

OUR HOLISTIC ROADMAP IN 66 DAYS

WEEK 3

Welcome to week 3 of The FeelGoodX workshop

Let's recap what we focus last week

- You have learned to take care of your emotions and recognizing them
- Worked on your actions to experience positive emotions and minimize feeling negative emotions
- An essential part of knowing your feelings is understanding what, why, who, where get activated a particular emotions.
- Helped you have become aware of your feeling and approaching them with love and kindness help you manage negative emotions.
- Have a better understanding of your emotion, and you have a particular response and are open to exploring them.
- You learned that you are more connected with yourself by recognizing your emotions and the more you understand and acknowledge your emotional responses

To start this week strong, We will have to do some of the best workouts and lifestyle practices for you to enjoy. Use this week daily and stay on track, and check in after you're done. This week will be focus on moving your body that play an vital role in your physical, emotional and mental health. Moving your body regularly such as walking, cycling, and swimming, can improve the way you feel. Because your mind and body are connected, and your brain controls your movement, the way you move can also affect the way you move can also change the way you think and feel. Giving time to move your body can significantly improve your quality of life.

FeelGooX workshop Part B - Health

Body and Movement: We will kickstart this week with different body movements that will allow your body to be fit to help you continue your FeelGoodX. Including importance area of body movements. It is well-known that exercise is the first though that occurs to us when we think of health.

Food: In this week 4, we will begin to look at the body and health, focus on the eares of nutrition. It is essential that we fuel our body properly because energy comes from the food we put inside our body. Just like vehicles runs off of fuel we need to fill it again. If we put the wrong fuel into the car, it will not run properly. Eat the right kinds of food and it will run smoothly and in high-performance.

Finance: Week 5 is achieving money-related practices, money isn't necessary your ability to pay for something expensive. But, wellness is about creating a healthy relationship with money.

Home and Environment: In Week 6 is all about taking care of your home and environment and its effects in our well-being. Our homes that say a lot about who we are and what we think is essential in life. You do not need to have a large house and to be wealthy to create space that constantly remind you for your values, hopes and inspires you to be better.

Let's begin the third element: **Body and Movement**



*We have a brain for one reason and one reason only – and that's to produce adaptable and complex movements
– Daniel Wolpert*



Scientific studies have proven that by listening to your bodies' needs, we can become more aware of your emotions and desires. By connecting your body and emotional spheres such as depression and anxiety. Your body can send a message giving clues of what you need. By listening to your body and taking good care of your emotions, you can reach the state of balance and inner harmony within yourself.

It's safe for you to say that you are aware that working out is healthy, everybody knows that. Still, for many, the word "exercise" or "workout" is weighed down with your feelings of stress and responsibilities. When did the simple act of movement in your body become such a problematic task? Moving should never be burdensome as it is one of your body's essential functions, which you do every day.

Your body contributes more to your life than just physical attributes – it also plays a significant role in your emotions, passion, and relationships. Your body is involved in all your mental processes. Understanding emotion and making a decision. Moving your bodies daily is so essential for your strength, for your mental health and for your well-being. By getting yourselves moving a little more each day, you are helping your body and mind to function well.

Because of modern life, you have the luxury to ask why jog? Why jump? Why walk? When everything is accessible today. When you are not forced to move, you can comfortably be lying all day. This can lead to a disconnection between your mind and body. You work to today that doesn't require your body to move sitting around and just one click and tapping on keyboards

away your work is done. The narrative relationship between your body and your movement is forgotten. Your body signals you if something goes wrong with it. You can merely ignore betraying your body by not using its specific functions, which is to move.

Let's First Check Your Health

Calculating your BMI gives you an idea of current general health status that is based on your height and weight.

You can use this tool for monitoring your improvement.

- Before starting a fitness program, it is essential to evaluate your medical history.
- Calculate your body mass index (BMI) that measures your general health.

$$\text{BMI} = \frac{\text{Weight (kg)}}{[\text{Height (m)}]^2}$$

BMI Value	Interpretation
Less than 18.5	Thin Need to eat healthy and nutritious food
18.6 – 24.9	Healthy Maintain diet and physical activities
25 – 29.9	Overweight Need to eat healthily and engage in physical activities Change diet, consider adding physical activities
More than 30	Obese

Sleep

Sleep plays a crucial role in your overall health and well-being. Getting enough sleep can help you protect your mental health, physical health, and quality of life. The way you perform each day depends on your sleep. During your sleep, your body is a working machine to maintain your physical health and support brain function. Insufficient sleep can affect your mood, how you think, react, learn, work, and feel. You can't perform these workouts, without getting enough sleep

Be active! Being physically and mentally active during the day can help us sleep better at night. In general, regular exercise improves sleep quality; however, some may find that intense exercise close to bedtime may have a negative effect on sleep.

Block blue light in the evening

One of the biggest factors disrupting circadian rhythms in today's society is our exposure to blue light, which is ubiquitous in the forms of fluorescent lightbulbs, cell phones, tablets, computer monitors, TV screens, and more. Blue lights suppress melatonin production, delaying feelings of sleepiness and the onset of our night time cycle, disrupting, circadian rhythms and sleep.

Black out and chill out bedroom

I make the room as dark as possible at night and set the temperature between sixteen and nineteen degrees Celsius, which helps my body naturally cool and facilitates sleep.

Stop drinking caffeine 8 hours before stop drinking caffeine

If eight hours is not good enough for you, go to ten hours. This is because caffeine is a strong stimulant, which can last well into the night before it finally wears off.

Here are a few signs you aren't getting sufficient quality sleep:

- Poor memory retention
- Fatigue
- Stomach and assimilation issues
- Weight pick up & wrong starvation signaling
- Increased push and incendiary response
- Excessive flickering and/or yawning
- Slow recuperate from work out
- Elevated or tall blood pressure

Sleeping is unimaginable critical for all of our physical and to our emotional well-being.

Make sure to have a good night's sleep by doing these tips:

- Stop drinking coffee before going to bed – cut caffeine intake
- Watch what you eat, and don't go to bed too hungry too full
- Avoid using electronic devices (gadgets) before going to bed

Monday	Tuesday	Wednesday	Thursday
Today's sleep	Today's sleep	Today's sleep	Today's sleep
Sleep Time:	Sleep Time:	Sleep Time:	Sleep Time:
Wake time:	Wake time:	Wake time:	Wake time:
Duration:	Duration:	Duration:	Duration:
Note:	Note:	Note:	Note:
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Friday	Saturday	Sunday
Today's sleep	Today's sleep	Today's sleep
Sleep Time:	Sleep Time:	Sleep Time:
Wake time:	Wake time:	Wake time:
Duration:	Duration:	Duration:
Note:	Note:	Note:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Movement



Looking good and feeling good go hand in hand. If you have a healthy lifestyle, your diet and nutrition are set, and you're working out, you're going to feel good
- Jason Statham



Movement is a fundamental aspect of our life. Movement is more than just “exercising” and does not necessarily require effort, though it does require more action. In addition, movement affects everything, from circulation to digestion to metabolism to immunity. With movement, our bodies regulate hormone activity, detoxify and helps us stay healthy.

Warm-Up Is Essential Before You Move Your Body

After you measure your BMI and now you've got a glimpse of what you need to do .

Warm-up is an integral component of fitness. This is not only performed by runners, gymnasts, or athletes, but all of us you need to stretch to protect your body. According to a physical therapist at Harvard-affiliated Massachusetts General Hospital, David Nolan - "stretching should be performed regularly. It should be every day". When we do strenuous activities, or working and sitting all day, it will result in muscle tightness, which can lead to more injuries.

Several studies are supporting the benefits of stretching, including it keeps our muscles flexible, durable, enhance the range of motion, decrease stress, reduced risk of injury, reduce stiffness and improve blood flow and circulation.

What makes for a proper warm-up?

Think of your warm-ups as a way to prepare your body before you do any physical activities – not only does it help you mentally, but it also helps your body to be conditioned. Warmups can activate your muscles, increase body temperature, and help you move quickly.

Simple stretching routines

- Stretch before and after your workout routines and make sure your muscles are warm.
- Repeat each stretch 2 to 3 times.
- Hold the stretch for 10 to 15 for beginners and 10 to 30 seconds for physically active individuals.
- It is important to remember, do not stretch to the point of pain and breathe freely during stretches.

Neck side stretch – position your arm towards your ear and hold your elbow. Feel the stretch along the side of your neck. Repeat on the other side of the arms.

Hamstring stretch (sitting) – sit on the floor position your legs in front you, hold your feet, carefully stretch, bend forward and hold for 10 to 15 (beginners) 10 to 30 (active) seconds.

Hamstring stretch (standing) – stand straight and position your right foot to a leg extended at a knee level (You can hold to a wall or pole to support your balance). Reach your hand towards the right calf; feel the stretch. Repeat the stretch for the opposite leg.

Or you can try this simple warm-up (5 minutes)

- Start with one sit-up, one pushup, and one squat
- Don't forget to breath
- See to it you do all these movements are in proper form
- Complete these movement ending with 10 each

Working out is optional while movement is essential – working can be considered a modern made invention, which you are obligated to do or designed to give you more techniques to execute the movement. It gives you more pain than pleasure-driven. It is generally focused on machines and isolated routines. Movement is something different these are all movements where your body is designed to do, like swimming, fighting, fishing, lifting, jumping, and so on.

Find out what moving your body means to you. Enjoying the moment, enjoying what you do with your body.

Trending Body Movements



*The body will become better at whatever you do, or don't do.
You don't move? The body will make you better at NOT moving.
If you move, your body will allow more movement.
– Ido Portal*



Many people avoid being challenged these days because it's simply difficult, being challenge is vital to your development. Instead of always giving reasons, try a new workout. Learning new workouts is good for your mental health, keeps you physically fit and keeps you young.

Muay Thai (Thai boxing) – One of the greatest martial arts with its root in Thailand, It is different from western boxing. It has many variations you can use your four sets of limbs, offers a cardio workout, increases speed, agility, and strength.

Tai chi – This kind of bodywork originated in China and used as a martial art, and today it is used mind-body coordination, breath and movement control and stress.

Reiki – In Japan, reiki means ""mysterious atmosphere, miraculous sign." This art is a type of energy that targets the energy field in your body. This aims to help the flow of energy and remove blockage the same way to acupuncture or acupressure.

Thai massage – This is a peculiar form of bodywork – it involves pulling, stretching, and rocking the "lazy person's yoga. It is beneficial in lowering your stress, boost energy, relieves headaches, stimulate the circulation of the blood, and improve flexibility.

Running

This is the easiest sport in the world, and for many, it fits into a very busy lifestyle because it can be done anywhere, any time. And it is free. It is one of the most straightforward ways to get exercise. Running is a great way to help improve cardiovascular health. Plus, it burns calories and can build strength, among other things. There is also a long list of psychological benefits that runners gain from running.

Great, Practical And Straightforward Workout



Training gives us an outlet for suppressed energies created by stress and thus tones the spirit just as exercise conditions the body.
– Arnold Schwarzenegger



These workouts will only last for 5 minutes – In this exercise, all significant parts of your body will work out. No need for you to join a gym to exercise regularly. As these exercises offer the cheapest equipment – all you just need is a spacious place, exercise mat, and your workout music. You can do these exercises every day.

Do each workout for 45 seconds - rest 10 seconds

- **Run in place** – pull your knees up; engage your core muscles slowly run in the same position.
- **Jumping Jacks** – Start by standing straight and your arms placed on your sides. Jump and spread your feet hip-width apart while bringing your arms above your head and back to the bottom
- **Pushups** – Position your arms slightly wider than your shoulder. Widen and extend your legs back (balanced between your hands and legs) keep your back straight. Engage your core. Inhale as you slowly bend your elbow to a 90-degree angle and lower your body. Exhale as you go up.

***Beginners pushups** – Instead of extending your legs backward place your cross your legs in a kneeling position.
- **Burpees** – Stand with feet hip-width apart, in an explosive movement jump out behind your back, so you're in a pushup position, immediately drop the feet back to start. Continue jumping for 45 seconds.
- **Mountain climber** – Get in a plank position, making sure your body is straight, and the weight is well distributed; Pull your knee into your chest then switch both knees.

Achieving Goal

Step 1: Set a long-term goal - think about the long-term benefits of this program. I hold myself responsible and accountable for achieving t this goal. Listing all the necessary things that could help me to make this is the goal. This would also be a constant reminder of the advantages in my life to reach this goal.

Step 2: Monitor Progress - Before I start with this journey I'll take some photos to show my physique and use this photo for my progress and compare this to the recent development of my body this can help to view the changes. Besides, Take body weight and list it to the refrigerator to remind me not to overeat and eat healthily. To organize things, it should contain all these numbers with the date recorded and focus on taking measures monthly to monitor the program.

Step 3: Planning the Training program - Conduct research about the training and modify goals with small progressions in both training sessions.

Step 4: Examining Diet - Listing all the data about my diet can really help to show where to measure and make the change. List all the key points to consider in terms of meal planning; protein, green veggies, carbohydrate intakes, and so on. Importantly, water intake every day.

Step 5: Reward me - reward myself for every development step 2 would be the basis of any progress.

Step 6: Finding Motivation - Make exercise as a fun and enjoyable habit with friends and love ones. Provide this program as a tool to motivate me, it is essential also to have a cheat day to reward myself eating my favorite foods. This will help me to be motivated and not to deprive myself.

Workout Plan

It is also essential to research and ask a fitness professional You, can also create your own workout plan.

Day	Type of Exercise
Monday	20 minutes of cardio 20 squats 20 lunges 25 deadlifts 40 crunches 40 reverse curls 
Tuesday	20 minutes of cardio exercise 20 chest presses 20 chair dips 40 biceps 

Day	Type of Exercise	
Wednesday	20 minutes of cardio exercise 20 jumping jacks 20 lateral raises 40 front raise (20 per arm) 20 shoulder presses	
Thursday	20 minutes of cardio exercise 30 donkeys (15 per leg) 15 squats 20 pelvic lifts 40 oblique twists (20 per side)	
Friday	20 minutes of cardio exercise 20 chest presses 20 chair dips 40 biceps 20 squats 20 lunges 25 deadlifts	
Saturday	Biking/jogging 1 hour (Rest day)	
Sunday	Jogging/hiking with friends (Rest day)	

No Gym Required For Better Healthy Lifestyle

Workout 1

push-ups, starts with a variation you can complete with proper execution. Progress to the next level when you can do 10 to 12 reps without dropping or shaking unsteadily.

Workout 2

Lunges start doing a set of simple back lunges this will help build your buttock and thighs. Use wall or chair for balance do it 1-minute

Workout 3

squats the squats whelps build major muscles in your lower body and also helps shape firm buttock and thighs.

Workout 4

Outdoor Circuit workout (cycling, walking and running)

Why Do You Want To Be Healthy And Fit?

Have you ever thought about the things that you need to prioritize or what's truly important to you? What drives your actions and decision?

When it comes to setting your own goals - have you ever think how to uncover yours why. When you know you're why you can establish your goals and priorities by doing so, you can make the right decision becomes more comfortable and having the proper behavior to achieve these goals. That's why I want you to take some time to go through simple yet effective exercise "answering your why"

Why do you want to accomplish this week?

Why do you want to be fit and healthy?

Why do want to look better?

Why do you want to feel confident?

Mindful Walk

In this movement, your body and mind should coordinate with each other. This will encourage you to embrace each peaceful moment with yourself. Other exercises like running, brisk walking and swimming, all are sharing similar benefits in your body. But using your body while engaging all your senses helps you focus on your current situations. In this way, it will improve your appreciation of the things you have and simple everyday experiences bad or good.

Before going for a walk, concentrate on your breathing, feel the fresh air flowing into your nostrils breath in breath out. While using your, all your senses become aware of your surroundings and appreciate things you can see, hear, smell. Think about your purpose, your weaknesses, how you see yourself in the future, and what makes you feel good.

Date:

Time:

What did I learn and reflect during this mindful walk?

Mix Up Your Workouts

***“Fitness is like a relationship.
You can’t cheat and expect it to work.”***

It’s up to you if you want to mix up your workouts, for example, you can follow the “great, effective and simple workout” for 5 days Monday – Friday, then on Saturday do the “new trends workout” last on Sunday to “Mediation.”

“Push yourself because no one else going to do it for you.”

"Push yourself because no one else going to do it for you."

Monday	Tuesday
Date:	Date:
Time:	Time:
Type of workout:	Type of workout:
What did I feel before working out? _____	What did I feel before working out? _____
What did I feel while working out? _____	What did I feel while working out? _____
What did I feel after the workout? _____	What did I feel after the workout? _____

"Sometimes later become never. Do it now!"

Wednesday	Thursday
Date:	Date:
Time:	Time:
Type of workout:	Type of workout:
What did I feel before working out? _____	What did I feel before working out? _____
What did I feel while working out? _____	What did I feel while working out? _____
What did I feel after the workout? _____	What did I feel after the workout? _____

Friday

Date:

Time:

Type of workout:

What did I feel before working out?

What did I feel while working out?

What did I feel after the workout?

Saturday

Date:

Time:

Type of workout:

What did I feel before working out?

What did I feel while working out?

What did I feel after the workout?

Sunday

Date:

Time:

Type of workout:

What did I feel before working out?

What did I feel while working out?

What did I feel after the workout?

One week Feeling Good Tracker

FEELGOODX ONE WEEK HEALTH TRACKER					
	VEGETABLE 	SLEEP 	MEDITATE 	EXERCISE 	WATER INTAKE 
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

Make a stand and stay committed to living a healthy life and feel good. Feeling good is a result of the daily choices you make and the actions that you take. Healthy living impacts your overall well-being.

When you eat right, hydrate, exercise, get enough sleep, meditate - you will feel amazing and refresh.

How to use: Track your commitments by shading or coloring the emoticons based on the progress of your health you can skip or not to shade/color if you didn't feel able to make the some of the commitments.

Commitments worked

Why commitments work

Commitments didn't work

Why these commitments didn't work

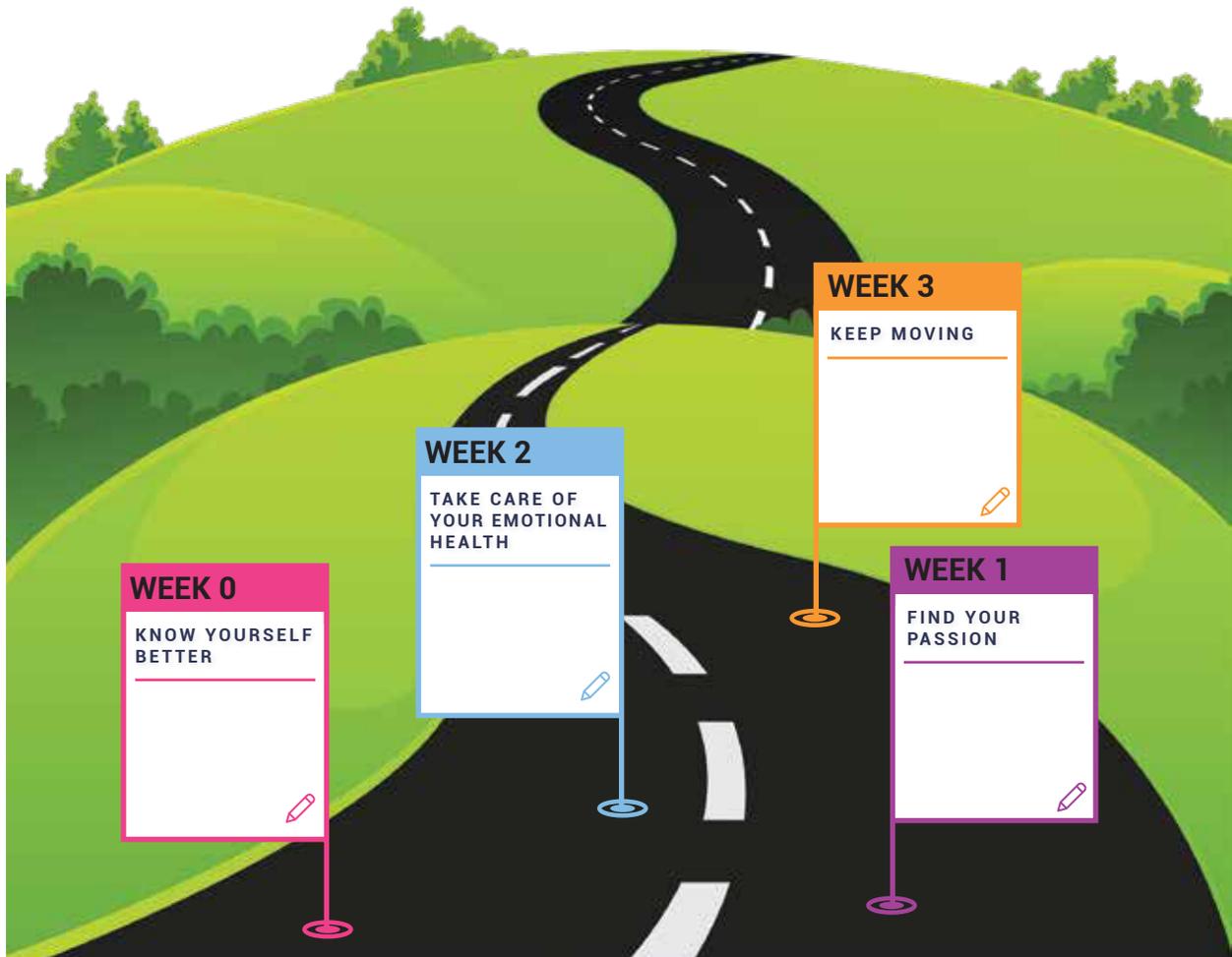
What are my goals?

What are my first steps?

How do I hold myself accountable?

Write down your own incantation for this week's theme

This winding road is your guide each week. In the space below write down your own intention and write down three words, that you are excited for this week.



Here's a quick summary of what you have learned this week:

- Being active can reduce your feelings of depression and may improve your mood.
- Body movements can maintain and improve your physical strength and fitness.
- By keeping your body fit or active make you feel good about yourself.
- Exercising can increase your energy level.
- Working out can improve your sleep.