

## PLAN FOR HOME

### MAKING CHANGES

When creating habit changes be kind, patient and compassionate towards yourself. Remember to keep your *why* in mind while starting small with 1 or 2 changes until they become habitual.

### I. STRESS MANAGEMENT

<p><b>BREATH PRACTICE</b> <i>(daily)</i></p>	<p>A. Belly Breathing <i>(5 minutes belly breathing: controlled inhales and exhales; nose-nose or nose-mouth)</i></p> <p>B. Relaxation Breathing <i>(5-10 minutes of relaxation breathing: inhale 4 counts; hold 7 counts; exhale 8 counts; nose-nose or nose-mouth)</i></p> <p>C. Square Breathing <i>(5-10 minutes square breathing: inhale 4 counts; hold 4 counts; exhale 4 counts; hold 4 counts; nose-nose or nose-mouth)</i></p>
<p><b>YOGA PRACTICE</b> <i>(1 - 2 times a week)</i></p>	<p>A. Restorative Yoga <i>(slow pace, soft and healing)</i></p> <p>B. Ahimsa Flow <i>(calming, soft, and gentle)</i></p> <p>C. Vinyasa Flow <i>(energizing, grounding, and strength)</i></p>
<p><b>SELF CARE PRACTICE</b> <i>(daily)</i></p>	<p>A. Unplug <i>(avoid technology for 30 minutes)</i></p> <p>B. Enjoyment <i>(Get outside in nature or join a social activity for at least 10 minutes)</i></p> <p>C. Self Reflect <i>(Journal or Meditation 5-10 minutes)</i></p>
<p><b>SLEEP &amp; REST REMINDERS</b> <i>(daily)</i></p>	<p>A. Adjust Your Sleep Environment <i>For best sleeping conditions</i></p> <ul style="list-style-type: none"> <li>○ <i>keep room dark and cool</i></li> <li>○ <i>sleep in loose comfortable attire</i></li> <li>○ <i>find the best mattress for your personal sleep needs</i></li> </ul> <p>B. Down Regulate before Sleep <i>Try a practice 5-10 minutes before bed</i></p> <ul style="list-style-type: none"> <li>○ <i>breath work</i></li> <li>○ <i>meditation</i></li> <li>○ <i>yoga nidra</i></li> </ul> <p>C. Incorporate Sleep-Aid Habits <i>Options include</i></p> <ul style="list-style-type: none"> <li>○ <i>a warm bath 30 minutes before bed</i></li> <li>○ <i>use an essential oil diffuser in the evening (lavender or sweet marjoram)</i></li> <li>○ <i>limit blue light and screen time 1 hour before bed</i></li> <li>○ <i>no caffeine after 2pm or decreased alcohol 3 hours before bed</i></li> </ul>

\* Lecture Handouts for Stress Management and Sleep available at [www.skyterraathome.com/library/](http://www.skyterraathome.com/library/)

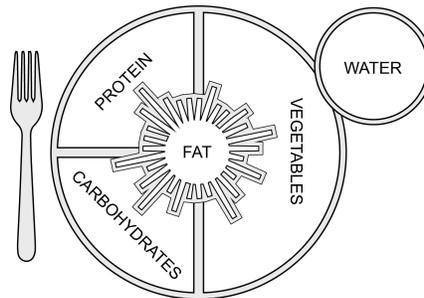
\* Breathing Practice videos available in the video section of Skyterra At Home: “Connect”, “Pranayama”

## II. NOURISHMENT - Nutrition

<b>MEALS AT HOME</b> <i>(Out of 21 meals a week)</i>	A. 8 - 10 meals at home B. 12 - 15 meals at home C. 18 - 20 meals at home	* This includes cooking yourself or using high-quality at home resources.
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<b>MINDFUL MEALS</b> <i>(1 meal a day)</i>	A. Sit at the table B. Take 20 minutes to finish meal C. Connect to Hunger / Fullness (use scale if needed)	* These meals should include minimizing distractions
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### THE SKYTERRA PLATE



<b>FOOD FOCUS</b> <i>(1 - 2 meals per day)</i>	A. Increase Vegetables	Spinach, Arugula, Kale, Romaine, Broccoli, Cauliflower, Broccolini, Bell Peppers, Cucumber, Tomatoes, Brussels Sprouts, Cabbage, Onion, Zucchini, Summer Squash, Eggplant, Green Beans, Beets, Carrots, Mushrooms, Herbs, etc.
	B. Prioritize Healthy Fats	Avocado, Nuts, Seeds, Nut or Seed Butters, Olive Oil, Extra Virgin Olive Oil, Grapeseed Oil, Sesame Oil, Butter, Cheese, Olives, Chocolate, Coconut, Vinaigrettes, Pesto, Hummus, etc.
	C. Quality Protein	Eggs, Chicken, Turkey, White Fish, Shrimp, Scallops, Mussels, Salmon, Meat, Bison, Yogurt, Greek Yogurt, Yogurt, Beans, Lentils, Tempeh, Tofu, Edamame, Nuts and Seeds, etc.
	D. Appropriate Carbohydrates	Rice, Quinoa, Oats, Sorghum, Sweet Potatoes, Red Potatoes, Purple Potatoes, Butternut Squash, Beans, Lentils, Fruit (all), Breads, Pastas, Honey, Baked Goods, etc.
	* Flavor Ideas:	Lemon, Lime, Orange, Garlic, Shallots, Ginger, Spices, Cilantro, Chives, Basil, Parsley, Tarragon, Rosemary, Vinegars, Vinegar Reductions, Kosher Salt, Sea Salts, Pepper, Curry, Turmeric, etc.

\* Recipes available at [www.skyterraathome.com/recipes/](http://www.skyterraathome.com/recipes/)

\* Food & Nutrition Videos in the video section of Skyterra At Home: "Build Your Plate", "From The Kitchen"

### III. MOVEMENT - Fitness

WALK	<p>A. Walk for 5 minutes after every hour of sitting          B. Walk for 30 minutes or personal step goal _____ (3 days a week)          C. Walk for 60 minutes or personal step goal _____ (5 days a week)</p>		
MOBILITY	<p>A. 1-2x week for 5 - 10 minutes          B. 3-4x week for 10 - 15 minutes          C. 10 minutes daily</p>		
	<p>Full Body Mobility</p> <ul style="list-style-type: none"> <li>• Foam Roll Upper Back</li> <li>• Yoga Strap Hamstrings</li> <li>• Therapy Ball on Calves</li> </ul>	<p>Shoulder Mobility</p> <ul style="list-style-type: none"> <li>• Therapy Ball Back of Shoulder</li> <li>• Therapy Ball Front of Shoulder</li> <li>• Side Lying Shoulder Reach</li> </ul>	<p>Hip Mobility</p> <ul style="list-style-type: none"> <li>• Therapy Ball Side of Hip</li> <li>• Half Kneeling or Couch Stretch</li> <li>• Figure 4-Wall Stretch on Wall</li> </ul>
STRENGTH <i>(weekly)</i>	<p>A. 1 time (20 - 30 minutes each)          B. 2 times (30 minutes each)          C. 3 times (30 - 45 minutes each)</p>		
	<ul style="list-style-type: none"> <li>• Move Well Option</li> </ul> <p>Squats to Box (Work-0:40, Rest-0:20)          Ring Rows (Work-0:40, Rest-0:20)          KB Deadlifts (Work-0:40, Rest-0:20)          Pushups (Work-0:40, Rest-0:20)          Cardio (2:00)</p>	<ul style="list-style-type: none"> <li>• Quick Fit Option</li> </ul> <p>Cardio (3:00)          Push Press (30) &amp; Sit ups (10)          Cardio (2:00)          Push Press (20) &amp; Sit ups (10)          Cardio (1:00)          Push Press (10) &amp; Sit ups (30)</p>	<p>For additional options see Skyterra At Home.</p>
CARDIO <i>(weekly)</i>	<p>A. 1 Tabata          B. 1 Intervals          C. 2 Intervals</p>		
	<ul style="list-style-type: none"> <li>• Tabata Option</li> </ul> <p>Complete 8x thru on cardio machine of choice (Work 0:20, Rest :10)          Row, Elliptical, or Bike</p>	<ul style="list-style-type: none"> <li>• Interval Option 1</li> </ul> <p>Choose any cardio machine          3x thru of the following (Work 3:00, Rest 3:00)          (Work 2:00, Rest 2:00)          (Work 1:00, Rest 1:00)</p>	<ul style="list-style-type: none"> <li>• Interval Option 2</li> </ul> <p>Choose any cardio machine          5x thru of the following (Work 1:00, Rest 2:00)          (Work 0:30, Rest 1:00)</p>

\* Descriptions and Written Examples available at [www.skyterraathome.com/pillars/fitness/](http://www.skyterraathome.com/pillars/fitness/)

\* Mobility videos available at [www.skyterraathome.com/pillars/fitness/mobility-library/](http://www.skyterraathome.com/pillars/fitness/mobility-library/)

\* Class example videos available under the video section of Skyterra At Home: "Living Lean" and "Specialty Fitness"

## PERSONAL SUMMARY

DEFINE YOUR WHY:	
STRESS MANAGEMENT: <i>(your one highlighted choice)</i>	
NUTRITION: <i>(your one highlighted choice)</i>	
FITNESS: <i>(your one highlighted choice)</i>	