



## SWEAT AT HOME! MIND-BODY CHALLENGE

Watch the video explanation [HERE](#) and sign up for email updates [HERE](#)

I wanted to come up with a way for us all to connect and support one another during this time that, to me, feels almost like we've entered some alternate Universe!

With all the uncertainty surrounding the coronavirus, it's easy to let anxiety, stress, and fear take over our minds and bodies.

Please know that I, along with my [Sexy Fit Vegan® team](#), are here for you as we all navigate through this confusing time together!

I want to address one of the challenges that is overwhelming to our coaching clients, and could be overwhelming to you right now...

Stress and anxiety are emotions that cause many of us to turn to food for comfort, and to numb or distract ourselves from the uncomfortable feelings. It's also easy to allow tough times like these to turn into an excuse to forego exercise.

The truth is that now, more than ever, a healthy immune system is vital, and stress is one of the biggest enemies of our immune system. This means that, for most of us who do not have a medical condition making us susceptible, poorly managed stress is as dangerous to us as the virus itself.

Managing stress in HEALTHY ways, so that we can make conscious, immune-boosting food and activity choices is one of the most pro-active things we can do to keep ourselves well.

To help us stay calm, a shift in perspective is in order, like adopting a mantra similar to this: I choose to do everything I can that is in my control, and release the rest.

So... what IS in our control at this time?

Our thoughts!

Having an empowered mindset means we're able to acknowledge the subconscious thoughts that are causing the stress, and then to CHOOSE NEW THOUGHTS that WILL serve us... New thoughts that lead us to take the actions that will keep us healthy in mind, body and spirit!

Here are a few actions you can take to help you stay healthy and well:

- Participate in the Sweat at Home: Mind-Body Challenge in our [Empowered Vegan Life Facebook group](#) where we are sharing our experiences, and loving on each other (a judgment-free space to practice vulnerability)!
- Practice the Self-Empowerment Coaching System that we master in the Plant-Empowered Coaching Program (learn how to use our self-coaching system [HERE](#)).
- Eat a wide variety of colorful, whole plant foods, particularly vegetables, fruits, and beans.
- Avoid refined sugar and fruit juice (smoothies are fine, as you're using the whole fruit, fiber included).
- Avoid inflammatory foods such as processed foods, fried foods, and animal products.
- Take a zinc supplement (zinc helps boost white blood cells, which defend against invaders).
- Find the opportunities that arise from spending more time at home (play games with the family, work on the home projects that never seem to make it to the top of your priority list, do yoga, practice meditation, watch documentaries, attend my [free Master Class](#), practice calisthenics (body weight) exercises, try out new, healthy recipes, brainstorm that online business you've been thinking about starting... the possibilities are endless!)

I'll still be sending you empowering emails and doing everything I can to offer plenty of free resources and support... As unusual as life is right now, I want to continue on as usual to the best of my ability. If you are not on our Empowered Vegan Life email list, join [HERE](#) to receive updates on challenges like this one.

If there's anything I can do to support you, please don't hesitate to reach out on Facebook or by email: ella@sexyfitvegan.com.

Sending lots of love and health your way,

Ella

## SWEAT AT HOME! 7-DAY MIND-BODY CHALLENGE

Watch the video explanation [HERE](#) and sign up for email updates [HERE](#)

### Every Day...

#### Journal:

- When you wake up in the morning, write down the mantra that will set you up to eat consciously and mindfully (see examples below).
- Before you go to bed, make a list of 3 things you're grateful for, and 3 things you love about yourself.

**Exercise:** See daily instructions below.

**Practice Vulnerability:** Share in our [Empowered Vegan Life Facebook Group](#) your thoughts, emotions, and experiences.

### DAY #1: BASELINE

**Active stretch** - 2 minutes minimum

**Plank** – Amount of time you can hold a forearm plank with proper form. \_\_\_\_\_

**Push-ups** – Number of push-ups your can do with proper form in 90 seconds \_\_\_\_\_

**Squats** – Number of squats you can do with proper form in 90 seconds \_\_\_\_\_

**Burpees** – Number of burpees you can do with proper form in 90 seconds \_\_\_\_\_

**Static stretch** - 5 minutes minimum (or practice yoga 10-60 minutes)

### DAY #2

**Active Stretch** - 2 minutes minimum

**3 Rounds** with no more than 30 seconds rest between each (Beginner/Intermediate/Advanced)

- **Plank** – 30 sec / 1 min / 90 sec
- **Push-ups** – 10 / 20 / 30
- **Burpees** – 10 / 15 / 20

**Static stretch** - 5 minutes minimum (or practice yoga 10-60 minutes)

### DAY #3

**Active Stretch** - 2 minutes minimum

**3 Rounds** with no more than 30 seconds rest between each

- **Plank** – 35 sec / 1 min 15 sec / 1 min 45 sec
- **Squats** – 15 / 25 / 35
- **Burpees** – 10 / 15 / 20

**Static stretch** - 5 minutes minimum (or practice yoga 10-60 minutes)

#### DAY #4

**Active Stretch** - 2 minutes minimum

**3 Rounds** with no more than 30 seconds rest between each

- **Plank** – 40 sec / 1 min 30 sec / 2 min
- **Push-ups** – 15 / 25 / 35
- **Burpees** – 10 / 15 / 20

**Static stretch** - 5 minutes minimum (or practice yoga 10-60 minutes)

#### DAY #5

**Active Stretch** - 2 minutes minimum

**3 Rounds** with no more than 30 seconds rest between each

- **Plank** – 50 sec / 1 min 45 sec / 2 min 15 sec
- **Squats** – 25 / 35 / 45
- **Burpees** – 10 / 15 / 20

**Static stretch** - 5 minutes minimum (or practice yoga 10-60 minutes)

#### DAY #6

**YOGA** - 45-90 minutes

*We will post our favorite yoga videos in the Empowered Vegan Life group!*

#### DAY #7: PROGRESS CHECK

**Active Stretch** - 2 minutes minimum

**Plank** – Amount of time you can hold a forearm plank with proper form. \_\_\_\_\_

**Push-ups** – Number of push-ups you can do with proper form in 90 seconds \_\_\_\_\_

**Squats** – Number of squats you can do with proper form in 90 seconds \_\_\_\_\_

**Burpees** – Number of burpees you can do with proper form in 90 seconds \_\_\_\_\_

**Static stretch** - 5 minutes minimum (or practice yoga 10-60 minutes)

#### **Sample Mantras:**

- I eat nutrient packed plant foods and exercise because I love my body (not because I hate it).
- I fuel my body with whole plant foods because I'm worthy of living a long, healthy life.
- Eating whole, plant foods is a form of self-care that I choose to prioritize today.
- I deserve to feel good, so I choose to eat the foods that will help me feel my best.
- I choose to eat exclusively plants because I care deeply about saving animals and protecting the Planet.
- I am committed to taking good care of myself and my body.
- I am on the path to becoming the best version of myself, which means I need to be kind to my body with proper nutrition.
- I choose health so that I can fulfill my life's purpose and make a positive impact on the world.
- I choose to take good care of my body, so my soul has a healthy place to reside as I navigate this game we call life.