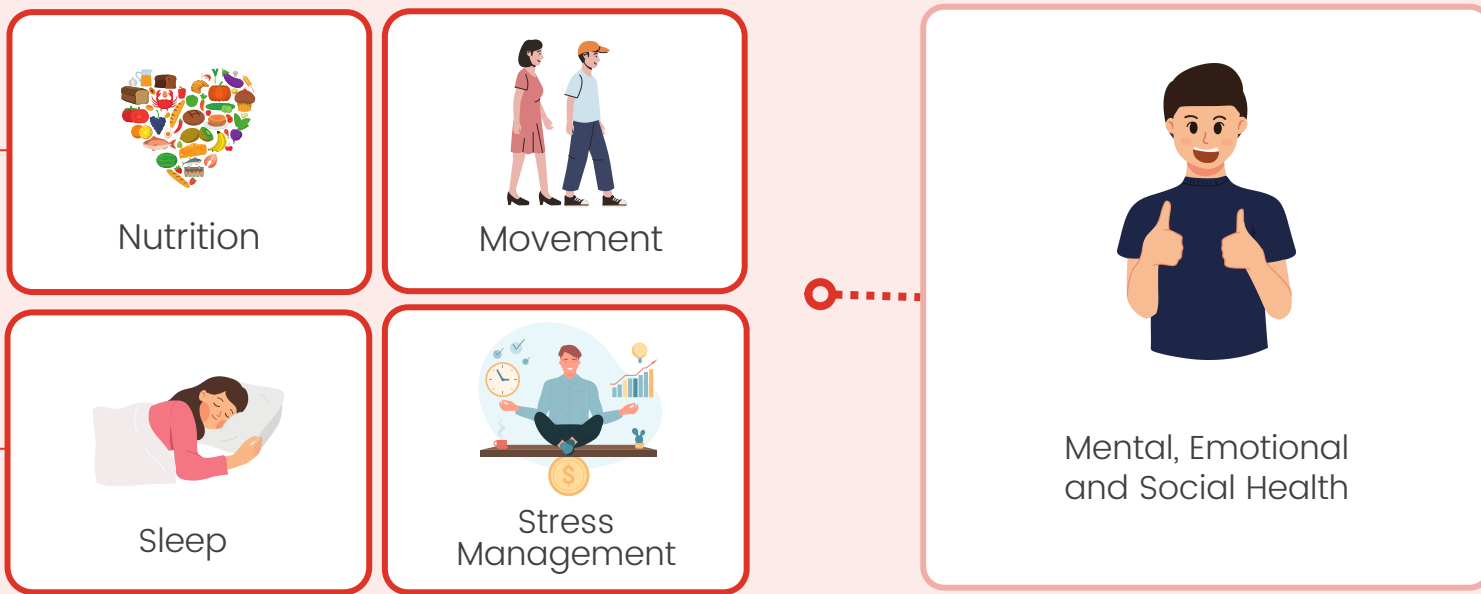


# ROADMAP TO MINDFULNESS

## 5 STEPS TO BETTER HEALTH AND FITNESS

### 1 Understand the 5 Pillars of Holistic Wellness



### 2 Assess yourself with these questions

#### Nutrition

- Eating 2-3 cups of a variety of vegetables daily
- Eating 2 portions of fruit daily
- Staying hydrated
- Good quality proteins in my diet
- Sugar, processed & junk food in daily diet
- Including whole grains in my diet
- At least 30 mins outdoors & getting sunlight

#### Movement

- Getting 8-10K steps every day
- Exercising 30 mins every day

#### Sleep

- Sleeping for 7-9 hours daily
- Feeling refreshed after waking up

#### Stress Management

- How do I rate from stress on a 10 point scale
- Do I have tools to manage stress
- Do I use these tools to manage stress

#### Mental, Emotional and Social Health

- Do I feel supported in my life
- Do I feel good about myself & my life
- Do I have an outlet to express my emotions
- Do I have good relationships

### 3 Set process oriented goals such as

- Meditate for 20 mins daily
- Plan for meal for 5 days/week
- Walk for 30 mins 6 days /week
- Sleep by 9:30 pm and wake up by 5:30 am
- Journal for 10 mins 7 days/week

### 4 Track your goals

- Track your goals using an app or manually

### 5 Evolve and Organise your environment

- Join a community of like-minded people
- Work with a health/fitness coach
- Find an accountability buddy
- Talk about your health goals with your family & friends
- Take all the actions to move forward in your journey