



# Welcome to the Recipe for Success!

Over the next 5 weeks, you can look forward to being challenged and celebrated as you complete the tasks outlined in the recipes. The five goals/recipes to choose from are: Improving Nutrition, Finding Consistency, Losing Weight, Gaining Strength, and Releasing Tension.

In this packet you will find:

- The recipes for each goal with a table of contents to easily find your goal.
- Some supporting documents to include trackers and educational tips.
- Program rules and info.

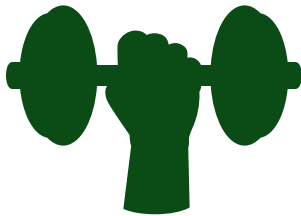
Once you've finished your recipe, make sure to log it on [hondawellness.com](http://hondawellness.com)! At the end of the program, the number of recipes you complete determines your prize!

# Table of Contents



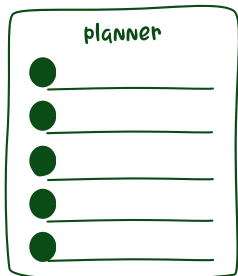
## Improving Nutrition

Recipe.....pg 4  
Trackers and Info.....pg 5  
Recipe.....pg 6  
Trackers and Info.....pg 7



## Gaining Strength

Recipe.....pg 8  
Trackers and Info.....pg 9-10  
Recipe.....pg 11  
Trackers and Info.....pg 12



## Finding Consistency

Recipe.....pg 13  
Trackers and Info.....pg 14  
Recipe.....pg 15  
Trackers and Info.....pg 16



## Losing Weight

Recipe.....pg 17  
Trackers and Info.....pg 18  
Recipe.....pg 19  
Trackers and Info.....pg 20



## Releasing Tension

Recipe.....pg 21  
Trackers and Info.....pg 22-23  
Recipe.....pg 24  
Trackers and Info.....pg 25-26

# PROGRAM RULES AND INFO

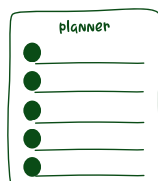
- Program runs: January 22-February 23
- When participants register, they will complete a short, pre-program survey.
- Participants will choose one of five goals: Improving Nutrition, Gaining Strength, Losing Weight, Finding Consistency, or Releasing Tension
- Participants will receive an emailed recipe packet with challenges and tips to help them reach their chosen goal. (printed packets are available by request)
- Participants will work through the list of challenges on their recipe, and once they complete each item, the recipe is considered complete. They will confirm completion of the recipe on [Hondawellness.com](http://Hondawellness.com)
- Limit 1 recipe per week (5 total for the program)
- Participants may complete the same recipe more than once to submit for completion.
- A post-program survey will be available for completion when participants pick up their prize.
- The “program week” runs Monday-Sunday (ex. Jan 22-29 is week 1). All completed recipes must be submitted on [hondawellness.com](http://hondawellness.com) by Tuesday of the next week.



Gaining Strength



Releasing Tension



Finding Consistency



Losing Weight



Improving Nutrition



# IMPROVING NUTRITION RECIPE

## Ingredients:

- Enjoy Your Meals** - Choose 2 separate meals to eat mindfully by slowing down and being more attentive. Make each meal last at least 20 minutes and remove devices or distractions.
- Replace Alcohol (or Caffeine) Intake** - Replace 1 alcoholic (or caffeinated) drink this week with a mocktail or other substitute.
- Practice Meal Planning** - Plan and prep for at least 4 meals/snacks.
- Eat the Rainbow** - Enjoy a fruit or veggie from each color group (Blue/Purple, Red, Yellow/Orange, Green, & White/Tan/Brown)
- Food Group Check-In** - Conduct a food group check-in for 1 day.

See the next page for tips and resources to help guide you through each ingredient.



## Directions:

Each ingredient is a task for you complete to finish the recipe. Ingredients can be completed in any order. Once you complete this recipe, submit the completion form online at [www.hondawellness.com](http://www.hondawellness.com). ← Click Here

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# IMPROVING NUTRITION - RECIPE

## TIPS AND RESOURCES



**ENJOY YOUR MEALS:** Eating too quickly or eating while distracted can be a trigger for overeating for some people and make it harder to enjoy the food.

- Consider how slowing down and eating without distractions made you feel. Did it change your eating experience?

**REPLACE ALCOHOL/CAFFEINE:** While both can be enjoyed in moderation, relying too much on these sources can lead to a higher consumption of calories and other less beneficial ingredients such as added sugars.

- Alternate ideas: Mocktail (i.e., sparkling water + fruit + 100% fruit juice), Herbal Tea, Kombucha, Lemon Water or other Fruit-Infused Water
- What did you choose? \_\_\_\_\_

**PRACTICE MEAL PLANNING:** Planning and prepping meals can help you save time, money, and help you stay on track with a healthy eating pattern.

What 4 meals or snacks did you plan and prep?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**EAT THE RAINBOW:** Each color offers a unique combination of key nutrients. Include foods of each color to maximize your nutrient intake. Check out this helpful list at [www.fruitsandveggies.org](http://www.fruitsandveggies.org). Track below to see how you do.

- **BLUE/PURPLE** \_\_\_\_\_ **RED** \_\_\_\_\_ **GREEN** \_\_\_\_\_
- **YELLOW/ORANGE** \_\_\_\_\_ **WHITE/TAN/BROWN** \_\_\_\_\_

**FOOD GROUP CHECK-IN:** Help meet your daily nutrient goals by including foods from each food group. For this task, conduct a food group check-in to assess what you're eating more/less of, or see what changes you could make.

- Fruits, Vegetables, Protein, Grains, Dairy, Healthy Fats

*For questions regarding your specific nutrition needs or preferences, feel free to contact our Registered Dietitian Nutritionist - [laura\\_black@na.honda.com](mailto:laura_black@na.honda.com).*



# IMPROVING NUTRITION Recipe

## Ingredients:

- Recognize Hunger Signals** - Maintain a rating between 3-7 on the hunger-fullness scale through 1 whole day. See scale description on next page.
- Balance Your Plate** - Have 3 or more food groups showing in at least 5 different meals to practice balanced eating.
- Snack Smarter** - Plan and eat 3 nutritious and balanced snacks.
- Make One New Recipe** - Make the “Recipe of the Week” from the Healthy Bites e-newsletter or another healthy recipe resource you have access to.
- Don't Wait, Hydrate** - Watch this [10-minute hydration video](#) on HealthFitness360 and track your water intake for 3 days.

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# IMPROVING NUTRITION - RECIPE

## TIPS AND RESOURCES



**RECOGNIZE HUNGER SIGNALS:** The **hunger-fullness scale** is an easy tool to help determine the physical body's hunger & fullness levels. Too often in our busy routines we find ourselves eating for reasons other than hunger, such as boredom, feeling tired, emotional, etc. Use the scale & aim to be between 3-7.



**BALANCE YOUR PLATE:** Healthy eating guidelines suggest incorporating a balance of food groups at meals to help balance the intake of total calories, macronutrients and other key vitamins & minerals. Include a balance from these food groups - fruits, vegetables, grains, protein, dairy, & healthy fats!

Meal 1     Meal 2     Meal 3     Meal 4     Meal 5

**SNACK SMARTER:** Snacks are a great way to meet energy and nutrient needs.

**In general, a healthy snack is ~150-200 calories & includes 2-3 food groups,** such as trail mix (nuts, dried fruit, pretzels), or yogurt with granola & fruit.

**For more tips, watch the “Charcuterie Board” nutrition video on HealthFitness360!**

Snack 1: \_\_\_\_\_    Snack 2: \_\_\_\_\_    Snack 3: \_\_\_\_\_

**MAKE ONE NEW RECIPE:** The Healthy Bites e-Newsletter is created by our Registered Dietitian and offers a wide range of nutrition resources including lots of great recipe ideas. *Not on Healthy Bites yet? Click **HERE** to sign-up!*

**DON'T WAIT, HYDRATE:** Watch the “Healthy Hydration Video” on HealthFitness360 and track your water intake for 3 days.

**For questions regarding your specific nutrition needs or preferences, feel free to contact our Registered Dietitian Nutritionist - [laura\\_black@na.honda.com](mailto:laura_black@na.honda.com).**



# GAINING STRENGTH RECIPE

## Ingredients:

- Get Personal** - Sign up for your 5 complimentary personal training sessions with one of HealthFitness's trained professionals to learn proper strength gaining techniques. (Free with membership)
- Get Moving** - Try one of the recommended strength workouts (beginner, intermediate, advanced - all attached) complete the workout 2 times this week.
- Get Results** - Recovery is the time where you become strong. Watch [this video on HealthFitness360](#) to learn about rest and recovery.
- Get Protein** - General protein guidelines for active adults include 20-25 grams at meals & 10-15 grams at snacks. (Individual needs may vary) Track how many grams of protein you eat for 3 days.

See the next page for resources to help guide you through each ingredient.



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# GAINING STRENGTH - RECIPE

## Tips and Resources

### CONTACT A PERSONAL TRAINER:

- **TMPO:** andy\_hayter@na.honda.com
- **ELWC:** jordan\_keaton@na.honda.com
- **WWC:** mike\_hawkey@na.honda.com
- **AWC:** marion\_shoffner@na.honda.com
- **ADC:** megan\_robinson@na.honda.com
- **TFC:** jordan\_reyes@na.honda.com



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### BEGINNER WORKOUT: Complete 2 times a week

1. Modified push ups: 2x12-14 reps
2. Horizontal rear delt fly with a band: 2x12-14 reps
3. Body weight squat: 2x12-14 reps
4. Standing ab twists: 2x20 per side
5. Modified planks: 3x20 seconds

Set	Reps

### INTERMEDIATE WORKOUT: Complete 2 times a week

1. Supinated grip lat pulldown: 3x12-14 reps
2. Dumbbell I-Y-T delt raises 3x8-10 per movement
3. Close grip push ups 3x8-10
4. Kettlebell deadlift 3x12-14
5. Standing lunges 3x12-14 reps (per leg)
6. Deadbugs 3x30 seconds

Set	Reps	Weight

### ADVANCED WORKOUT: DAY 1

1. Bench press : 4x8-10 reps with 90-120 sec rest
2. One-Arm dumbbell row: 4x8-10 with 90-120 sec rest
3. Standing shoulder press: 4x8-10 with 90-120 sec rest
4. Pullups: 4xAMRAP with 120 sec rest
5. Dumbbell incline fly: 3x8-12 with 120 sec rest
6. High pull: 3x8-10 with 120 sec rest
7. Tricep pushdowns: 3x8-12 with 90-120 sec rest
8. Preacher curls: 3x8-12 with 90-120 sec rest

Set	Reps	Weight

### ADVANCED WORKOUT: DAY 2

1. Squats: 4x8-12 with 90-120 sec rest
2. Lunges: 4x8-12 per leg with 90-120 sec rest
3. Romanian deadlift: 4x8-12 with 90-120 sec rest
4. Leg extensions: 4x10-15 with 120 sec rest
5. Lying leg curl: 4x10-15 with 120 sec rest
6. Standing calf raise: 3x12-18 with 90 sec rest

Set	Reps	Weight

# GAINING STRENGTH RECIPE

## Tips and Resources



Protein functions as building blocks for bones, muscles, cartilage, skin, and blood. The most common protein foods include chicken, eggs, and beef, however, there are many other protein food options that contain nutrients that are important for supporting overall body function and health.

Use the list below to give you some ideas for a protein switch up or visit [www.myplate.gov](http://www.myplate.gov) for more inspiration!

- Seafood (Salmon, Tuna, Trout, Shrimp, etc.)
- Meats/Poultry (Turkey, Pork, Lamb, Venison, etc.)
- Beans/Peas/Lentils
- Nuts/Nut Butters/Seeds
- Dairy Foods (Yogurt, Milk, Cottage Cheese, etc.)
- Tofu/Tempeh/Soy Products
- Some Grains (Quinoa, Oats, Whole Grain Cereal, etc.)

## ***Fitness Recovery Basics***

- 1.) When does over reaching happen ?
- 2.) What are two side effects of over training?
- 3.) What are the two types of recovery?
- 4.) What is Jason trying to accomplish in the first 3 movements with the band?
- 5.) What is myofascial?
- 6.) When foam rolling your should roll out your \_\_\_\_\_ NOT your \_\_\_\_\_.
- 7.) Name two muscle groups Jason rolled out with the foam roller.



# GAINING STRENGTH RECIPE

## Ingredients:

- Download the **HealthFitness360 app** - create an account and log in - contact any wellness center team member for the registration code.
- Take a **15 MINUTE UPPER BODY STRENGTH class** - on HealthFitness360.
- Take a **30 MINUTE FULL BODY STRENGTH class** - on HealthFitness360.
- Take a **40 MINUTE STRENGTH class** - on HealthFitness360.
- Take time to recover between workouts - with this 10 minute recovery video.

See the next page for things to consider with each ingredient.



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# GAINING STRENGTH RECIPE



## RESOURCES

**PRO TIP:** Complete the strength training videos on non-consecutive days during the week to allow your body appropriate recovery time.

### **15 minute strength video - Date completed:**

What were your 2 favorite exercises/movements?

What is EMOM?

What was 1 modification Susan mentions?

### **30 minute strength video - Date completed:**

What were your 2 favorite exercises/movements?

Why is proper alignment important?

What were 2 cool down stretches?

### **40 minute strength video - Date completed:**

What are 3 things you need for Jim's Class?

What were your 3 favorite exercises?

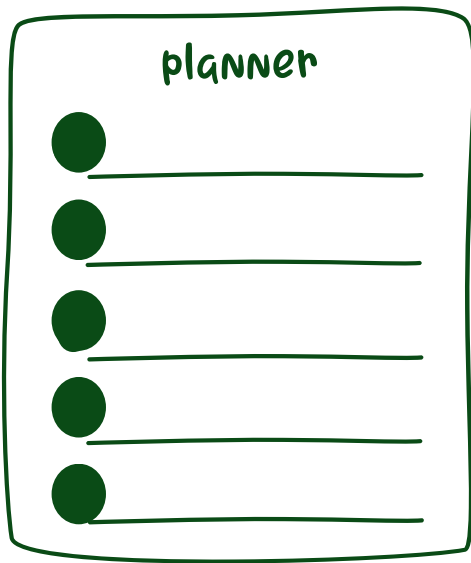
What were 4 cool down stretches?

### **10 minute recovery video - Date completed:**

What are 2 things you need for Stephanie's class?

What were your favorite positions?

Do you exhale before a movement or after?



# FINDING CONSISTENCY RECIPE

## Ingredients:

- Track your steps** - Track your daily steps for 5 days this week. Using your phone or fitness tracker, aim for 7,000-10,000 steps each day.
- Build a Healthy Plate** - Add at least 1 fruit or vegetable to your plate 4 times this week. Try to add lots of variety and color to your plate.
- Be Mindful** - Watch 2 mindfulness sessions on HealthFitness360.
- Take Time to Recover** - Set aside distractions for 30 minutes to complete stretching/foam rolling/recovery practices 2 times this week.
- Set a Sleep Schedule** - Set a schedule/bedtime reminders on your phone, calendar, or fitness tracker to try to get 7 hours of sleep 3 times this week.

See the next page for tips and resources to help guide you through each ingredient.

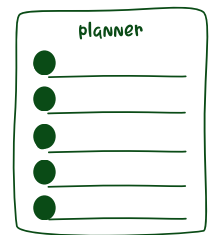
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# FINDING CONSISTENCY - RECIPE

## TIPS AND RESOURCES



**TRACK YOUR STEPS:** Tracking your steps allows you to monitor how much you move throughout the day while also encouraging you to move more.

Track your steps below to see how you do.

DAY 1 DAY 2 DAY 3

DAY 4 DAY 5

**BUILD A HEALTHY PLATE:** Fruits and vegetables are a key part of maintaining a healthy plate. Check out this helpful list at [www.fruitsandveggies.org](http://www.fruitsandveggies.org) for ideas on which fruits and vegetables to try out this week. Check off a box each time you add a fruit or vegetable to your plate this week.

**BE MINDFUL:** Mindfulness sessions can help reduce anxiety and depression levels, as well as improve cognitive functioning. Take some time to practice mindfulness this week and see how it changes your day. List the 2 mindfulness sessions you watched this week.

1) \_\_\_\_\_

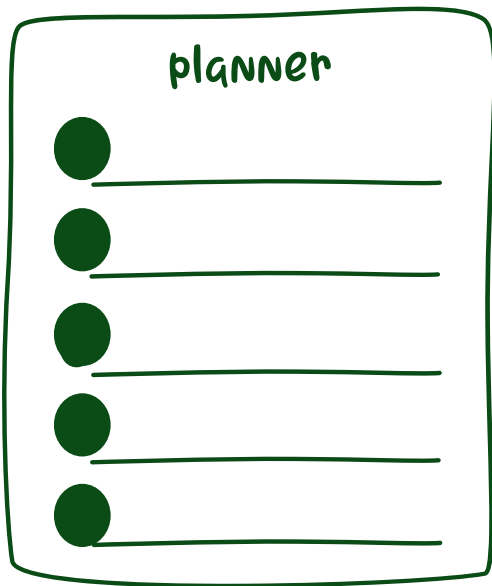
2) \_\_\_\_\_

**TAKE TIME TO RECOVER:** Stretching, foam rolling, and other recovery practices allow your body to recuperate before your next workout. List the 2 recovery practices you completed this week.

1) \_\_\_\_\_

2) \_\_\_\_\_

**Set a Sleep Schedule:** Did you get 7 hours of sleep 3 nights this week? yes/no  
What barriers did you encounter in setting a sleep schedule for the week, and how can you ensure you get the sleep you need? \_\_\_\_\_



# FINDING CONSISTENCY RECIPE

## Ingredients:

- Get Organized** - Purchase a planner or download an app (See attached list) to help organize and plan out your wellness activities such as workouts, work breaks, meal planning, etc.
- Practice Meal Planning** - Choose 1 day during the week to plan, shop, and prep your meals/snacks for a few days or the whole week.
- Get Involved** - Whether you prefer the in-person group environment or being in the comfort of your own home, participate in 2 fitness classes in a week. If participating virtually, use [HealthFitness360](#).
- Find an Accountability Partner** - Identify a friend or family member to be your accountability partner. This partnership can be regular check-ins or a new workout buddy!

See the next page for tips and resources to help guide you through each ingredient.

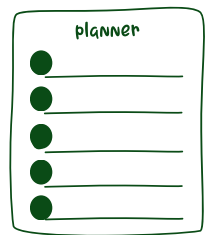
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# FINDING CONSISTENCY - RECIPE

## TIPS AND RESOURCES



**GET ORGANIZED:** Purchasing a planner, using a calendar, or trying out apps is beneficial when trying to get organized because it allows you to make to do lists, set reminders, coordinate family schedules, etc. Check out the apps below to help you get organized and plan out your wellness activities.

- Cozi Family Organizer
- Microsoft To DO
- TickTick: To-Do List & Calendar
- MinimaList: To Do List & Widget
- Calendars: Planner & Organizer

**PRACTICE MEAL PLANNING:** Planning and prepping meals can help you save time, money, and help you stay on track with a healthy eating pattern. Use the space below to create your shopping list for the week.

Grocery List:

Weekly Meals:

**GET INVOLVED:** Participating in fitness classes boosts energy levels, promotes exercise variety, improves mental and physical health, and fosters a sense of community in the gym. List the 2 fitness classes you attended this week, whether in-person or on HealthFitness360.

1) \_\_\_\_\_

2) \_\_\_\_\_

**FIND AN ACCOUNTABILITY PARTNER:** An accountability partner can help keep you consistent by ensuring you're held accountable to your goals and motivating you throughout the process. List your accountability partner's name for the week. \_\_\_\_\_





# LOSING WEIGHT RECIPE

## Ingredients:

- Start your day with a healthy and filling breakfast** - Catch some tips on [this HealthFitness360 video](#) featuring our very own dietitian, Laura Black!
- Find your “why” for starting this journey** - Write it down so you can remember it and maintain your motivation.
- Complete 30 minutes of cardio exercise 3 times in the week at the Wellness Center** - Try out one of the suggested cardio workouts on the next page.
- Replace a sugary or higher calorie beverage with water 4 times this week.**

See the next page for tips and resources to help guide you through each ingredient.



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# LOSING WEIGHT RECIPE

## Info & Tracker

Tips learned from video:

Your WHY:

Cardio Workouts:

**30min Treadmill: 10 incline / 3 speed**

**30min Bike: 1min sprint, 2min jog, repeat 10x total**

**10min Bike, 10min Treadmill, 10min Elliptical**

Beverages  
replaced  
with water:





# LOSING WEIGHT RECIPE

## Ingredients:

- Ramp Up Your Exercise Routine** - Choose between the 4-week Progressive Metabolic Conditioning series and the 4-Week Progressive Total Body Core to begin this week.
- Take a Look at Nutrition** - Track your nutrition intake for 4 days this week.
- Burn extra energy** - Increase your “NEAT” by parking a couple of extra rows away from the door at work or at the store this week.
- Rest and Recover** - Try to sleep 7 hours a night for 3 nights this week.

See the next page for tips and resources to help guide you through each ingredient.



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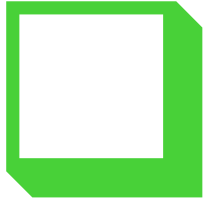
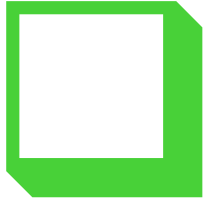
# LOSING WEIGHT RECIPE

Info & Tracker

4 week progressive metabolic conditioning series (More advanced friendly)

or

4 week progressive total body core series (More beginner friendly)



Nutrition Tracker

Day 1:

Day 2:

Day 3:

Day 4:

## What is NEAT?

Non-Exercise Activity Thermogenesis is the energy expenditure from activity that isn't structured exercise. You are burning calories while walking around at work, doing chores, fidgeting, and more.

## Why is sleep important?

Poor sleep can cause you to be stressed out and tired, leading you to skipping the gym and eating more in order to have more energy.



# RELEASING TENSION RECIPE

## Ingredients:

- Complete the **self massage** (myofascial release) program on 2 consecutive days this week.
- After completing your self massage program, track your mood each day you completed the massages. See self massage program page.
- Utilize the attached **bedtime tracker** and move your bedtime back 15 minutes. Check each day you were successful.
- Utilize the attached Restorative Practice tracker and spend 15 minutes at least 2 times this week participating in the topics you choose.

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# Myofascial Release (Self Massage)

## What is Myofascial Release?

Myofascial release is a massage technique that targets the fascia, a type of connective tissue that surrounds all the muscles throughout your body. The trigger points are where tension is held that could be causing pain. When we massage these areas it releases the tension and helps reduce pain.

## Myofascial Release Guidance:

There are several tools you can use to perform myofascial release including a foam roller, lacrosse/tennis/massage ball, massage stick, or massage gun. When performing myofascial release, use your tool of choice to **apply sustained and moderate pressure right over the trigger point, or tender area, for at least 30 seconds but no longer than 2 minutes**. The red X's in the guide below are common areas to target.



## Post Release Mood Tracking:

Mood: (Check The Box That Applies)	Day 1 Date: _____	Day 2 Date: _____
Stressed +3		
+2		
+1		
0 (Neutral)		
-1		
-2		
Relaxed -3		

# Benefits of Earlier Bedtime:

**Healthy Sleep = Healthy Heart:** Sleeping lowers your blood pressure, resting earlier can keep your risk of developing serious heart related medical conditions down reducing your risk of stroke and heart attacks later in life.

**Increased Energy Levels:** Important **restorative** activities happen to your body when you sleep. Muscles, organs, and tissues are repaired during sleep, which helps improve how you feel the next morning.

**Aids In Body Weight Control:** A proper night's sleep helps reset your metabolism and regulates your blood sugar.

**Stress Relief:** A lack of sleep has been linked to feelings of extreme stress, and may even lead to depression and anxiety.

**Better Quality Sleep Improves Your Mood:** Quality sleep is linked to increased feelings of happiness and pleasure. This is due to your brain producing serotonin, which helps with feelings of calmness and contentedness.

Releasing Tension: Sleep	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Current Bedtime:				Goal Bedtime: (-15 Min)			
Check Each Box On The Days You Successfully Changed Bedtime							

# Restorative Practices:

Restorative health is a highly beneficial way to improve your physical well-being by promoting rest and relaxation, as well as boosting your mental well-being.

Utilize the chart below to try something new!

Releasing Tension: Restorative Practice							
Check Each Box When You Complete <u>15 Minutes</u> Of The Practices Below:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read A Book Or Magazine							
Take A Warm Bath							
Organize A Space In Your Home							
Meditation / Prayer							



# RELEASING TENSION RECIPE

## Ingredients:

- Listen to this [audio only meditation session](#) on **HealthFitness360**.
- Utilize the attached **Mood / Sleep chart** and track how many hours of sleep you got each night.
- Each night, **track your mood** using the same **Mood / Sleep chart** as it is associated with the hours of sleep you received. Write any notes as to why you believe you felt the way you do and try to make changes daily from the items noted.
- Perform the attached **Full Body Stretching Routine** at least 3 times this week.

See the next page for tips and resources to help guide you through each ingredient.

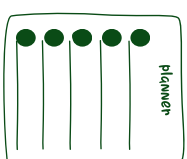


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WELLNESS CENTERS

# Mood / Sleep Chart

From \_\_\_ / \_\_\_ / \_\_\_ To \_\_\_ / \_\_\_ / \_\_\_ (Dates)

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mood							
o							
o							
d							
l							
e							
v							
e							
l							
s							
Sleep (Total Hours)							
Energy Level (0-5)							
Notes:							

Comments section: You can also rate pain, anxiety, current or new behaviours or anything else which is relevant to you.



# Full Body Stretching Routine



1. Calves



2. Hamstrings



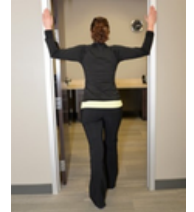
3. Quadriceps



4. Biceps



5. Triceps



6. Chest



7. Back / Spine



8. Lats



9. Low Back



10. Adductors



11. Hips



12. "Worlds Greatest" - Full Body

## Why is stretching important?

Stretching keeps muscles flexible, strong, and healthy. We need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

## Performing Your Stretches:

Mimic the above positions. Maintain these positions as you breathe in through the nose and out through the mouth. **Hold each stretch 30sec - 1min** with minimal bouncing, and no pain. Focus on correct posture for each position.