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Trim Lifestyle Guide





Trim By Sunmed



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Modern Wellness

A complete botanical approach to daily well-being.



about sunmed

Sunmed started in 2018 with a mission to change lives with premium CBD. Now, we are much more than hemp. Our product line of over 150+ natural wellness products has something for everyone and every need: better sleep, relaxation, relief, focus, energy, weight loss, nutrition, and more. At our 400+ in-store locations, Sunmed wellness experts are committed to personally educating, guiding, and supporting you throughout the journey. We can't wait for you to discover modern wellness with our natural, science-backed products for routine well-being.

MEET DR. CALEY SCOTT



Dr. Caley Scott, N.D. will be guiding you through our Lifestyle Guide with valuable insights and tips to consider along the way. With years of extensive naturopathic training and clinical experience, Dr. Scott is committed to sharing strategies to achieve optimal health and well-being, blending the best of modern medicine with traditional healing methods. Dr. Scott strives to educate, explain, empower, and inspire others to reach their health goals.

Education:

- Doctor of Naturopathic Medicine, National University of Health Sciences
- Bachelor of Science in Human Nutrition, University of Illinois Urbana-Champaign

introduction

Welcome to the Trim by Sunmed Lifestyle Guide! Congratulations on kickstarting your wellness journey and taking the first step towards a healthier, happier you. With your recent purchase of Trim By Sunmed powered by Nitro V, this complimentary guide will give you all the tips and tools you need to achieve wellness with weight loss and healthy living in mind. Reference this step-by-step e-book to learn about your new weight loss supplement, along with techniques you can use to reach milestones and improve your everyday quality of life.

Get ready to start building the foundation for lifelong, healthy habits – eating a balanced diet, regularly exercising, and keeping your mental wellness in check. Soon, you'll feel better and gain the confidence to live a lifestyle you're proud of.

☀️ TIPS FROM DR. SCOTT

Before jumping in, it's essential to consider the underlying factors affecting everyday health. Hormone balance, gut health, inflammation, blood sugar stability, toxin exposure, and many other issues can cause barriers to weight loss. If you're experiencing persistent symptoms that are preventing you from reaching your goals, we encourage you to connect with a healthcare provider who can help you find the root cause of your symptoms.

While personal medical guidance will not be directly addressed here, this guide will set the groundwork for healthy lifestyle improvements you can start implementing today. Let's first explore the benefits of Trim By Sunmed powered by Nitro V and how to pair your new weight loss supplement with healthy habits and lifestyle choices.

trim by sunmed

Trim By Sunmed powered by Nitro V is a cutting-edge hemp supplement formulated to address appetite and unhealthy cravings with the help of plant-derived cannabinoids. Our Trim by Sunmed gummies, capsules, and tinctures are powered by NITRO-V™, a proprietary hemp extract with clinically studied results for suppressed appetite and reduced cravings.

No sugar, no stimulants, and zero caffeine.

Trim By Sunmed powered by Nitro V is scientifically backed by clinical trials spanning over 13 weeks, which showered a remarkable rate of success amongst participants:

- Up to 18 pounds in weight reduction*.
- Up to 6 inches in waistline reduction*.
- Up to 8 point drop in BMI*.

By following the recommended 50mg per day serving over 90 days, including a balanced diet and routine movement, you can boost progress and meet health and wellness goals with the natural support you need.*

TIPS FROM DR. SCOTT

When you fuel your body with the proper nutrients and engage in regular physical activity, you will, ideally, lose weight. But even more importantly, you'll improve your overall health and well-being, with benefits that carry over into every area of life. Our guide will provide expert advice, healthy meal plans, and exercise routines you can reference while taking your Trim by Sunmed supplement.

what's in the formula?

THCV: THCV is a naturally occurring cannabinoid found in the hemp plant and serves as the main active ingredient in our Trim By Sunmed powered by Nitro V formulas. Despite having THC in the name, THCV has very different effects, mainly due to its inverse impact on the endocannabinoid system. While THC is known to enhance hunger signals, THCV partially blocks them. The benefits of consistent THCV use include naturally reduced cravings, healthy hunger signaling, enhanced alertness, and increased motivation. In essence, THCV acts as a natural appetite suppressant.

CBDV: CBDV is also a naturally occurring cannabinoid found in the hemp plant. While there is limited research on CBDV's health and wellness benefits, preliminary studies suggest CBDV can support many cognitive functions and behaviors: reward and reinforcement, memory and learning, emotional regulation, and the sleep-wake cycle. We include CBDV in our Trim By Sunmed powered by Nitro V formulas to help reduce irritability and feelings of tension that often come with intense lifestyle changes.

Turmeric Root Extract: Turmeric has many potential health benefits. While this spice in itself is not a weight loss solution, it may have indirect effects that could support weight management, such as digestion and metabolism support.

Apple Cider Vinegar: Apple cider vinegar (ACV), a secondary ingredient in our Trim Gummies, may have potential benefits for weight loss. Preliminary studies suggest acetic acid, the main active component in apple cider vinegar, may help suppress appetite and lower blood sugar. Furthermore, apple cider vinegar has been shown to support metabolism, therefore helping reduce fat storage.

what are the benefits?

With a consistent serving of your daily Trim By Sunmed powered by Nitro V paired with healthy lifestyle adjustments, you can look forward to experiencing:

- **Appetite control:** Our supplements help regulate your appetite, making it easier to stick to a balanced diet and avoid over eating.
- **Reduced cravings:** Trim By Sunmed powered by Nitro V also helps curb pesky cravings, giving you the support needed to reach your weight loss goals.
- **Improved sleep:** The natural cannabinoids in our supplements promote restful sleep, which is essential for weight loss and overall health.
- **Reduced feelings of anxiousness:** Trim By Sunmed powered by Nitro V contains cannabinoids that may help relieve stress, keeping you calm, clear headed, and focused.
- **Relief from tension:** Our proprietary formula may help alleviate tension, aches, and discomfort often associated with weight loss, exercise, and intense lifestyle changes.

setting realistic goals

Weight loss is a marathon – not a sprint. That's why it's essential to start your journey with a plan. The first step? Reflect and set realistic goals and expectations for yourself. Here are five steps to get started:

1. Self-Reflection and Assessment:

- Begin by reflecting on your current situation and understanding your strengths, weaknesses, and areas of improvement. Assess your fitness level, lifestyle, and any constraints you might have, such as time or physical limitations.

💡 TIPS FROM DR. SCOTT

Remember that supplements, including Trim by Sunmed, should complement a balanced diet and regular exercise – not replace them. Our goal with Trim by Sunmed is to provide our consumers with a natural, plant-derived supplement that can help kickstart the weight loss journey and support your progress.

2. Define Clear and Specific Goals:

- Clearly articulate what you want to achieve. Make your goals specific, measurable, achievable, relevant, and time-bound (SMART).
- Instead of a vague goal like "get in shape," go for one that's more specific, for example: "lose 5 pounds in the next four weeks" or "within two months run a mile without stopping."
- If your ultimate goal is significant, break it down into smaller, more manageable steps. Segmenting your goals will make the journey less overwhelming and help you track progress more effectively.

3. Personalize Your Goals:

- It's crucial to recognize and embrace your unique differences. What works for someone else might not be suitable for you. Tailor your goals to fit your lifestyle, preferences, and body type.
- Consider factors such as your daily schedule, dietary preferences, and types of exercise you enjoy.

4. Embrace Support

- Share your goals with someone you trust, or consider working with a fitness buddy. A support system can go a long way for encouragement, motivation, and accountability.

5. Celebrate Milestones:

- Acknowledge and celebrate every achievement along the way, no matter how small. This positive reinforcement can motivate you to stay on track.
- Milestones could include reaching a certain number of workouts, achieving a specific fitness level, or even consistently following a healthy eating plan for a set period.

💡 TIPS FROM DR. SCOTT

Life is dynamic, and unforeseen circumstances may arise. Remember to be flexible in adjusting your goals to accommodate changes in your circumstances. If an initial approach is not yielding results, be open to trying different strategies until you find what works best for you.

In the following sections, we'll dive deeper into the lifestyle changes to pair with your 90-day Trim By Sunmed powered by Nitro V supply, covering topics such as meal planning, exercise routines, and how to stay motivated throughout your transformation.

First, let's begin by discussing the building blocks of a healthy mind and body: nutrition.



Section 1: Nutrition

A healthy diet is the cornerstone of any successful weight loss journey. In this section, we'll discuss and learn about the essential components of a balanced diet, explore various meal plans, and tips to support healthy eating.

1. macronutrients

PROTEINS, CARBOHYDRATES, AND FATS

Macronutrients are the primary building blocks of your diet and are essential for providing your body with the energy it needs.

They include:

Proteins: Essential for building and repairing tissues, as well as producing hormones and enzymes. Good sources include meats, fish, poultry, eggs, legumes, and dairy products.



Carbohydrates: Your body's primary source of energy. Opt for complex carbs like whole grains, fruits, and vegetables, and limit refined carbs like white bread and sugar.

Fats: Necessary for absorbing vitamins, providing energy, and maintaining healthy cells. Opt for healthy fats from avocados, nuts, seeds, grass-fed butter, whole milk, and olive oil.

TIPS FROM DR. SCOTT

Not all fats are created equal, and some fats are necessary for a balanced diet. While fat is higher in calories than the other macronutrients, it is important to focus on the nutrient density of the calories you are consuming and avoid calories from harmful foods like sugar and refined carbohydrates.

2. micronutrients

VITAMINS AND MINERALS

Micronutrients, including vitamins and minerals, are critical in maintaining optimal health and supporting numerous bodily functions. They are required in smaller amounts than macronutrients, but their impact on overall health is just as significant.

Some essential micronutrients and their functions include:

Vitamins:

- **Vitamin A:** Supports vision, immune function, and cell growth.
- **B Vitamins (B1, B2, B3, B5, B6, B7, B9, B12):** Vital for energy production, brain function, red blood cell formation, and DNA synthesis.
- **Vitamin C:** Promotes immune health and collagen production and acts as an antioxidant.
- **Vitamin D:** Supports bone health, immune function, and calcium absorption.
- **Vitamin E:** Protects cells from oxidative damage and promotes skin health.
- **Vitamin K:** Essential for blood clotting and bone health.

Minerals:

- **Calcium:** Crucial for bone health, muscle function, and nerve signaling.
- **Iron:** Necessary for red blood cell production, oxygen transport, and energy metabolism.
- **Magnesium:** Involved in muscle and nerve function, energy production, and regulating blood pressure.
- **Potassium:** Maintains fluid balance, nerve function, and muscle contractions.
- **Zinc:** Supports immune function, wound healing, and protein synthesis.

To ensure you're consuming a diverse range of micronutrients, consider incorporating the following food groups into your daily diet:

Fruits: Opt for a colorful variety, as different colors signify different nutrients. Examples include berries, citrus fruits, kiwi, and melons.

Vegetables: Include starchy (e.g., potatoes, corn, and peas) and non-starchy vegetables (e.g., leafy greens, broccoli, and bell peppers) for a balanced nutrient profile.

Whole grains: Choose whole grain options like brown rice, quinoa, whole wheat pasta, and barley for added fiber, vitamins, and minerals.

Proteins: Select protein sources such as grass-fed beef, eggs, poultry, wild-caught fish, legumes, and organic, non-GMO tofu to ensure adequate intake of essential amino acids and various micronutrients.

Healthy fats: Incorporate foods rich in healthy fats like avocados, olive oil, coconut oil, chia seeds, and grass-fed butter to support the absorption of fat-soluble vitamins (A, D, E, and K). Consider cutting out inflammatory industrial seed oils like canola oil that are high in omega-6, and opt for avocado or olive oil.

Dairy alternatives: While dairy products are nutrient-dense, some people have dietary restrictions or prefer plant-based dairy alternatives. If you are someone who goes for almond or oat milk, just make sure the product doesn't include unnecessary additives and has a short, recognizable ingredient list.

❶ TIPS FROM DR. SCOTT

Stay away from industrial seed oils or vegetable oils, like canola oil, which studies have linked to high inflammation. Opt for animal fats or healthy, nutrient-dense alternatives. Healthy fats such as olive oil, coconut oil, grass-fed butter, and avocados are fuel for our bodies and help build a comprehensive nutrient profile. They are rich in omega-3 fatty acids which help to balance inflammation levels.

3. sugar and carbs

Sugars and carbohydrates are essential components of a balanced diet, providing the body with the energy needed to perform daily tasks. With that being said, managing carb and sugar intake is pivotal for achieving and maintaining a healthy weight.

It's important to note that not all carbohydrates and sugars are created equal, and the source and quality of these nutrients play a significant role in their impact on overall health. Simple carbohydrates like sugars and refined grains that have been stripped of all bran, fiber, and nutrients digest very quickly, and their high glycemic index can cause unhealthy spikes in blood sugar levels. Examples include white bread, white flour, white rice, pizza dough, pasta, pastries, sweet desserts, and many breakfast cereals.

❷ TIPS FROM DR. SCOTT

Choosing complex carbohydrates from whole foods is generally recommended over refined carbs. As far as sugar, a general rule for intake is no more than 25 grams in a day. Healthier options for sweeteners include honey, pure maple syrup, stevia, monk fruit, and coconut sugar.

When you eat refined or simple carbs, your bloodstream becomes flooded with sugar, which triggers insulin to be released to clear the sugar from your blood and store the glucose as fat. The surge in insulin often leads to hunger soon after the meal and increased sugar cravings. This can contribute to overeating and weight gain. If not corrected, over time this can lead to insulin resistance and type-2 diabetes. Diets high in refined carbs and sugar have also been linked to high blood pressure, heart disease, obesity, hyperactivity, and mood disorders.



4. source and quality of food

In discussing nutrition, it's essential to highlight the importance of quality and source of the ingredients. Organic produce, grass-fed meats, and wild-caught fish are generally better for you due to many factors.

These include:

- **Reduced Chemical Exposure:** Organic produce is grown without synthetic pesticides, herbicides, and fertilizers, reducing your exposure to potentially harmful chemicals. Grass-fed meats and wild-caught fish generally have lower levels of contaminants compared to conventionally raised or farmed counterparts.
- **Nutrient Content:** Organic produce, grass-fed meats, and wild-caught fish may contain higher levels of certain nutrients. For example, grass-fed meats tend to have higher levels of omega-3 fatty acids, while wild-caught fish may offer more beneficial nutrients compared to farmed varieties.

✿ TIPS FROM DR. SCOTT

You'll find low-fat food options are common in the grocery aisle – but are they actually better for you? Often, low-fat options come with a trade-off, sometimes containing almost double the sugar. To avoid misleading labels at the grocery store, make a habit of checking the supplement facts and ingredient lists. The shorter the ingredient deck, the fewer additives. Prioritizing food with short ingredient lists is a huge step in the right direction for your diet and overall health.

- **Antibiotic and Hormone-Free:** Organic and grass-fed options often come from animals that are raised without the use of antibiotics or hormones. This can be beneficial for avoiding potential health risks associated with the overuse of antibiotics in conventional farming practices.
- **Environmental Impact:** Choosing organic and sustainably sourced options can have a lower environmental impact. Organic farming practices focus on soil health and biodiversity, and wild-caught fish from well-managed fisheries are more sustainable choices, helping to preserve ecosystems.
- **Improved Animal Welfare:** Animals raised in organic and grass-fed systems typically have better living conditions and access to outdoor spaces, contributing to their overall well-being.

5. hydration

IMPORTANCE OF WATER

Whether you're trying to lose weight or simply feel better and live healthier, you may be missing out on one key element of proper nutrition: hydration. Our bodies are made up of over 60% water – this is because it supports virtually all bodily functions: nutrient absorption, body temperature regulation, appetite, and metabolism, healthy digestion, detoxification, brain function, skin elasticity, joint health, and much more.

It's recommended to drink half your body weight in ounces per day! Opt for a large, non-plastic water bottle and drink 8 oz first thing in the morning. Periodically drink and refill your water bottle throughout the day. If you're thirsty, you're likely already a bit dehydrated. Try to stay on top of your intake and watch your digestion, skin, mobility, and metabolism improve, amongst other health benefits.

Increased physical activity will likely require more water intake than normal, so keep this in mind while going through your lifestyle changes. Remember that many beverages like soda, caffeine drinks, and alcohol can make you more dehydrated, be sure you balance your intake with more water or avoid these beverages altogether. Opt for filtered water, herbal teas, and other zero-sugar alternatives.

✿ TIPS FROM DR. SCOTT

Are you consuming enough electrolytes? These charged minerals conduct electricity in our bodies to help power our nervous systems and balance fluids inside and outside our cells. Electrolytes are important for maintaining healthy blood pressure, brain and nerve impulse support, and hormone production. Examples of electrolytes include sodium, chloride, potassium, magnesium, calcium, phosphorus, and bicarbonate. Just keep in mind that electrolytes are not a replacement for water altogether.

Drinking water without proper balancing of electrolytes can cause overhydration and create deficiencies, so make sure to add these essential minerals to your daily water intake. Looking for an on-the-go electrolyte supplement? Try Sunmed's Broad Spectrum Hydrate Water Enhancer.

6. meal planning and preparation

While it's easier said than done, meal prepping can help you stay on track with your health goals and avoid food choices that aren't in your best interests. Set aside time each week to plan your meals, shop for groceries, and prepare your meals in advance. With Sunmed's lifestyle guide, we've included two weekly meal plans that prioritize a healthy serving of daily macro and micronutrients.



diet types

There is no one right answer to a balanced diet, and people follow various diet types to achieve their health goals. While taking your Trim By Sunmed powered by Nitro V supplement, we included a few of our favorite meal plans for you to try:

MEDITERRANEAN DIET

The Mediterranean diet emphasizes the following food choices:

Plant-based foods: fruits, vegetables, legumes, nuts, and seeds.

Healthy fats: primarily from olive oil, as well as avocados and nuts.

Lean proteins: fish, poultry, eggs, and legumes (limited red meat consumption).

Whole grains: whole wheat, brown rice, barley, and quinoa.

Moderate dairy intake: primarily from yogurt and cheese.

The Mediterranean diet has been linked to various health benefits, including reduced risk of heart disease, improved brain function, and better weight management.

MEDITERRANEAN MEAL PLAN

Day 1:

- **Breakfast:** Greek yogurt parfait with layers of granola, mixed berries, and a drizzle of honey.
- **Lunch:** Mediterranean-style stuffed bell peppers with ground turkey, quinoa, tomatoes, and herbs.
- **Dinner:** Grilled shrimp skewers with a side of roasted vegetables and a quinoa tabbouleh.

Day 2:

- **Breakfast:** Whole Grain Pancakes with almond flower topped with fresh berries, sliced bananas, or peaches.
- **Lunch:** Chickpeas with diced cucumbers, cherry tomatoes, red onions, feta cheese, and Kalamata olives. Dressed with olive oil, lemon juice, and fresh herbs.
- **Dinner:** Skewer pieces of lamb marinated in olive oil, lemon juice, cumin, and paprika served with homemade tzatziki (Greek yogurt cucumber sauce) and a side of Greek salad.

Day 3:

- **Breakfast:** Omelette with spinach, tomatoes, and feta cheese.
- **Lunch:** Whole grain pita filled with hummus, grilled chicken, lettuce, and diced cucumbers.
- **Dinner:** Lentil soup with a side of whole grain bread and a green salad.

Day 4:

- **Breakfast:** Greek yogurt with honey and mixed berries.
- **Lunch:** Quinoa salad with cucumber, tomatoes, feta cheese, olives, and a lemon-herb vinaigrette.
- **Dinner:** Grilled Mediterranean chicken with roasted vegetables (bell peppers, zucchini, and eggplant) drizzled with olive oil and herbs.

Day 5:

- **Breakfast:** Whole grain oatmeal topped with chopped nuts, sliced bananas, and a sprinkle of cinnamon.
- **Lunch:** Whole grain pasta salad with cherry tomatoes, basil, mozzarella cheese, and a balsamic vinaigrette.
- **Dinner:** Baked chicken breasts with a side of roasted sweet potatoes and steamed broccoli.

Day 6:

- **Breakfast:** Whole grain toast with avocado and sliced tomatoes.
- **Lunch:** Greek salad with mixed greens, chickpeas, red onion, Kalamata olives, and a dressing of olive oil and red wine vinegar.
- **Dinner:** Baked salmon with a side of steamed spinach and a quinoa pilaf.

TIPS FROM DR. SCOTT

Individual nutritional needs may vary, so adjusting portion sizes and food choices is essential according to your specific requirements. Incorporate snacks such as nuts, fruits, or vegetable sticks with guacamole or almond butter when needed. Remember to drink plenty of water throughout the day and listen to your body's hunger and fullness cues. Additionally, it's advisable to consult with a healthcare professional or nutritionist before starting any new diet plan, especially if you have specific health conditions or concerns.

Day 7:

- **Breakfast:** Greek yogurt smoothie bowl with mixed berries, banana, spinach, and a splash of almond milk. Top with sliced almonds, chia seeds, and shredded coconut.
- **Lunch:** Canned tuna with chopped cucumbers, cherry tomatoes, red onions, olives, and a dressing made from olive oil, lemon juice, and herbs. Serve over a bed of mixed greens.
- **Dinner:** Zucchini boats filled with a mixture of ground turkey, tomatoes, onions, garlic, and herbs.

PALEO DIET

The Paleo diet focuses on consuming whole, unprocessed foods that resemble what our ancestors ate during the Paleolithic era.

Key components of the Paleo diet include:

Lean meats: grass-fed beef, poultry, pork, and game meats.

Fish and seafood: especially those high in omega-3 fatty acids.

Fruits and vegetables: a wide variety for optimal nutrient intake.

Nuts and seeds: almonds, walnuts, and sunflower seeds, among others.

Healthy fats: olive oil, avocado oil, and coconut oil.

The Paleo diet excludes dairy, grains, legumes, refined sugars, and processed foods. Benefits may include weight loss, reduced inflammation, and improved insulin sensitivity.

PALEO MEAL PLAN

Day 1:

- **Breakfast:** Coconut milk chia pudding topped with nuts and sliced fruits.
- **Lunch:** Tuna salad with mixed greens, olives, and a lemon vinaigrette.
- **Dinner:** Baked chicken thighs with roasted root vegetables (carrots, parsnips, and beets).

Day 2:

- **Breakfast:** Scrambled eggs with kale and onion cooked in coconut oil.
- **Lunch:** Canned salmon with mixed greens, avocado, and olive oil dressing.
- **Dinner:** Grass-fed filet with roasted sweet potatoes and steamed green beans.

Day 3:

- **Breakfast:** Omelette with mushrooms, onions, and bell peppers.
- **Lunch:** Zucchini noodles (zoodles) with marinara sauce and grilled chicken.
- **Dinner:** Grass-fed steak with asparagus and a side of mashed cauliflower.

Day 4:

- **Breakfast:** Scrambled eggs with spinach and tomatoes cooked in coconut oil.
- **Lunch:** Grilled chicken salad with mixed greens, avocado, and olive oil dressing.
- **Dinner:** Baked salmon with roasted sweet potatoes and steamed broccoli.

Day 5:

- **Breakfast:** Smoked salmon with avocado on paleo toast (made with almond flour).
- **Lunch:** Chicken lettuce cups filled with sautéed vegetables and salsa.
- **Dinner:** Grilled shrimp with roasted Brussels sprouts and cauliflower rice.

Day 6:

- **Breakfast:** Paleo banana pancakes made with almond flour, topped with berries.
- **Lunch:** Turkey lettuce wraps with sliced vegetables and guacamole.
- **Dinner:** Beef stir-fry with assorted vegetables (bell peppers, onions, and snap peas) cooked in coconut aminos.

Day 7:

- **Breakfast:** LEO scramble: Scrambled eggs with smoked salmon and onion.
- **Lunch:** Ground turkey with mixed greens, salsa, avocado, and olive oil dressing.
- **Dinner:** Chicken and stir fry bell pepper, carrots, and spinach in a homemade coconut milk-based curry sauce seasoned with curry powder, turmeric, and ginger over cauliflower rice.

7. weight loss strategies

INTERMITTENT FASTING

Intermittent fasting (IF) involves cycling between periods of eating and fasting. It's not a specific diet but rather an eating pattern. Remember, IF is just one of many techniques to try. Do not try intermittent fasting if you are triggered by food constriction or have experienced eating disorders in the past.

Some popular methods of intermittent fasting include:

- **16/8 Method:** Fast for 16 hours each day and eat within an 8-hour window.
- **Eat-Stop-Eat:** Perform a 24-hour fast once or twice a week.
- **Alternate-Day Fasting:** Fast every other day, with some variations allowing for a small number of calories on fasting days.

💡 TIPS FROM DR. SCOTT

To be successful with intermittent fasting, it's essential to choose a method that fits your lifestyle and preferences. It's also crucial to prioritize nutrient-dense foods during eating periods to ensure adequate nutrient intake. For the best results, combine IF with a balanced diet and regular physical activity. Of course, always consult with a healthcare professional or nutritionist before starting any new diet, especially if you have any underlying health conditions.

ADJUSTING MACRONUTRIENT RATIOS

An essential part of the weight loss journey is to find the right balance and the right sources of proteins, fats, and carbohydrates – your macronutrients. The perfect ratio depends on factors like personal goals, activity level, gender, and body composition. To ensure success, consider tracking your macronutrient intake using a fitness app, which makes it easy to monitor your food consumption and pinpoint areas for adjustment.

Consulting a nutritionist or registered dietitian can provide personalized guidance to create a tailored meal plan based on your unique needs. They can help you determine the ideal macronutrient ratios to support your weight loss goals and overall health.

Your activity level and body composition play a significant role in determining your macronutrient needs. For instance, individuals with higher muscle mass or those engaging in regular physical activity may require more carbohydrates and protein. On the other hand, a sedentary lifestyle might call for lower carbohydrate consumption. When setting your weight loss goals, remember that a moderate reduction in carbohydrates while maintaining adequate protein and healthy fats can help with fat loss. If your focus is building muscle or maintaining weight, a balanced approach is necessary.

TIPS FROM DR. SCOTT

But what about snacking? This is often when the cravings come. Keep healthy, nutrient-dense options on hand, such as fresh fruits, veggies, nuts, seeds, or high-protein dairy products. Avoid processed, sugary, high-calorie snacks. It may be difficult to change this habit at first, but once you do, you'll see how easily healthy alternatives can be incorporated as a satisfying mid-day snack.

PORTION CONTROL AND SNACKING

Active hemp compounds in Trim By Sunmed powered by Nitro V will naturally help reduce cravings and keep your appetite on track, but it's still important to follow easy techniques for portion control. As the saying goes, we first eat with our eyes and tend to plate much more food than we actually need. To help with this, try out smaller plates. This proven technique is essentially an optical illusion for our eyes and works because we naturally assume things are smaller when compared to something larger. Measured servings could also be a game changer, especially if you plan on tracking your daily macros. Regardless, these techniques will be great approaches to pair with your Trim By Sunmed powered by Nitro V weight loss supplement.

If you aren't ready to buy new plates or put in the extra effort to measure servings, try drinking a glass of water before every meal. Not only will it help your daily H2O intake, but it may help you feel a bit less hungry before you start your meal.

Another essential tip – take your time. When we eat too fast, our gut doesn't have time to tell our brain that it's full, which leads to overeating and possible digestive issues. Savor every bite, and know you're doing your body a favor.

DINING OUT AND SOCIAL EVENTS

Eating out doesn't have to derail your weight loss journey. In fact, it's healthy to evaluate your progress and celebrate your successes with a night out. But if you find yourself worried about making a choice that doesn't align with your goals, try to research the menu in advance. Consider your dietary needs, and remember, it's okay to treat yourself. Keep working hard and enjoy the process along the way.

7. overcoming plateaus

Weight loss plateaus are common and can be supported by a reassessed diet and exercise routine, increased activity level, or adjusted macronutrient ratios. Consider seeking advice from a nutritionist or personal trainer to help you break through plateaus.

"Happiness depends upon ourselves." – Aristotle

8. recognize your wins

Whether or not you reach your weight loss goal, stepping back and appreciating where you started and where you are now is crucial. Maybe a win for you is shedding a few pounds, enjoying a healthy meal, or gaining a new personal record. Perhaps your progress is more mental than physical. No win is too small to be recognized. It becomes much easier to relapse into old patterns without acknowledging the journey. Be proud of yourself and remember that weight loss is not something to conquer, but something to constantly work towards, with mental health and lifestyle balance in mind.

Don't forget to stay consistent with your Trim By Sunmed powered by Nitro V routine! One serving a day goes a long way for reduced cravings, improved sleep, fewer feelings of anxiousness, relieved tension, and support for other physical and mental struggles that come with lifestyle changes. We recommend taking your Trim By Sunmed powered by Nitro V 1-2 times per day with a big glass of water at times when you're the most hungry.

By implementing the strategies outlined in this section, you'll be well on your way to achieving your weight loss goals and living a healthier, more balanced lifestyle. Next, let's explore the second crucial health and weight loss component: movement and exercise.



Section 2: Movement

Routine movement is critical to any successful weight loss journey – a daily walk, a fitness class, exercise training, mobility stretches, or another activity you choose. In this section, we'll dive deeper into the importance of movement for the mind and body, explore various workouts, and offer guidance on advancing your fitness routine.

1. the importance of movement

Daily movement and exercise are vital for weight loss, overall health, and well-being.

Engaging in regular physical activity can help you:

- Burn calories and lose weight more effectively.
- Increase your resting metabolic rate.
- Improve cardiovascular health and reduce the risk of heart disease.
- Strengthen muscles, bones, and connective tissues.
- Enhance mood, mental health, sleep, and cognitive function.
- Boost energy levels and combat fatigue.
- Reduce the risk of developing chronic diseases such as diabetes and certain cancers.

“I have chosen to be happy because it is good for my health.” – Voltaire

2. 10,000 steps for consistent weight loss

While daily exercise may seem intimidating, there are plenty of approachable ways to get your daily movement in. One of the best ways to start on your wellness journey? Increase your daily steps. If you're physically able and have clearance from a physician, we suggest aiming for a count of at least 10,000 steps a day. This strategy has become popular and effective for promoting overall health and well-being, which may kick-start your weight loss journey.

Achieving this daily goal can help you:

- Increase your daily caloric expenditure.
- Improve cardiovascular fitness.
- Strengthen and tone your lower body muscles.
- Enhance mood and reduce stress.
- Increase your daily energy levels.

STRATEGIES TO INCREASE YOUR DAILY STEPS

Here are some practical tips to help you increase your daily step count and work towards the 10,000-step goal or whatever personal goal you have set for yourself.



Some ways to achieve this:

- **Track your steps:** Use a pedometer, fitness tracker, or smartphone app to track your daily steps and monitor your progress.
- **Set incremental goals:** Start by determining your current daily step count and gradually increase your goal by 500-1,000 steps per week until you reach 10,000 or more.
- **Walk during breaks:** Use your work breaks or lunchtime to take a brisk walk, either outdoors or around your office building.
- **Park further away:** Choose parking spots further away from your destination to add extra steps to your daily routine.
- **Take the stairs:** Opt for the stairs instead of elevators or escalators whenever possible.
- **Walk or bike for short trips:** Replace short car trips with walking or biking, if feasible.
- **Schedule walking meetings:** Instead of sitting in a conference room, suggest walking meetings with your colleagues.
- **Join a walking group or start your own:** Connect with friends, family members, or co-workers for social support and accountability.

3. flexibility and mobility

Flexibility and mobility exercises are crucial for maintaining a full range of motion, preventing injuries, and supporting overall functional fitness. Working on stretching and being present with your body is a great place to start with exercise and movement. There are many benefits to flexibility and mobility, such as enhanced performance in other practices, reduced risk of injury, and relieved tension.

Examples of flexibility and mobility exercises include:

- Static stretching (holding a stretch for 15-30 seconds, targeting all major muscle groups).
- Dynamic stretching (leg swings, arm circles, or walking lunges).
- Yoga (various styles targeting flexibility, strength, and relaxation).
- Foam rolling and self-myofascial release techniques.

Perform regular flexibility and mobility exercises, ideally after workouts when your muscles are warm and more pliable. Different forms of yoga could also be ideal to help you wind down at the end of the day, helping you sleep better and wake up with a bit more ease.



4. cardiovascular exercise

Cardiovascular exercise, also known as aerobic exercise, is any activity that increases heart rate and respiration, thereby improving the body's ability to transport and utilize oxygen. In addition to walking, other forms of cardio can help you burn calories, improve heart health, and enhance endurance:

- Running (jogging, sprinting, or treadmill running).
- Cycling (outdoor biking, indoor cycling, or stationary bike).
- Swimming and water aerobics.
- Dancing (Zumba, salsa, or hip-hop).
- Jumping rope.
- Rowing (outdoor rowing or rowing machine).
- Group fitness classes (aerobics, kickboxing, or step classes).

💡 TIPS FROM DR. SCOTT

Keep in mind that specific barriers and conditions can prevent some from performing cardiovascular exercise. If you are at a place in your wellness journey where these exercises seem feasible, strive for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity aerobic activity per week, spread over a minimum of three days per week to allow for recovery. Start small and remember to listen to your body and its limits.

5. strength training

Strength training uses resistance to build muscle mass, increase strength, and improve bone density. This advanced exercise type can help preserve lean muscle mass and boost metabolism.

Some common strength training exercises include:

- Bodyweight exercises (push-ups, squats, lunges, planks).
- Free weight exercises (dumbbell curls, bench press, shoulder press).
- Resistance band exercises (banded rows, lateral raises, banded squats).
- Machine exercises (leg press, cable rows, lat pulldown).

If you are at a place in your wellness journey where consistent strength training is attainable, incorporate these exercises into your fitness routine at least twice weekly, targeting all major muscle groups (upper body, lower body, and core).



6. cross-training and fitness classes

Cross-training involves participating in various types of exercise to improve overall fitness, reduce the risk of injury, and prevent exercise burnout. It allows you to work different muscle groups, build new skills, and stay engaged in your fitness journey. Consider incorporating fitness classes, sports, or group activities to diversify your workouts.

Some popular options include:

- Yoga or Pilates for flexibility, balance, and core strength.
- Bootcamp or circuit training for a mix of cardio and strength training.
- Spin or indoor cycling classes for an intense cardio workout.
- Martial arts or boxing for self-defense, strength, and cardio.
- Team sports like soccer, basketball, or volleyball for a fun and social workout.

Explore different activities and find the ones that resonate with you, keeping in mind that consistency and enjoyment are key to long-term success.

✿ TIPS FROM DR. SCOTT

Remember, the key to success is finding activities you enjoy and making them a consistent part of your lifestyle. Focus on the intrinsic benefits of exercise, like improved mood, increased energy, and better sleep. These well-being improvements alone will encourage you to keep showing up and continue on your wellness weight loss journey.

7. active recovery and rest days

Arguably, giving your body enough time to rest is even more important than your exercise routine. Rest days allow your body to recover, repair, and grow stronger. Active recovery involves engaging in low-intensity exercise to promote blood flow and support the recovery process without causing additional stress on your body.

Some active recovery options include:

- Gentle yoga or stretching.
- Light walking or hiking.
- Swimming or water aerobics.
- Leisurely bike ride.

✿ TIPS FROM DR. SCOTT

Schedule at least one rest day or active recovery per week to support your body's healing and prevent over training. Don't skip this step! Without proper rest, your body cannot repair and build muscles as effectively. Enjoy a leisurely walk, stretch, and prioritize self-care during these days.

Listen to your body to avoid injuries and over training. Remember – the most important part of healthy movement and exercise is that you stay consistent and feel good about your progress. If you can build a routine that is able to be reproduced, adjusted and enjoyed, you have the perfect formula for long-term progression toward your weight loss goals.

8. overcoming plateaus

Plateaus are a natural part of any fitness journey, but they can be frustrating. Regularly evaluating your progress helps you stay on track, make necessary adjustments to your exercise routine, and celebrate your achievements.

To measure your progress and overcome plateaus, try the following strategies:

- Tracking your workouts (duration, intensity, weights lifted, etc.).
- Recording body measurements (waist, hips, chest, etc.).
- Assessing body composition (body fat percentage, muscle mass).
- Monitoring changes in performance (running speed, weight lifted).
- Noticing improvements in daily life (increased energy, better sleep, enhanced mood).

“Exercise is the key not only to physical health but to peace of mind.” – Nelson Mandela

Set periodic checkpoints (every 4-6 weeks) to review your progress and adjust your goals as needed.

- Progress your cardio workouts (incrementally adjust intensity and duration and consider trying new sports or activities).
- Progress your strength training (incrementally increase weight, sets or repetitions, and incorporate new movements).
- Incorporate new forms of exercise or fitness classes.
- Reevaluate your nutrition and ensure you're fueling your body effectively.
- Get adequate sleep and manage stress.
- Consult a fitness professional for personalized guidance.

Stay patient and persistent, knowing that progress is not always linear.

9. recognizing your wins

Recognizing your wins is crucial for maintaining motivation, consistency, and long-term success.

Here are some tips to stay engaged in your exercise routine:

- Set realistic and achievable goals.
- Establish a regular workout schedule and make it a habit.
- Find a workout buddy or join a fitness group for accountability and support.
- Celebrate your achievements and track your progress.
- Mix up your workouts to keep things fresh and exciting.



By implementing the strategies outlined in this section, you'll be well on your way to building a strong, fit, and healthy body that supports your weight loss goals. In the next section, we'll explore additional components of a well-rounded wellness approach, including mindset, goal setting, and accountability. Remember to stay consistent, challenge yourself, and don't be afraid to reward yourself for all the hard work!

Lastly, let's cover our favorite part of the weight loss journey: lifestyle and mindset.



Section 3: Lifestyle and Mindset

In this section, we'll dive deep into the essential lifestyle and mindset factors that significantly impact your weight loss journey. Developing a healthy mindset and adopting effective habits will not only help you achieve your goals but also make the journey enjoyable and sustainable.

1. sleep and recovery

Sleep is the foundation for well-being and is a crucial part of improving overall health and weight loss efforts. When you sleep, your body repairs and restores itself, including muscle recovery and hormone regulation. On the other hand, sleep deprivation can increase your appetite, possibly leading to overeating and weight gain.



Here are some tips to improve your sleep quality:

- Aim for 7-9 hours of uninterrupted sleep per night.
- Establish a regular sleep schedule and stick to it, even on weekends.
- Create a relaxing bedtime routine, such as reading, taking a warm bath, or practicing gentle yoga.
- Make your sleep environment comfortable, dark, and cool.
- Limit exposure to screens before bedtime, as the blue light emitted by devices can interfere with your circadian rhythm.
- Manage stress and avoid stimulants like caffeine and nicotine close to bedtime.

Our Full Spectrum Sleep CBN Gummies have clinically proven results for improved sleep quality, enhanced sleep onset, reduced anxiety, and less daytime fatigue over a 6-week period. Get better sleep, proven.

TIPS FROM DR. SCOTT

Disruption of circadian rhythm, your body's natural sleep-wake cycle, can also cause unwanted changes to your metabolism. A lack of sleep can reduce your motivation to exercise and disrupt metabolism, further hindering your weight loss journey. Safe to say – sleep is a huge factor in overall well-being and how successful your weight loss journey will be.

2. stress management

Chronic stress can lead to an array of health and wellness issues, including weight gain. Stress increases your cortisol levels, a hormone that can cause fat storage, particularly around the abdominal area. Stress can also lead to emotional eating, resulting in the consumption of unhealthy comfort foods.

Here are some stress-reduction techniques you can practice throughout your days:

- Practice mindfulness and meditation to help you stay present and manage your emotions.
- Engage in regular physical activity, which releases endorphins, which are natural mood elevators.
- Connect with loved ones for emotional support and to help you feel understood and valued.
- Prioritize self-care by setting aside time for activities you enjoy and that make you feel good.
- Seek professional help if needed, such as therapy or counseling.

3. building a support network

A strong support network can make a significant difference in your weight loss journey. Having others who share your goals, understand your struggles, and celebrate your achievements can boost motivation and make the process more enjoyable.

To build a support network:

- Share your goals with friends and family, and ask for their support and encouragement.
- Join online forums or social media groups dedicated to weight loss and healthy living.
- Participate in local weight loss support groups or join group fitness classes.
- Connect with a weight loss buddy or accountability partner who shares your goals.
- Work with a personal trainer, dietitian, or health coach to receive professional guidance and support.

TIPS FROM DR. SCOTT

If you're struggling with mental health issues, such as depression or anxiety, seek professional help from a therapist or counselor. While weight loss may be your main goal, it's essential to foster a healthy mindset along the way and keep mental well-being at the forefront.

4. identifying challenges and triggers

Understanding your personal challenges and triggers is essential for developing effective strategies to overcome them. This doesn't just go for weight loss, but all areas of life. It's important to be self-aware and analyze your challenges, which allows you the space to improve and grow both mentally and physically.

Common challenges and triggers may include:

- Emotional stress or anxiety.
- Boredom or lack of stimulation.
- Social events or peer pressure.
- Habitual patterns, such as eating while watching TV.

To cope with these challenges and triggers:

- Keep a journal to track your emotions, food intake, and situations that lead to unhealthy habits.
- Develop alternative coping mechanisms, such as going for a walk, practicing deep breathing, or calling a friend when you feel the urge to eat due to stress or boredom.
- Plan ahead for social events by eating a nutritious meal beforehand, bringing a healthy dish to share, or setting limits on your food and drink intake.
- Break habitual patterns by changing your environment, creating new routines, or engaging in activities that distract from unhealthy habits.

5. mindset and mental health

A positive mindset and strong mental health are vital for weight loss success, as they allow you to persevere through challenges and maintain motivation.

To foster a healthy mindset:

- Focus on progress, not perfection. Celebrate every victory, no matter how small.
- Cultivate gratitude by regularly reflecting on the aspects of your life you appreciate.
- Practice self-compassion, and understand that setbacks are a natural part of any journey.
- Build resilience by reframing negative thoughts and embracing challenges as opportunities for growth.

6. time management and prioritization

Effective time management allows you to prioritize healthy habits and make the most of your day.

To improve your time management skills:

- Set clear, specific, and attainable goals for your weight loss journey.
- Break your goals into smaller, manageable tasks, and schedule them into your daily routine.
- Prioritize tasks based on their importance and urgency.
- Minimize distractions and multitasking to increase focus and productivity.
- Utilize tools like calendars, planners, and to-do lists to stay organized and accountable.

TIPS FROM DR. SCOTT

At the end of the day, self-love and body positivity will play pivotal roles in your overall well-being. Harnessing unconditional love for yourself will change how you approach your weight loss journey. Rather than rooting your efforts in hatred, sadness, or fear, remind yourself that you deserve to treat yourself with love and respect. Cultivating a positive mindset will, in turn, give you more positive outcomes.

8. mindful eating and body positivity

Mindful eating and body positivity play crucial roles in your overall well-being and weight loss success.

To practice mindful eating:

- Eat slowly and savor the flavors, textures, and aromas of your food.
- Remove distractions, such as screens and phones, during mealtime.
- Listen to your body's hunger and fullness cues, eating only when hungry and stopping when satisfied.

Cultivate body positivity by:

- Focusing on your unique strengths and appreciating your body for what it can do.
- Surrounding yourself with positive influences and role models.
- Challenging societal beauty standards and embracing your individuality.
- Practicing self-compassion and self-care to nurture a healthy relationship with your body.

7. creating sustainable habits

Developing sustainable habits is vital to long-term wellness and weight loss success.

To create lasting change:

- Focus on one habit at a time, allowing yourself to fully adapt before moving on to the next.
- Set realistic expectations, understanding that change takes time and persistence.
- Make your habits enjoyable by finding activities and foods you genuinely like.
- Establish a routine that works for your lifestyle, making it easier to maintain consistency.



Conclusion



conclusion

Once you pair the advice in our lifestyle guide and complete your 90-day Trim By Sunmed powered by Nitro V supply, you will have learned and implemented crucial strategies to help achieve long-lasting weight loss and well-being. By adjusting your daily nutrition, incorporating movement and exercise into your daily routine, and making mindset and lifestyle improvements, you will be well on your way to living a life with more presence and well-being. You will have identified and overcome personal challenges while fostering a positive mindset and, most importantly – gained the self-love and confidence to live a life you're proud of. We hope you feel inspired to establish a healthier relationship with your mind and body and are looking forward to establishing more habits for continued health and longevity.

TIPS FROM DR. SCOTT

As you look forward to completing this transformation, remember that your journey doesn't end with these 90 days. Achieving and maintaining a healthy lifestyle is an ongoing process, and it's essential to stay committed and motivated while being kind to yourself.

No one is perfect, and your personal wellness journey isn't going to be perfect, either. As long as you stay consistent and dedicated while embracing the challenges and learning opportunities along the way, you will continue progressing toward your goals with an optimistic outlook.

We hope you now have a surplus of takeaways to pair with your Trim By Sunmed powered by Nitro V supplement and apply to your everyday lifestyle. Be prepared for setbacks and challenges, understanding they are a natural part of any new chapter.

And remember, weight loss is a lifelong process. Our in-store wellness experts are here to offer support and continuous guidance as you explore more health and wellness practices, supplements, and programs. It's our sincere goal that you feel empowered to make a lasting change in your life.

You deserve it.

citations and disclaimers

*The recommended serving is 50mg per day over a 90-day period. Average weight reduction of 9 pounds in weight loss with key ingredient (Nitro-V) in a randomized 125-person 90-day double-blind placebo-controlled clinical study. Some subjects lost up to 18 pounds versus the placebo group, who gained as much as 6 pounds. Average waistline reduction of 3 inches. Average drop of 3 points. Results may vary. Individual results are not guaranteed. Our products have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before use. For use by adults 18 years and older. Keep out of reach of children. Trim Clinical Study (2021).

Day 1: Date _____

- 15-minute brisk walk.
- 10 bodyweight squats.
- 5 push-ups (from knees or against a wall).
- 10-second plank.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 2: Date _____

- 20-minute walk or jog.
- 10 bodyweight lunges (5 per leg).
- 10-second side plank (each side).
- 10 standing calf raises.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 3: Date _____

- 15-minute jog.
- 10 bodyweight squats.
- 5 push-ups (from knees or against a wall).
- 10-second plank.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 4: Date _____

- 20-minute walk or jog.
- 10 bodyweight lunges (5 per leg).
- 10-second side plank (each side).
- 10 standing calf raises.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 5: Date _____

- 15-minute jog.
- 10 bodyweight squats.
- 5 push-ups (from knees or against a wall).
- 10-second plank.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 6: Date _____

- 20-minute walk or jog.
- 10 bodyweight lunges (5 per leg).
- 10-second side plank (each side).
- 10 standing calf raises.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 7: Date _____

- Rest day. Take a break from structured exercise and focus on active recovery, such as stretching or gentle yoga.

Day 8: Date _____

- 20-minute jog.
- 12 bodyweight squats.
- 6 push-ups (from knees or against a wall).
- 15-second plank.
- Rest for 1 minute and repeat the circuit 3 more times.

Day 9: Date _____

- 25-minute walk or jog.
- 12 bodyweight lunges (6 per leg).
- 15-second side plank (each side).
- 15 standing calf raises.
- Rest for 1 minute and repeat the circuit 3 more times.

Day 10: Date _____

- 20-minute jog.
- 12 bodyweight squats.
- 6 push-ups (from knees or against a wall).
- 15-second plank.
- Rest for 1 minute and repeat the circuit 3 more times.

Day 11: Date _____

- 25-minute jog or walk.
- 12 bodyweight lunges (6 per leg)
- 15-second side plank (each side)
- 15 standing calf raises.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 12: Date _____

- 20-minute walk or jog.
- 12 bodyweight squats.
- 6 push-ups (from knees or against a wall).
- 15-second plank.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 13: Date _____

- 25-minute jog.
- 12 bodyweight lunges (6 per leg).
- 15-second side plank (each side).
- 15 standing calf raises.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 14: Date _____

- Rest day. Take a break from structured exercise and focus on active recovery, such as stretching or gentle yoga.

Day 15: Date _____

- 25-minute jog.
- 14 bodyweight squats.
- 7 push-ups (from knees or against a wall).
- 20-second plank.
- Rest for 1 minute and repeat the circuit 2 more times.

Day 16: Date _____

- 30-minute walk or jog.
- 14 bodyweight lunges (7 per leg).
- 20-second side plank (each side).
- 20 standing calf raises.
- Rest for 1 minute and repeat the circuit 2 more times.

NOTES