

6 PILLARS TO HEALTH & HAPPINESS

# NOURISH + MOVE

## SHOULD VS WANT



JANUARY 2016





# DROP THE SHOULD

DO WHAT FEELS RIGHT FOR  
YOUR BODY, YOUR NEEDS,  
AND YOUR LIFE AS IT IS  
TODAY.

Food and fitness, diets and workouts, starving and pushing. These are the norms when it comes to how we fuel our bodies.

Rather than focusing on what foods our bodies needs more of, we look at how we can have less. Instead of looking at what movements feel good and energizing, we focus on pushing to feel pain and depletion. We set ourselves up for fatigue, failure, disappointment, and stress each and every time we reach for our plates, grab our forks, or step into the gym. We make our goal the impossible, the unsustainable, in an effort to be perfect. We lose touch with our body, with our needs, and with what will really help make us healthy, whole, and happy. The reason? Because we should.

We tell ourselves, and we are told from a young age, we should be better, we should do more we should eat less, we should be strong, we should work harder, we should have more will power, all so that we can have the perfect body we are told we should have.

This cycle leads us straight into burn out and guilt, and straight into stress. Stress is a leading cause of most major illnesses and diseases. From the common cold, to the flu, to heart disease, stress in a known underlying culprit. So lets let go of the stress, let go of the should, and treat our bodies with respect.

Let's Nourish and Move.





What rules do you have about your food? What should and shouldn't you eat for better health, and a smaller waistline?

Does this rule still make sense for your life?

Does it make you feel depleted and tired? Do you have cravings? Why do you think these are popping up for you? (Lack of protein, lack of nutrients, lack of sweetness, lack of fun, etc.)

**When you focus on Nourishment and Movement, your life has room to grow, evolve, and flourish around you.**

Write down 3 rules you can break, and the change you can replace it with. Rather than should, go for what you want and can do. What sustainable habits can you replace them with? What will give you more fuel for your day? (Think juice over soda, salmon over muffins, coffee in the afternoon, etc.)



**What rules or routines do you have with your fitness?**

**Do you enjoy them or dread starting them?**

**Do you feel energized or depleted?**

**If you had your choice, what type of movement would you do? (Run, lift weights, dance, yoga, barre, etc)**

**How can you make that happen at least once a week, to find more enjoyment in moving your body?**

**If you don't move much, what is one thing you can start doing that you might actually like?**

**Treat your body kindly, through nourishing food and movement, and watch as you flourish.**

