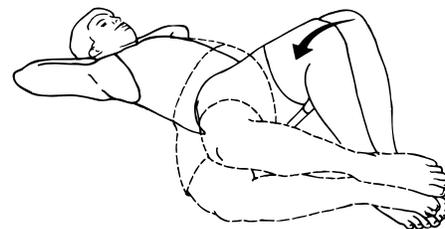
With hand behind knee, pull leg forward until stretch is felt. Hold \_\_\_\_ seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

HIP OBLIQUE - External Rotators



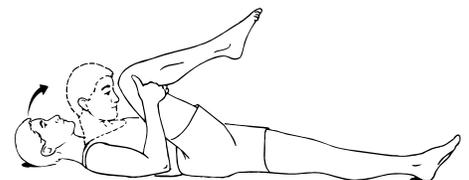
Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other leg. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold \_\_\_\_ seconds. Repeat to other side. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER BACK - Extensors / Gluteal



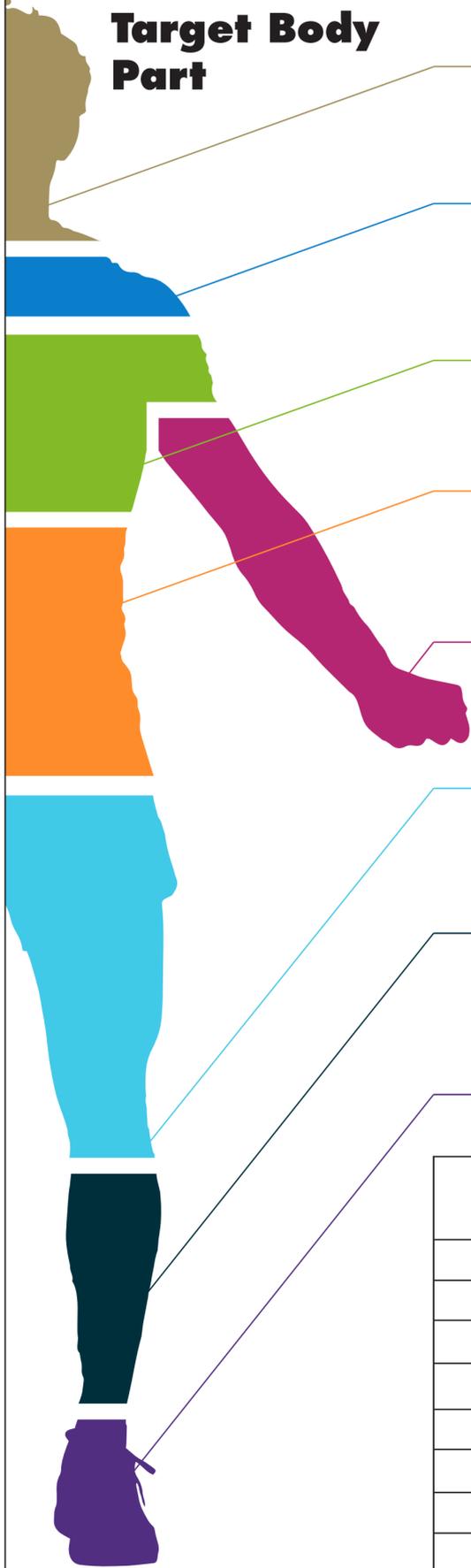
Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold \_\_\_\_ seconds. Repeat with other knee. Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

# Myofascial Massage Tools

Self-massage tools are used for soft-tissue therapy on trigger points, postural problems and can help you recover from stiff, tight and sore muscles. Get started with this chart. Your health care provider can also help you decide which tool is right for you.

Start gradually by using the device for a short time and then increase use progressively. You can also begin with a softer device (tennis ball), before trying something firmer (lacrosse ball). Some discomfort is okay; pain is not. If you experience significant worsening of your symptoms, stop using the device and contact your health care provider.

## Target Body Part



**Neck**

**Shoulder**

**Upper Back**

**Lower Back/  
Glutes**

**Arms**

**Quadriceps/  
Hamstrings**

**Calves**

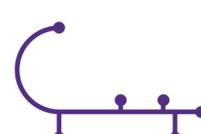
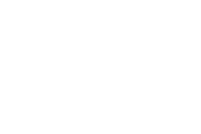
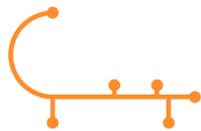
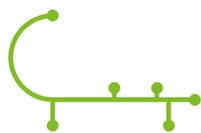
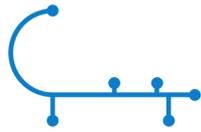
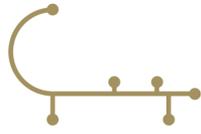
**Feet**

### Other Features

Warm up		✓	✓	✓	
Cool down		✓	✓	✓	✓
Recovery		✓	✓	✓	✓
Flexibility		✓	✓	✓	
Softer (less pressure)		✓		✓	
Firmer (more pressure)	✓		✓	✓	✓
Trigger points	✓		✓	✓	✓
Focal areas	✓			✓	✓
Large areas		✓	✓		
Cost	\$\$	\$-\$\$	\$\$	\$	\$\$-\$\$\$
Portability	+	++	+++	++++	++++

## Massage Canes

6 treatment knobs applied to affected area.



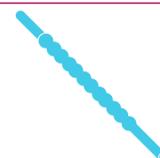
## Foam Roller

Foam roller applied to affected area using body weight to adjust pressure.



## Rolling Stick

Rolled along length of muscles.



## Tennis Ball, Softball, Baseball, Lacrosse Ball

Applied to affected area using body weight to adjust pressure. You can also choose a softer or firmer ball to vary the pressure.



## Other Body Weight-Based Massage Tools

Applied to affected area using body weight to adjust pressure. There are different sizes of blocks for different body regions.



## MY EXERCISE SELECTIONS

 EXERCISE #1:

BEFORE I FELT...

AFTER I FELT...



 EXERCISE #2:

BEFORE I FELT...

AFTER I FELT...



 EXERCISE #3:

BEFORE I FELT...

AFTER I FELT...



# MAKE IT HAPPEN!

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**INSTRUCTIONS:** USING YOUR VISION AND MISSION, BREAK IT DOWN TO the journey to get to your destination. If you get 'off the path' jump back on!

**QUESTION #1:** WHAT WINS HAVE YOU SEEN?

**QUESTION #2:** WHAT'S STANDING IN YOUR WAY?

**QUESTION #3:** WHAT HAVE YOU DONE TO TRY TO SOLVE THE PROBLEM?

**QUESTION #4:** WHAT WILL HAPPEN IF YOU DON'T TAKE THIS STEP?

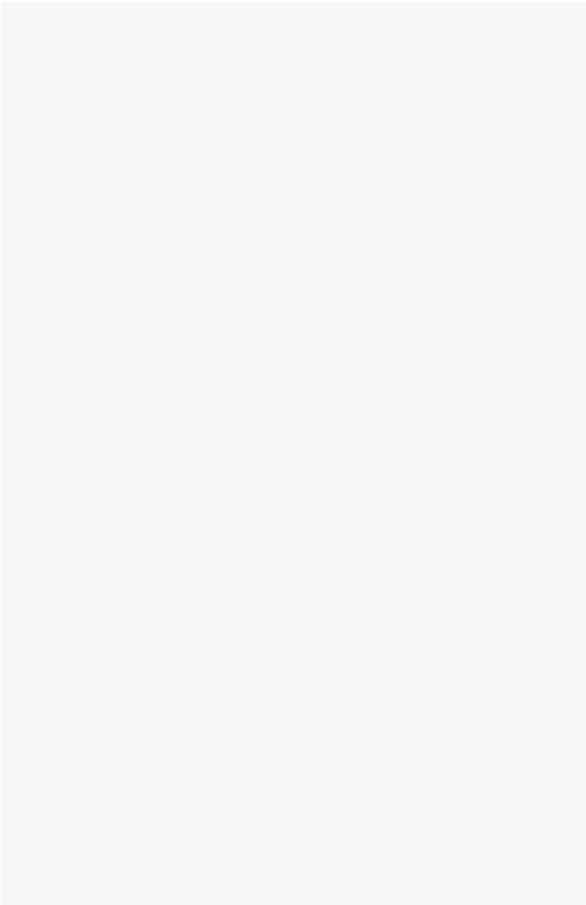
**QUESTION #5:** WHAT ARE YOUR NEXT STEPS MOVING FORWARD?

# NEXT STEPS

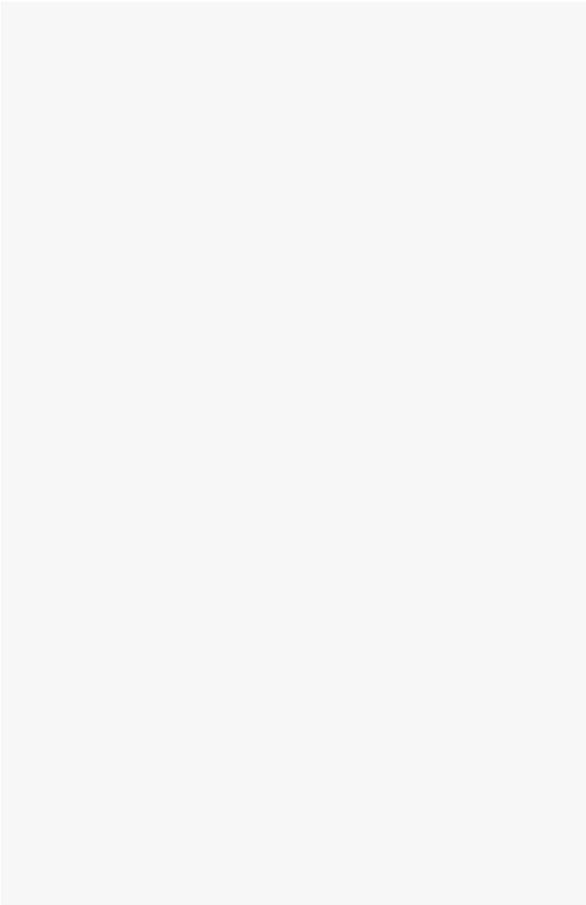
**INSTRUCTIONS:** When you do a program, particularly a short term program such as this, the goal is to implement some of the strategies and actions into your lifestyle. Identify your 'old story' and 'new story'. What are the things you will continue to do in your new story. Keep moving forward!

Go back and look at your goals, action plans and the strategies we suggested. Are you closer to your vision? MOST importantly, where do you go from here? Balanced Wellness offers an ongoing program - Take 5! with individualized sessions provided to meet the needs of each participant. While the 5 are incorporated into each persons plan, there are variations given to meet your lifestyle, your likes, and your attitudes!

OLD STORY

A large, empty, light gray rectangular box intended for writing the 'Old Story'.

NEW STORY

A large, empty, light gray rectangular box intended for writing the 'New Story'.



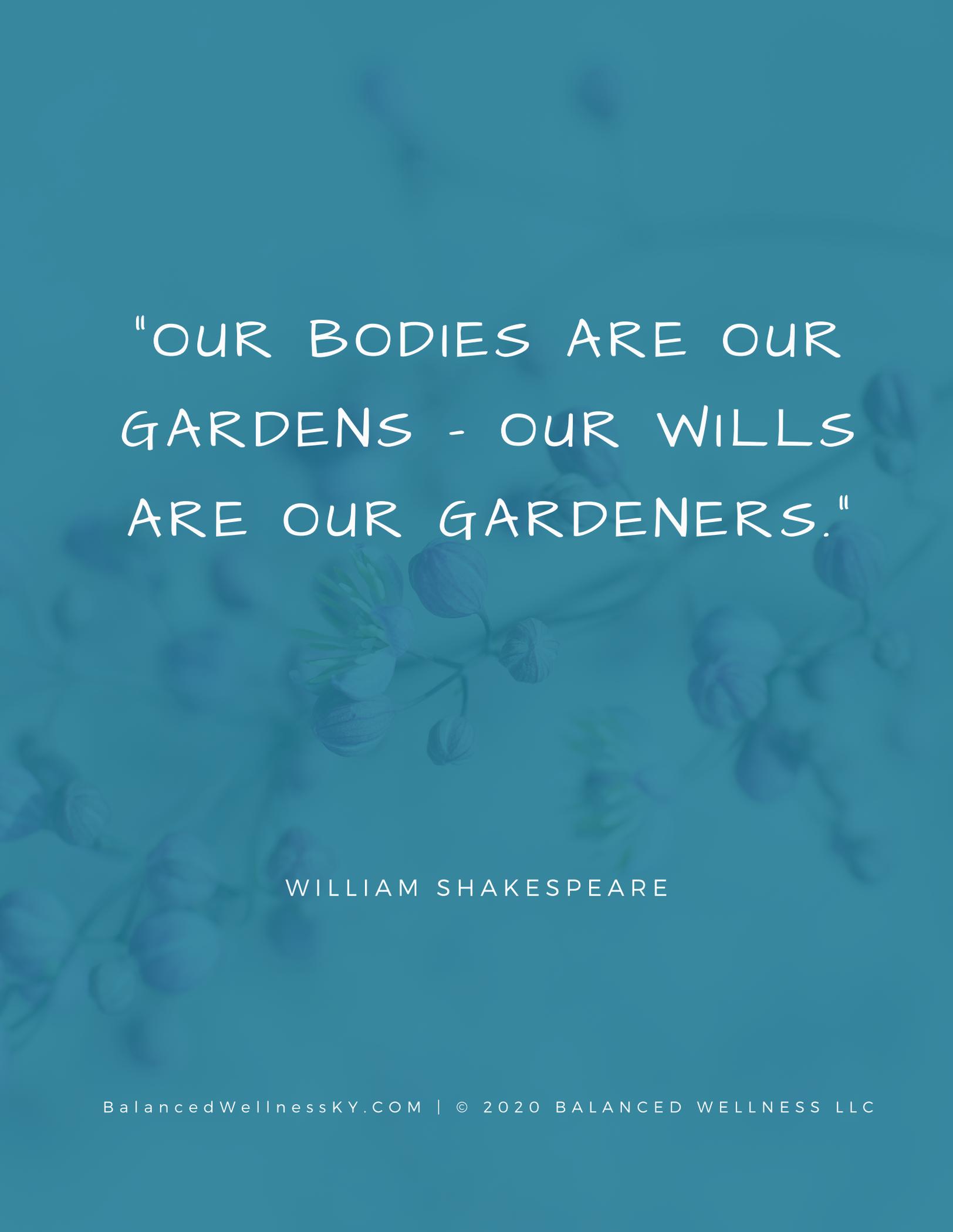
# JOURNAL



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# JOURNAL



"OUR BODIES ARE OUR  
GARDENS - OUR WILLS  
ARE OUR GARDENERS."

WILLIAM SHAKESPEARE