

Pillars of the program: Sleep, hydration, and exercise!

As you might have guessed, when taking a holistic approach to things, it is impossible to improve one part of yourself without serving the others. The ultimate mission for this program and my coaching company is to inspire change in the world by improving one life at a time. If we are feeling chaotic within ourselves, and simply surviving, it is not ideal to try and improve the lives of others, our communities, our countries, or the world. The more people we have improving themselves makes way for a more wholesome existence and therefore makes way for social and organic change for the better around the world.

Today we start at the most primary parts of who we are and make small improvements to these aspects to make overall gains in the long run. The program will take you through two cycles of 84 days (12 weeks), because it takes 66 days to make a habit this program should be able to take you through more than the average 66 days and two rounds to obtain one and maybe two improvements you would like to make in your life.

Please note this program is made to be completed at 5 days a week with weekends off. Having said that, many people like to continue it 7 days a week. All concepts can be utilised 7 days a week, but I would request that the workouts are on hold to allow your body to rest and repair for better overall results.

Sleep Hygiene

The average adult requires 7- 8 hours of sleep a night to get the amount of sleep needed to repair the body and feel rested in the morning. Sleep that is disruptive or shorter than 7 hours over a period of time can result in serious health issues over time. Short term effects can be low mood, irritability, inability to feel motivated throughout the day. In the long run, it can cause heart disease, chronic fatigue and even in some cases dementia.

If you are reporting week 1: sleep less than 7-8 hours consistently, you should develop a sleep routine that improves this. The following steps can make sleep more restful and prepare you success in getting the sleep that you need. Please note, for those of you who are new parents and are unable to sleep throughout the night, please email us at amy@amysyed.ca for workarounds of a personalized consultation. We can also refer you to a sleep consultant.

- 1) Sleep in your bedroom at night only. If you feel sleepy during the day, drink a tall glass of water, and go for a walk instead. If you cannot walk for any reason, bike, or do any other cardiovascular activity that will wake you up.

- 2) Turn your phone off or keep it in a room outside of your bedroom when you go to sleep. Do not use your device or watch TV for at least one hour before sleep (preferably two hours).
- 3) For activities before you sleep read, have sex, and/or meditate.
- 4) Set the intention as you fall asleep that you will have a rich and relaxing sleep and wake up with energy.
- 5) For meditations: body scan meditation and sleep meditations work well.
Please see reference material or access YouTube videos here for [body scan](#) and [sleep \(for beginners\)](#).

Walking/Exercise Routine

This program is not designed to make you an elite athlete, although you could use it to develop habits of an elite athlete. We do, however, teach you how to get active and stay active for the benefit of your health. The workouts here are prescribed to get you active at a pace of 15 minutes a day, every other day. If you are physically unable to workout due to illness or injury, you can replace that 15 minutes with a walking routine or biking routine. Any exercise that gets your resting heart rate to increase at 50% to 60% its usual rate for at least 10 minutes¹.

Warmups will always take at least 3-4 minutes. This is how long it takes you to get past your period of the uncomfortable feeling you have when you start working out. In the fitness world, this would be the period it takes for your body to get through the lactic acid period at the beginning of your workout. See the workouts attached for every week. Schedule time to do them, preferably at the same time every other day. If you workout at the same time everyday, you know how to plan your day around it, it should be when you have the most energy (like when you wake up), and I often engage in an activity that is a compounding activity: I listen to audiobooks when I workout. I love reading, so I combined that with my workouts. I will keep one book I listen to every workout and if I want to hear more – I workout more.

Benefits of working out/walking/or cardio program:

- **Staying active:** Lifestyle you want to implement that becomes a habit and therefore, is not something you think about everyday as a negotiation or punishment but rather as part of your lifestyle.
- **Improves your mental health:** physical exercise improves your ability to focus, create new neuropathways in the brain (with new exercises) and gets your endorphins going, resulting in a rewarding effect on how you feel overall.
- **Strengthens your heart and reduces blood pressure:** Reduces your LDLs (low density lipoproteins) and increases your HDL (good cholesterol). Reduces your risk of stroke by 27%.

¹ <https://www.unm.edu/~lkravitz/Article%20folder/lactatethreshold.html>

- **Lowers risk of chronic diseases**: reduces risk of Type 2 diabetes by 60% and certain types of cancers by 20%
- **Tones and build muscles**: Muscles increase your resting metabolic rate which means you burn more calories just doing nothing with increase to your muscle mass.
- **Increases energy**: Makes you feel like a million bucks! You will feel more alert and energized throughout the day. TIP: Replace naps or sleepy periods of the day with a brisk walk or your 15 minute a day workout.
- **Improves your Mood**: reduces stress and anxiety
- **Eases joint pain**: reduces pain even in arthritic sufferers, lubricating joints and strengthening the muscles that supports those joints.
- **Boosts immune function**: Can protect you through cold/flu season. A study on over 1000 men and women proved that walking 20 minutes a day at least 5 days a week resulted in reduction of sick days by 43%!

Nutrition and water intake

We will talk about nutrition more next week but today we will focus on drinking water and making this a priority in the coming week.

This week: let us pick a bottle you will use to drink water daily. Add 3 rubber bands to it. Fill the water in the morning, drink throughout the day. Every time you finish a bottle and refill, slide rubber band up as a marker for completion. Repeat with the others. If you want to increase the number of bottles your drink, you can add rubber bands as you like up to 8. For now, 3 is a good start!

Mindfulness: An Introduction

We determine the meaning of our lives and day to day activities by the meaning we give to the events that happened to us. The program is an exercise of pushing yourself to new boundaries that are healthy, to start to focus on what is important at your core. To get there, we must work with your why and the meaning you are giving the first step to start this course with the understanding that eventually your 'why' will evolve as you evolve.

Today we start by focusing on the contract you signed and determining this week what your why will be. To start, practice [this meditation](#) at least 3 times this week at your own pace and as you see fit. You will be getting more guided meditations as we progress in the program.

The program is designed to give you a sense of stillness throughout your day, to reduce chaos around you and to give you the piece of mind you need to make clear decisions, think clearly and practice self-love. We will progress this concept over the coming weeks with more additions to your roadmap for the program.