

THE GUIDE(CIN)



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Finally, use your mind (body and soul as well). Nothing in this guide is intended to replace common sense, legal, medical or other professional advice, and is meant to give the reader tools and suggestions for a healthier lifestyle.

*Be Present, Be Yourself,
Be Inspired, Work(in)*

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INTRODUCTION

*Start Small. Start where you are.
Start Today.*

Thank you for allowing us to guide you in. The most loving thing you can do for yourself is taking care of the body that you live in. It may seem overwhelming at first but it doesn't have to be. You are no longer alone. This is a journey and we are here for you. We created this guide to give you a little push in the right direction, from wherever-it-is-that-you-are-right-now to a better place. This guide addresses 3 components, your mind, body and soul.

A vibrant and dense floral arrangement featuring a variety of flowers in shades of red, blue, yellow, purple, and white, set against a light background. The flowers are packed closely together, creating a rich, textured appearance. Overlaid on the lower portion of the image is a quote in white text.

Before you respond, listen.
Before you react, breathe.
Before you give up, try

- Janna Lozowsky

FOR THE MIND:

The Strategy

1 Create a wellness vision.

Take the time to explore what the ideal version of yourself looks and feels like. Here are some questions to consider: what type of food do you eat? How do you feel when you move your body? How often do you exercise? How do you feel when you exercise? How do you feel when you wear an old pair of jeans? How do you feel after you eat? How do you feel when you are able to take a few minutes to sit in silence and listen to your inner self? How do you feel when you accomplish a goal you thought was un-achievable?



Find the Why. Motivation is crucial to success. You need to be clear on your 'why' before you decide to move forward. Why do you want to create change? Why does this have a major meaning in you life? Why is it important for you to do it now? Make a list of your WHY's and review it regularly, especially when feeling low or unmotivated.

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3 Keep it

on a visible place. Make a post-it with a few words that remind you about your wellness vision and place it in your bedroom mirror or the dashboard of your car.



Make a plan. Choose the days and times you will be working(in). Add them to your calendar: they will become as important as a doctor's appointment (no cancellations, no matter what)

4

5 Share your resolutions

with The Work(in) and friends. Take pictures of your wellness board and post them @theworkinmovement. Sharing and talking about it makes it easier to do. Thoughts and ideas become more solid and real when spoken out loud.



Reward yourself for every little accomplishment. If your intention is to loose weight and you lose one pound a week, pamper yourself with a massage, a new book, or a trip to the movies (not a tub of ice cream).

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FOR THE BODY:

THE STARTING LINE

Adding these suggestions one at a time is a great way to get started. Slow and steady wins the race—truly.



HYDRATE

Get off to a good start by drinking a glass of plain ole' water before you get out of bed (you can also add lemon juice for its detoxification properties). Hydration is key, to energize your muscles, and make your skin feel better; plus, when we're hydrated, it can be easier to make healthy food choices. Carry around a water bottle and be aware of how much water you are drinking during the day.



Go Green.

The more colorful your plate is, the more nutrients you are getting. A smoothie or a simple green juice is an easy way to add more greens into your everyday diet. Aim for a veggie or green per meal.



Pack snacks.

We're really busy and we can't always plan out every little detail. Having healthy food around will help you make healthy choices. Don't wait until you are starving. Make sure your diaper bag is always packed with a snack for you! Seasonal fruits, trail mix, seaweed, carrots, are some of our favorites.



Eat at home.

The more often you prepare your meals, the cleaner you will be able to eat. This step alone will change the way you feel. When cooking in high heat use coconut oil, avocado oil, or ghee.



Exercise!

Physical activity helps regulate our metabolism, promotes better sleep, and keeps us on track with healthy eating. Regular exercise helps us make wise food choices for the long haul.

EVERYDAY SUPERFOODS TO SUPPORT YOUR JOURNEY.

We created this list not based on fads or foods that travel across the world, but foods that you most likely have in your kitchen and you can easily add to your diet.



Cinnamon

Cinnamon not only has a sweet and mellow flavor, it also has the ability to regulate your blood sugar, which is an important part of the weight loss process. Generously sprinkle cinnamon on your oatmeal, pancakes, add it to your smoothie or to sweeten up your savory dishes just a little bit.



Lemons

Lemons are naturally detoxifying and have an alkalizing effect on your body. Squeeze fresh lemon juice onto your dressings, your water or add to your fish just before serving.



Green Tea

Green tea extract has been shown to create a considerable increase in energy expenditure, plus has a positive effect on fat breakdown. Researchers think that this may be due to the theanine in the green tea rather than the caffeine—theanine is an amino acid that is helpful for brain balance, fatigue, and both physical and mental energy. So try to drink a hot cup of Green Tea instead of your morning cup of Joe.



Flaxseeds

Flaxseeds are high in fiber, antioxidant properties, and omega 3s. They are also affordable and easy to get. Buy them whole and grind them before adding them to your breakfast or smoothie.



Ginger and Turmeric

These are natural anti-inflammation spices that support digestion, and help regulate your immune system. The healthier your gut is, the healthier you'll be. You can drink them as a tea or add them to your food as spices.

SMOOTHIE 101

Smoothies are the greatest fast-food. All you need is a blender and you can throw together a powerhouse of nutrition in no time at all. These make an amazing breakfast, as they contain all the protein, fiber, and good fats we need to feel balanced, satiated, and energized. Smoothies are an awesome way to get an abundance of raw goodies into our bodies in a highly-digestible form. If you are like me and don't feel full after drinking a smoothie, try eating it with a spoon: it will slow you down and make you feel more satiated.

This guide will help you build your own in no time.



Step 1. Liquid 1 cup

Almond Milk, Cashew Milk, Rice Milk, Coconut Water, Water...



Step 2. Leafy Greens 1 to 2 cups

Kale, Collard Greens, Spinach, Romaine...



Step 3. Fruit or Sweet Vegetable 1 to 1 ½ cups

Banana, Apple, Pear, Sweet Potato, Mango, Pineapple

*If you are using fresh add ice.



Step 4. Good Fat

Avocado (1/4- ½), Coconut Oil (1 Tbsp), Almond Butter (1 Tbsp), Peanut Butter (1 Tbsp)



Step 5. Sweeten (You can always skip this step)

Stevia, Honey, Dates.



Step 6. Add Ons

Chia, Flaxseed, Protein Powder, Spirulina, Maca, Ginger, Turmeric, Cinnamon, Goji Berries

You can start with this easy to make smoothie:

Recipe: Green Smoothie Bowl

Ingredients

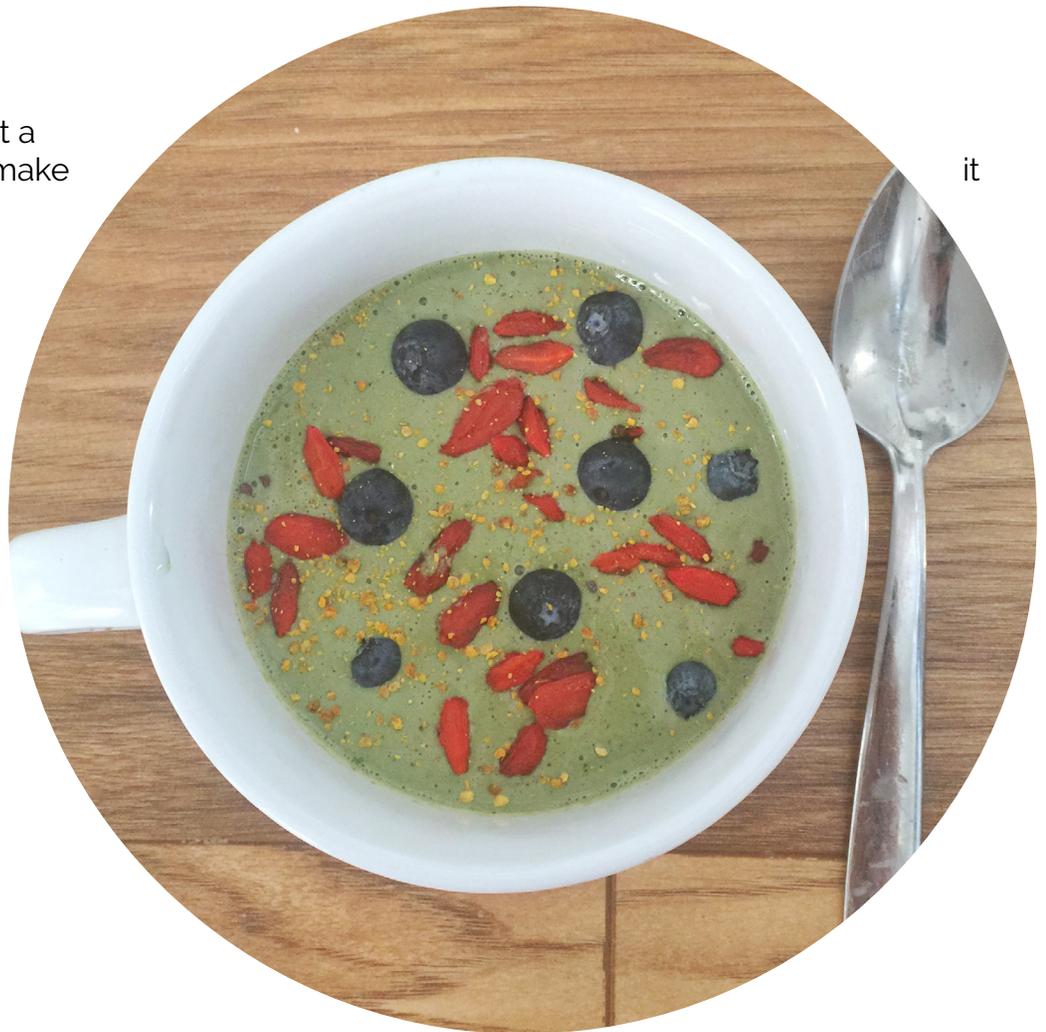
- 1 frozen banana
- 3oz. almond milk (to make it a bowl) 8oz almond milk (to make a smoothie)
- Handful spinach
- 1tsp spirulina
- 1 scoop of Protein powder
- 1tbsp almond butter
- Pinch of Cinnamon
- 1/2cup Ice
- Add a date if you have a sweet tooth

Optional Toppings

- Bee Pollen
- Goji Berries
- Cacao Nibs
- Hemp Seeds
- Berries

Recipe

Blend, Place toppings and Enjoy with a spoon.



it



“You should sit
in meditation
20min a day,
unless you’re
too busy;
then you
should sit for
an hour”

Old Zen Saying

FOR THE SOUL:

“THE-NO-TIME-MEDITATION”

The thing with meditation is when you ‘don’t have the time,’ that is when need it the most. Taking time to slow down and connect with yourself daily will change the way you connect to life, and all those around you.

This “no-time-meditation” makes it easy to step on you mat and do the practice, everyday, one breath at a time.

If time is an obstacle, place an alarm for eight minutes (everybody has eight minutes, no matter what you tell yourself) and place everything in silent mode.

Find a comfortable seated position and commit to it.

Take a deep inhale through your nose until your lungs feel totally full. Open your mouth ever-so slightly, and breathe out long until all your air is out. Sigh optional.

Close your eyes and start scanning your body, starting with your head.

Let go of any expectations of what you should think or not think—just be present.

Smile with the corners of your eyes, and send that loving smile to your heart.

Slowly open your eyes.

