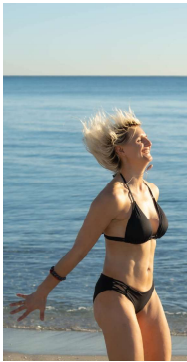


THE



BALANCED GUIDE



This ultimate guide is designed to help you understand balance better preparing you to get into mindset of inquiring the "WHY" then focus on the "HOW" for the next 21 days.

BALANCED GUIDE



SELF INQUIRY →

The guide is primarily filled with practical attitude towards a balanced life.

Starting with inquiring intentional questions:

1. Where do you feel out of balance in your daily life?
2. What does balance mean to you? If you are focused on one specific area, ask yourself why is that?
3. What do you want to give more attention to today . How about the next 21 days of 2023?

BALANCED GUIDE

PART ONE

GET TO KNOW ABOUT



Balance

Taking care of yourself does not mean being selfish or indulging yourself. Balanced living means taking care of yourself so you can live a healthy, fulfilling life, do your job. Hence accomplish all that you want to accomplish in a day.

A big part of a balanced lifestyle is committing to looking after your body and becoming more attuned with its needs. Whether it's exercising more or getting enough sleep each night.

Prioritize morning routine can help to manage mental health issues and might even prevent them from getting worse.

Achieving a balanced life involves your own physical well-being, such as nutrition, hygiene, and seeking medical attention when necessary.

A balanced living is taking steps to tend to your physical and emotional health needs to the best of your ability by adopting ONE practice ↗

PART TWO

WHY IS BALANCE important?



A balanced life doesn't have to involve a huge time commitment. It does not have to be strenuous and taxing.

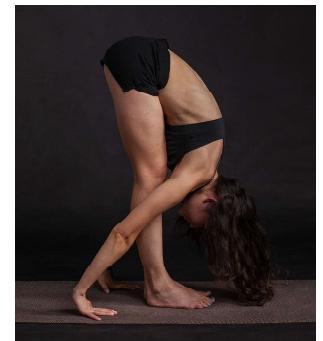
Prioritize morning routines can help to manage mental health issues and might even prevent them from getting worse. The benefits of balanced life are reducing stress, the reactive state with less anxiety and improving health overall.

A balanced life helps you prolong your life span, slowing down aging and contributing to an improved quality of life.

TRY - standing forward fold pose for simulating digestion, see picture



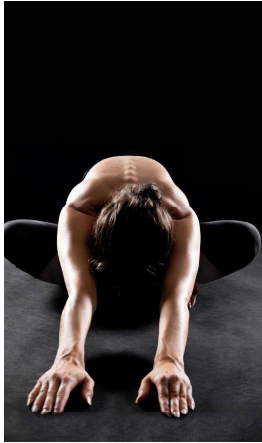
Balance can improve your physical health and protects your mental health.



PRACTICE

PRACTICE

BALANCE PRACTICE FOR *the Mind*



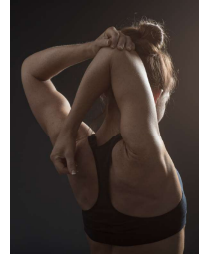
Remaining on track with your daily practices is the key.

For Balanced MIND challenge - adopt the breathing practice for 2 minutes while using your smart watch or phone - breathe in and breathe out, focus on the breath while closing your eyes. Sit comfortably on the chair or lotus position. Commit for 21 days.

Seek a balanced life as you take care of yourself; so you can stay physically, mentally, and emotionally well.

TRY baby pose for breathing practice, see picture.

BALANCE PRACTICE FOR *the Body*



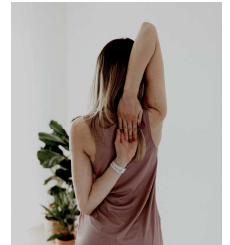
Life is dynamic, and so are our dimensions of wellness.

BODY Challenge - adopt a consistency movement routine of 5 minutes - record how you FEEL after:

- 1 minute elbow plank
- 1 minute squat pulses
- 1 minute shoulder glute bridge
- REST 30 seconds
- 1 minute jumping jacks
- 1 minute full plank

TRY External Rotation Triceps Stretch - opening your chest and allowing to reduce tension in your neck muscles.

While many of us have a lot going on. It's imperative that we take time out every day for ourselves. Another great thing about balance, is it does not have to cost anything. Therefore, you can even accomplish it in the convenience of your own home.



JANUARY 2023

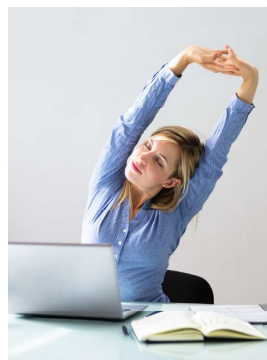
BALANCED GUIDE

JOIN OUR *Intentional Balance Guide Challenge*

1. Body Challenge- adopt a 5 minutes movement routine early mornings. Write 3 sentences how you feel afterwards.

2. Mind Challenge - mindfulness breathing technique for 2 minutes, write how you feel afterwards.

3. Balance Challenge - to create alignment with your body and mind. Is to improve positive attitude and self talk and grounded small actions towards it for the next 21 days.



BE INTENTIONAL!
Love and Health,
Coach K

JOIN OUR GROUP BODY STRONG VIBES