



The Ultimate Help Out Stretch Strap Guide



- ⚡ Learn how to use the Help Out Stretch Strap
- ⚡ Smoothie 101 formula

- ⚡ Create a habit (no will power required)
- ⚡ 5 simple tips to reset your health.



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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.



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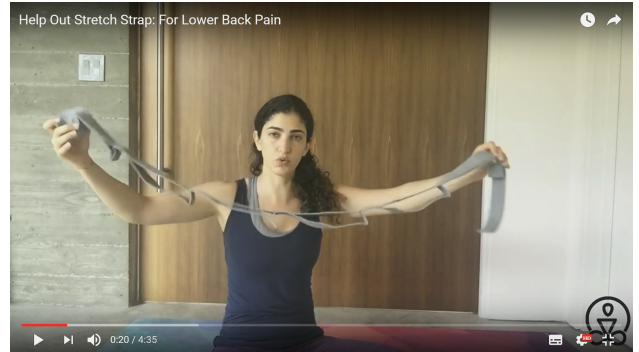
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*Before you respond, listen.
Before you react, breathe.
Before you give up, try*
- Janna Lozowsky



HOW TO USE THE HELP OUT STRETCH STRAP

- Engage the opposite muscle than you are trying to stretch to deepen the sensation for example when stretching the hamstrings engage the quads.
- Make sure you are not locking your knees or elbows when stretching.
- Take at least 5 deep breathes (30 seconds) in each stretch to allow the muscles to lengthen.
- Drink lots of water to keep the muscles hydrated.
- Use it as your post or pre workout routine. Keep one on your gym bag, by your couch for when you are watching tv, take it with you while traveling. Your body will thank you for it later.



5 REASONS TO STRETCH

Reduce Stress - Well stretched muscles hold less tension, which then translates to a more relaxed and calm emotional state. Allowing your parasympathetic system to take over.

Promotes blood circulation. Stretching increases blood supply to the muscles and joints which allow for greater nutrient transportation and improves blood circulation through the entire body.

Lengthen and Tone. Stretching will increase flexibility which will allow more mobility during exercises helping you reach your goals quicker.

Helps relieve post-exercise aches and pains. Stretching the muscles will keep them loose and lessen a shortening and tightening effect that can lead to post-workout aches and pains.

Decreases risk of low-back pain. Flexibility in the hamstrings, hip flexors and muscles attached to the pelvis relieve stress on the lumbar spine which in turn reduces the risk of low-back pain.



Stretch Strap Exercise Guide

Lower Back and Hamstring Stretch



Place the strap on the ball of both feet. Find your sit bones and sit tall. Relax the shoulder away from the ears as you reach forward keeping the spine straight.

Single Leg hamstring stretch



Bring one heel in towards the pelvis. Keep the strap on the ball of the extended leg. Inhale as you reach the crown of the head up towards the ceiling. Exhale as you bring your chest in towards your knee.

Supine hamstring stretch



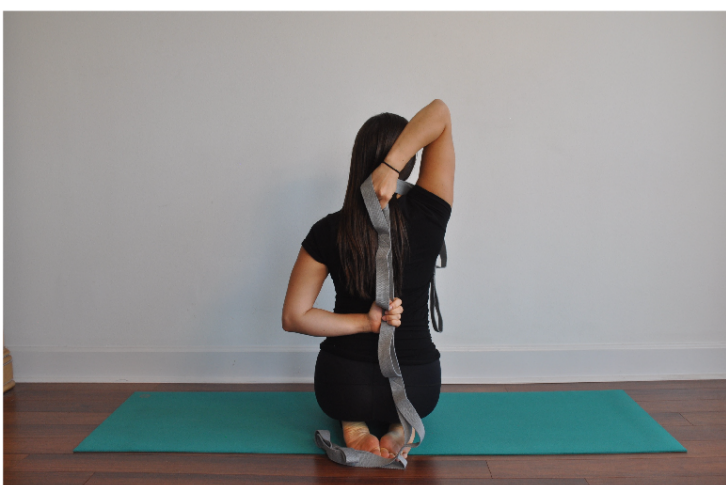
Lay on your back. Place the multi loop on the ball of your foot. Find a neutral spine. Bring the extended leg in towards the chest (as long as you can maintain a straight leg and a neutral spine). Make sure to engage the quad.

It band stretch



Stay supine with band on the ball of the foot. Bring the leg towards the opposite shoulder. Maintain a neutral spine, engaged leg without locking the knee. A little goes a long way for this stretch.

Shoulder and Tricep Stretch



Place the strap on the right hand and bring it behind your back. Reach the left hand underneath to meet the left. Stretch the tricep as you walk both hands towards each other. Check in with your pelvis that it is staying neutral and it is not tilting forward.

Prone Quad Stretch

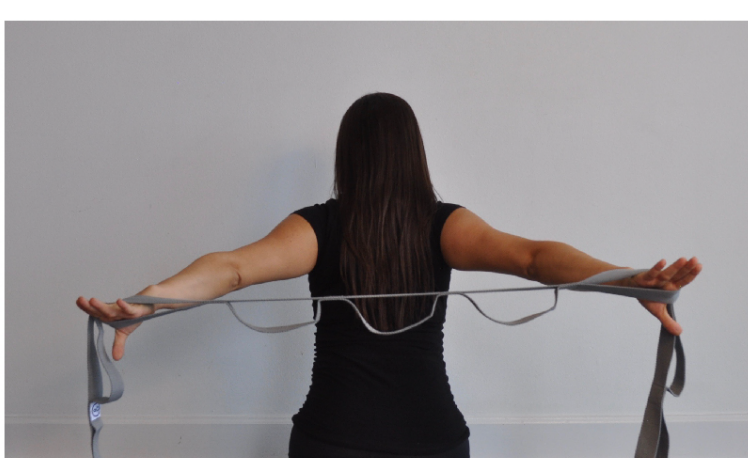


Place the strap on your foot. Lay on your belly. Extend the leg that is not on the strap. Bring the strap and foot in towards your glute. Engage the core.



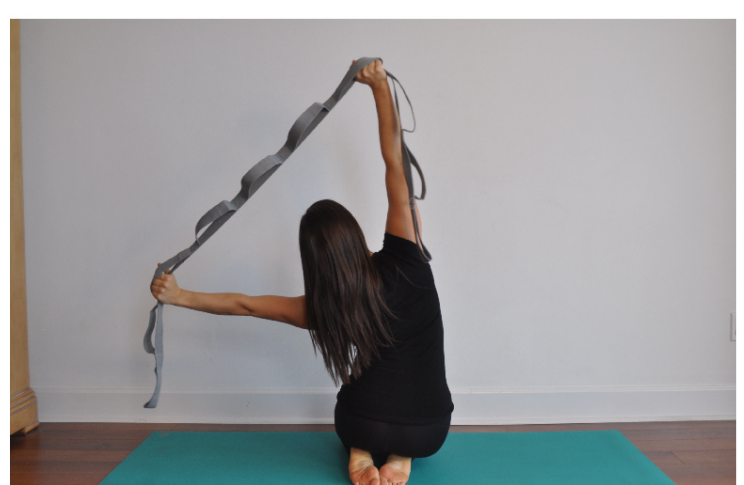
For a more intense stretch and backbend lift the arm and quad away from the floor.

Chest and Shoulder Stretch



Sit Tall. Place the strap on the hands with pinky fingers facing in. Lift the sternum. As you open the chest and the arms behind your back.

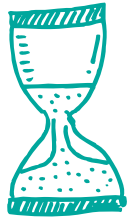
Side and Shoulder Stretch



Sit Tall. Place strap between your hands wider than shoulder distance to create space for your traps. Reach arms overhead. Bring arms towards one side while maintaining sit bones down. Focus on extending from the pinky finger to the hip bone.



CREATING A HABIT



1. Visualize. 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 stretch? 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 accomplish a goal you thought was un-achievable?



2. 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 your 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.



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.



4. 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)



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.



6. Reward yourself for every little accomplishment. If your intention is to lose 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).



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.



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

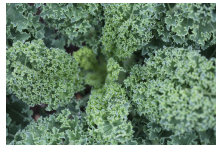


Liquid 1 cup

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



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