



Fitness Planner



monthly planner

MONTH

MON	TUE	WED	THU	FRI	SAT	SUN

TOP PRIORITIES

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

NOTES



healthy habits that work for me:

- **YOGA** - add yoga to your workout mix - research shows yoga can help you eat more mindfully, reduce stress, and help create a more positive body image.
- **INCREASE FRUITS/VEGGIES** - this will benefit your physical AND mental health. Many studies show that eating more fruits/vegetables can improve mood & vitality in addition to better health outcomes!
- **ROUTINE**- treat your body well by eating regular meals and avoiding skipping any meals. Try to include a protein, carb and fat in every meal/snack (e.g. yogurt + fruit + nuts)

The science

Chika Anekwe, MD, and MD Niyoti Reddy. "Yoga for Weight Loss: Benefits beyond Burning Calories." Harvard Health, 6 Dec. 2021, <https://www.health.harvard.edu/blog/yoga-for-weight-loss-benefits-beyond-burning-calories-202112062650>.

Conner TS, Brookie KL, Carr AC, Mainvil LA, Vissers MCM (2017) Let them eat fruit! The effect of fruit and vegetable consumption on psychological well-being in young adults: A randomized controlled trial. PLOS ONE 12(2): e0171206.

Manoogian, Emily N. C., Amandine Chaix, and Satchidananda Panda. "When to Eat: The Importance of Eating Patterns in Health and Disease." Journal of biological rhythms 34.6 (2019): 579–581.

Goals for the month

Tip: make your goals SMART

- Specific
- Measurable
- Achievable
- Relevant
- Timebound

e.g. I will take a 20 minute walk every evening after dinner

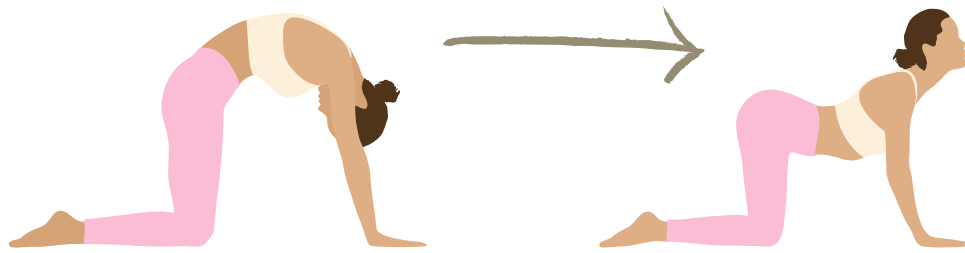
The form consists of five horizontal bars, each with a circular checkbox on the left. The bars alternate in color: light yellow, light pink, light yellow, light pink, and light yellow. Each bar is outlined in black and has a subtle drop shadow. The checkboxes are empty circles with black outlines.

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a wellness tip for each day!

1. drink a glass of water before every meal & snack
2. spend 5 minutes before bed stretching out tight muscles (e.g. shoulders & hips)
3. take a 15 minute walk today (save your favourite podcast to listen to!)
4. add a fruit and vegetable to each meal (e.g. spinach in your breakfast smoothie)
5. try a free workout on YouTube or Well & Good
6. make a playlist of your favourite songs to walk to, clean the house to or just move to
7. reach out to someone you have lost touch with, even just a quick text to say that you are thinking of them
8. balance your meals so that you are getting enough protein, carbs, and fat to feel satiated and energetic
9. try using spices instead of salt to make your cooking taste better and get the benefits of various spices (cinnamon for blood sugar, turmeric for memory)
10. work on your balance by standing on one foot or on an unstable surface like a BOSU ball
11. pay attention to your sleep habits - are you getting enough good quality sleep? try to go to bed a little earlier tonight and see how you feel tomorrow
12. try some self-care by taking a hot bath with Epsom salts, having a tea or a glass of wine, and coming out of your head and back into your body
13. indulge in your favourite treat (and it doesn't need to be healthy!)
14. sign up for a fitness class you've never tried before. Most gyms and studios will let you try a free class before joining and you never know which class might inspire you to keep moving!
15. try to get some fresh air and sunlight each day - morning light can help you sleep better
16. sign out some books on healthy cooking or fitness from the public library
17. take advantage of the free streaming videos offered by most public libraries and do some fitness workouts or learn a new hobby
18. begin a daily gratitude practice by noting a few things each evening before bed that you are grateful for (small to big)
19. reach out and touch someone...hug your loved ones and remember that we are all going through something and kindness matters SO much.
20. Experiment with meditation. One of my favourite books on meditation (Lorin Roche's *Meditation Made Easy*) offers so many little practices you can try, like spending time over your morning coffee, inhaling the aroma and savouring each aspect before taking a sip.
21. read an inspirational fitness book like **Spark** by John Ratey or **Born to Run** by Christopher McDougall
22. take time to practice belly breathing - slowing down your breath can bring you into your body and into a calm state of mind.
23. add a plant (or many plants!) to your home to help clean the air...among the best are peace lilies and English ivy.
24. if you enjoy tea, try a new tea flavour...green tea is great for immunity, white tea is wonderful for skin health
25. try foot rolling - using a tennis ball or lacrosse ball, gently roll the soles of your feet to increase mobility and activate all the nerves in your feet.
26. shut down electronic devices at least 2 hours before bed tonight - notice if it improves how you sleep
27. add berries to your diet - they are superfoods that also taste pretty appealing to most of us!
28. break up your time sitting each day - take a break from your desk, stretch, take a walk
29. treat yourself with kindness - it's easier to be healthy when we aren't always knocking ourselves down.
30. boost others up with kind words and encouragement
31. create the energy you want to see...in a space, with a group, or just in your own life!

easy, relaxing yoga poses...



cat/cow



kneeling lunge



child's pose



forward fold



downward dog



waterfall

*for more information on these poses, visit yogajournal.com



excellent books on healthy habits:

- **The Slow Down Diet by Marc David** – focuses on eating with health and pleasure in mind. Full of interesting stories and experiences from his work.
- **Intuitive Eating by Elyse Resch & Evelyn Tribole** – encourages an approach where hunger is honoured (not suppressed) and we listen to what our bodies are asking for.
- **Spark by John Ratey** – one of the best books on the mental health benefits of exercise that I've ever read. Full of science and personal stories about the power of exercise for mood, cognition, and focus.
- **Superfoods Rx by Stephen Pratt and Kathy Matthews** – a fun book outlining 14 'superfoods' like blueberries and salmon (including recipes)