

STRESS & IMMUNITY



MINDSET 1: Stress Management

Stress is Physical

Positive Self-Talk

Stress Reducers (Breathing, sleep, white space, epsom salt baths, etc)

Calming Magnesium Rich Foods

Mindset 2: Build Your Immune System

pH Balance

The Source

Move Daily

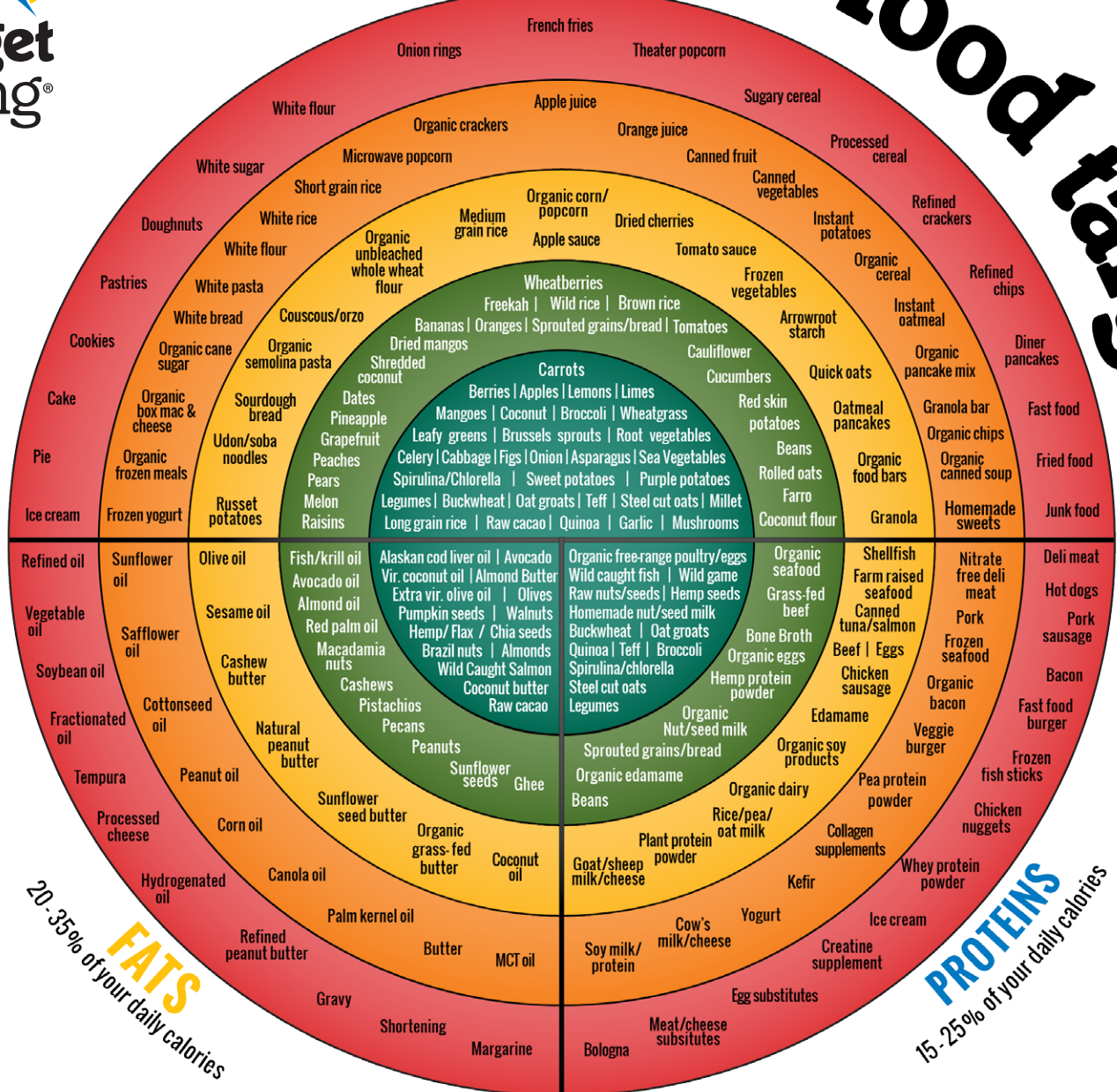
Self-Love, Gratitude, and Kindness

YOU HAVE THE POWER TO CHANGE!

CARBOHYDRATES

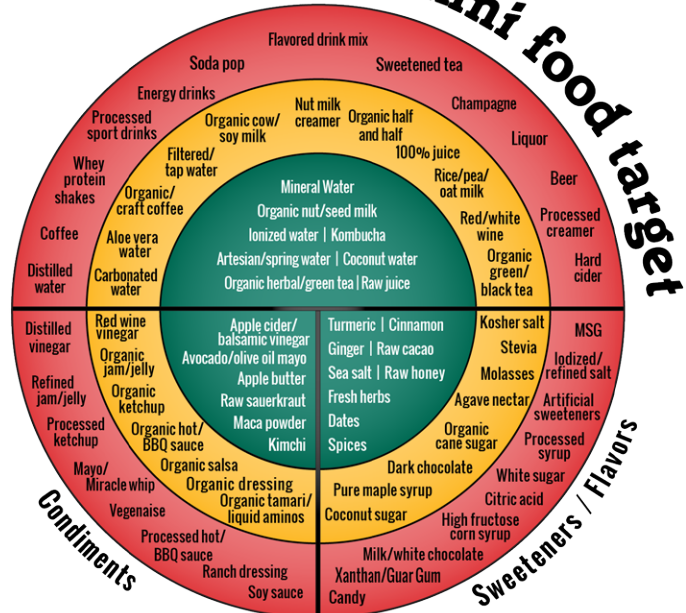
45-65% of your daily calories

Food target



Beverages

mini food target



- Best
- Better
- Good
- Fair
- Poor

DYNAMIC WARM-UP



FOUNDATION EXERCISES

