



Certified Health Coach, Coleen Felstow's

# 30-Day Challenge

*Get your mind, body, and spirit healthy.*

Participate in the 30-day challenge, join our FB group, get one-on-one coaching with Coleen, and start your journey of wellness that'll last a lifetime.

**Sign up for one-on-one coaching with Coleen at [sgatechurch.org/30daychallenge](http://sgatechurch.org/30daychallenge).**



mind. body. spirit.

*makeover*



**SCAN HERE** ➔

**Join our FB group!**

Join our 30-day challenge FB Group for daily support & encouragement from Coleen, Certified Health Coach. She will be posting daily.

# Let's get started



## 30 Day Mind-Body-Spirit Challenge

Who couldn't use a reset right about now? It's a great time to think about resetting your body, restarting your routines, and refreshing your health goals. We are here to support you with our 30 Day Mind, Body, Spirit Challenge-helping you align with your goals to start fresh from the inside out.

**Never has it been more important or felt so good to align with God's purposes for our Mind, Body, Spirit and Wellness.** Mind, Body, Spirit looks at the bigger picture of health and wellness. This means honoring the body as a holistic system and recognizing that everything is connected.

This challenge is not for you to get shredded or drop 30 lbs. It's about making time to put yourself first by sticking with healthy habits that will enhance your overall wellbeing; mentally, physically, and spiritually. It's about dedication to you and your future self.

Let's focus on six primary areas of health that tend to get out of balance: Sleep, stress reduction, hydration, movement, nutrition, and spirituality. Along with those six primary areas, we'll focus on one more bonus area and that's alcohol. Let's prioritize healthy habits for 30 days in those key areas to help you feel confident from the inside out. We will give you tips and steps to help you achieve the habits. There is also an **Accountability Tracker** so you can track your awesomeness and a **Facebook group** to share progress. Coleen Felstow, a certified Health Coach, will provide motivational messages, continued tips, resources, and recipes to help you stay inspired.

So, who's ready to create some new healthy habits? Let's feel more energetic, enjoy better sleep, reduce stress, soothe inflammation, get closer to God, and much more.

# 1 Corinthians 6:19-20

*Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.*

*Here are the **six key areas** that we will focus on for the next 30 days (and hopefully longer) and a bonus area:*

**Sleep:** Aim for at least 8 hours per night.

Here are steps toward better sleep: Avoid late night beverages, create a bedtime routine, eat your last meal 3 hours before bed, avoid afternoon caffeine, avoid alcohol before bed, be mindful of room temperature, decrease exposure to artificial light before and during sleep, keep a journal and pen near your bed to jot down thoughts to reduce busy brain at night.

**Stress Reduction:** Incorporate a stress reduction technique at least 3 times in the morning, afternoon, and evening.

Here are some techniques to use to reduce stress: Breath work, meditation, organize your work and living spaces to be clutter-free and peaceful environments, plan your schedule using a daily or weekly planner, prioritize your tasks and focus on one thing at a time, delegate tasks whenever possible, pray, exercise, journal, acknowledge what your feeling but counter with a positive statement, add positive quotes or pictures that inspire you around you.

**Hydration:** Drink 64 oz. of water each day.

Tips to add more water to your day: Drink a warm mug of water with a squeeze of lemon first thing in the morning, drink two glasses of water at the onset of a craving, drink a glass of water before each meal, include foods to hydrate such as cucumbers, watermelon, bell peppers and tomatoes.

**Movement:** Aim for movement each day for minimum of 10 minutes working up to 20-30 minutes per day.

Suggestions for movement: Balance on one leg, yoga, walking, running, swimming, dancing, soccer, pickleball, basketball, cycling, HIIT workouts, strength training, stretching, push-ups, planks, lunges, pilates, resistance bands, vacuuming, gardening, climbing steps, park further from store entrances.

**Nutrition:** Incorporate 3 healthy habits per day.

Suggested choices to improve nutrition: Eat the rainbow with fruits and vegetables (see attached), eat whole foods not processed, limited sugar and processed foods, eat clean protein sources, limited caffeine and alcohol, home cooked meal, eat mindfully and slow down, reach for healthy snacks.

**Spirituality:** Spend at least 10 minutes a day quietly with God.

Tips to grow spiritually: Read the Bible and journal your thoughts, pray out loud or to yourself, join a prayer group, join a Bible study group, meditate on scriptures, read devotions, sit quietly and talk to God.

**BONUS:** Remove/cut back on alcohol: Aim to avoid alcohol each day.

Tips to remove alcohol: Have a replacement beverage such as sparkling water with lemon/lime in a fun glass, journal about why you want a drink and if the reasons are really true, think of a craving as a wave and ride it out, it ramps up, peaks, and then descends and smooths out within less than 10 minutes, play out how you'll feel tomorrow if you have a drink and then play out how you'll feel if you skip the alcohol, go outside on a walk, take some deep breaths.





# Always have an Attitude of Gratitude

Writing a daily gratitude is a proven path to feel more positive emotions, improve sleep, mood and immunity. Gratitude can decrease depression, anxiety, difficulties with chronic pain and risk of disease.

JULY 1		JULY 16	
JULY 2		JULY 17	
JULY 3		JULY 18	
JULY 4		JULY 19	
JULY 5		JULY 20	
JULY 6		JULY 21	
JULY 7		JULY 22	
JULY 8		JULY 23	
JULY 9		JULY 24	
JULY 10		JULY 25	
JULY 11		JULY 26	
JULY 12		JULY 27	
JULY 13		JULY 28	
JULY 14		JULY 29	
JULY 15		JULY 30	

**Yay for you!!** How will you celebrate your successes tonight?

Make a mocktail, take a bath, spend quality time with a loved one, light a candle and write your gratitudes, or journal your feelings.