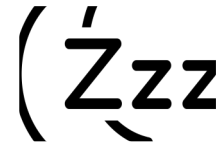




Thank you all for making a commitment to become a healthier version of yourself. You are worth it and you will be able to better live your life of values and purpose as we make progress towards healthier living. Please see below for all six of our core behavioral components as well as some transformation tips and challenges. **If you are ready to go “all in”, commit to some/all of the following over the next 28 days: consume a whole-food plant-based diet, sleep 7-8 hours nightly, exercise 30 minutes daily, avoid tobacco, drugs, and alcohol, better manage stressors and strengthen your relationships.** Throughout the challenge we ask that you challenge yourself and continue to take steps to better understand, live and share healthy living. Transformation is possible and you are on your way!



EAT SMARTER

MOVE MORE

SLEEP MORE SOUNDLY

Tip: Try eating a plant based diet for a few weeks to notice the differences in how you feel before and after. You may find yourself experiencing noticeable improvements in your skin, energy level, bowel movements, sleep, weight management, and more!

Challenge: Commit to eating plant based for 21 days. Check out this free 21 day vegan kickstart challenge [here](#). An app version is also available on the app store for free as well!

Tip: Choose activities that are appropriate and enjoyable for you. Fitness is not one size fits all—explore different types of workouts to find what you like best.

Challenge: Try this dance cardio video [here](#).

Tip: Avoiding/limiting caffeine and restricting caffeine consumption to earlier in the day rather than later can improve your ability to fall asleep and stay asleep.

Challenge: If you are a caffeine drinker, try to limit caffeine consumption to 1 cup a day before noon. If you already do this, challenge yourself to limit caffeine to a couple times a week instead of every day, or try going a week without any at all!



MANAGE STRESS BETTER

CULTIVATE RELATIONSHIPS

AVOID RISKY SUBSTANCES

Tip: Try deep breathing or other relaxation techniques to help control stress and relieve anxiety.

Challenge: Mindful breathing is a good one because it can promote relaxation and tranquility. This helps you eliminate stress-inducing thoughts that may be overcrowding your mind by focusing on your breath. Try this mindful breathing video [here](#).

Tip: Spending time in front of screens (phone, TV, computer) does not benefit your health in any way

Challenge: Limit screen time. It may be helpful to set a goal, such as one hour a day. Instead of spending time using electronics, connect with others in person instead! Nothing compares to face to face time with others.

Tip: Avoid resorting to alcohol as a routine stress reliever at night.

Challenge: Discover a new habit to relieve stress after work/before bed that does not involve alcohol.

Continue progressing in each of the 6 core areas. Keep your intentions and actions closely aligned! Click here to make [Progress!](#)