



The Healthy Six: OVERVIEW

What is it?

The Healthy Six is a program that reboots our body, mind and spirit and helps us find balance. We focus on six pillars of health: sleep, nutrition, exercise, mindfulness, connection and gratitude. **This program is backed by research into what makes a long and healthy life.** Through positive coaching, accountability, meal planning and increased physical activity goals, we establish healthy routines and habits that are realistic and sustainable.

Our Fall 2024 is an inspirational ending to the year

Come along for 66 days of intentional living, including a 28 day nutrition reset program, weekly meal preps, specialized fitness programming, and an opportunity to set yourself up for a beautiful 2025.

How it works:

Participants take part in daily action steps and prompts - mobility / mindfulness morning, daily exercise classes and follow the Healthy Six way of life, including a 4-week program to cut back on inflammatory foods and reset the gut microbiome.

What you get:

- Unlimited access to live fitness programming and recorded classes and programs (over 1000 classes)
- Meal Plans, Meal Preps, and Meal Ideas.
- Experts on Gut Health, Sleep, Mindfulness, Supplements, and Injury.
- Daily inspiration from an experienced healthy coach

- Meditation playlist with Insight Timer.
- Gratitude Journal
- Goal SETTING 2025 SESSION
- Optional live events at Farm Girl Fitness, Othership and Impact Kitchen.

Join me to end the year healthier and happier.

The Healthy Six Pillars:

Sleep

The most fundamental pillar for maintaining a healthy life is sleep. Over the course of the program we will focus on good sleep hygiene, creating bedtime rituals and achieving rest and recovery. Sleep expert video included.

Nutrition

Healthy Six nutrition includes: Veggies and fruit, proteins, complex carbohydrates (quinoa, sweet potato, brown rice) yogourt, eggs, herbs and spices, nuts and seeds. *The Healthy Six is not a cleanse: You are recommended to eliminate alcohol, sugar, gluten, some dairy, red meat and ultra processed foods for 21-days*

Exercise

Participants commit to exercising 5-6 days a week, for a minimum of 150 minutes of exercise during the program. There are MANY DOSE snacks (five minutes) Express Workouts (10-20 Minutes) and hundreds of recorded classes, including yoga, strength, HIIT, cycle, core and heavy weights.

Mindfulness

Mindfulness includes meditation, breathwork and prayer. Participants giving a curated library of Fall 2023 Meditation on Insight Timer. 5 Minute Meditation, followed by 5 minute mobility, every morning at 6:45.

Connection

Habit change is very hard in a vacuum. Participants take part in the group through live classes, a What's App group, or taking part in Friday office hours. Book club first week of December - *The Four Agreements*.

Gratitude

The Healthy Six asks you to write down six things you are grateful for each day.

And one sneaky pillar:.....Joy

Joy is more than happiness. Joy is flow, joy is having a connection with our heart, it is laughter and joy has been proven to improve our health. The Healthy Six ultimately aims to raise the bar on Joy and how to capture more in our lives.

The Healthy Six Habits

1. Progress, not perfection. If you are trying to be perfect, this isn't the program for you. The Healthy Six creates habits around sleep, exercise, nutrition and mindfulness and gratitude. If you don't do it perfectly, don't sweat it.
2. Hydrate: Our water intake affects weight loss, cognitive function and our attention. We aim to drink half our body weight in distilled water / herbal teas or plain water daily. You will pee a lot. That's ok :-)
3. Listen to your hunger cues: Are you hungry? Bored? Emotionally starved? The Healthy Six 28-day Anti-Inflammatory Program is full of protein, fiber, and healthy fat to reduce sugar and carb cravings. We will cut out sugar, gluten and alcohol. **You can do it.**
4. Nighttime Fasting or Intermittent Fasting : A 12-hour fast is encouraged.
5. Positive Self-Talk: Talk to yourself like you would a best friend. That's it. We build each other up on the Healthy Six. We celebrate our wins.
6. Success is personal - count them daily, and honor effort.

We all need to learn to love ourselves, and our lives every day. We don't have to exercise....we get to exercise. We get to choose to go to bed earlier, to eat healthier, to act, not react in life. When we are healthy, life flows. Let's finish 2023 healthier.

Your commitment:

- Read Daily 3-minute read email with ONE FOCUS
- Move: Daily Fitness Classes (Six days per week), always recorded - or your own fitness goals.
- Engage: Daily Inspiration via What's App and our Community Portal
- Think: Weekly office hours to ask questions (Fridays noon)
- Learn: Bi-weekly experts
- Grow: A chance to lose weight, feel great and finish 2024 strong

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