



5 to Thrive Challenge

Week One

Build Sustainable Habits

www.heatherjose.com

Welcome!

We are so happy that you decided to join us on our first 5 to Thrive Challenge! Our hope is that you will come away with a solid start of incorporating some healthy habits that will add to your quality of life. Whether you have cancer or not, a focus on the 5 to Thrive pillars will help you feel better overall.

Each week we will be providing you information on each of the 5 to Thrive areas: Mindset, Fitness, Nutrition, Medical, and Support. Our emphasis will be on the first three areas, but we will address medical and support and the impact they can have on thriving as well. If you are already familiar with 5 to Thrive you may have noticed that we changed Mental to Mindset and Physical to Fitness. We felt that it is a better representation of the focus areas and we will be updating our guides to reflect this as well.

You may want a journal or notebook to write in as you go. I started my cancer journey with a standard notebook that you would use in school. It had a red cover. I called it my healing notebook and I made a list of answered prayers on the inside cover. I took it everywhere with me and referred to it often. Writing has a way of impacting information on our brain that is different from typing, so if you are so inclined grab a journal.

If we introduce material and you have questions don't hesitate to reach out. You can email me at mail@heatherjose.com or connect via messenger on Facebook or Instagram. We are also planning to put some short videos on YouTube, so check that out as well.

Let's get started...



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Mindset: Affirmations

You have heard the phrase ‘you are what you eat’, but I believe that your thoughts are actually more impactful. As we kick off the challenge I would like you to find one affirmation, write it down, and post it somewhere that you will see it everyday. I like to put it on my bathroom mirror, or my steering wheel, but you can put it in a notebook too, just make sure to look at it. The definition of affirmation is the act or an instance of affirming, the assertion that something exists or is true, a statement that is declared to be true. Positive affirmations are positively loaded phrases or statements that are used to challenge unhelpful or negative thoughts.

Affirmations often start with I am statements, but they don’t have to. I am strong, I am successful, My body is healing, I am living in abundance, I am rising above fear, I am not my past, I am grateful, I am open to new opportunities, I can do hard things. You can google affirmations and find a million suggestions. I have found that the more I work with an affirmation the more specific it becomes.

If you are comfortable with it I would also encourage you to say your affirmation out loud. The spoken word, like the written word also has power. I like to use that power for good.

What is your affirmation?



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Fitness: Move

Fitness incorporates all types of movement. For the challenge we will be focusing on movement, lifting, and balance and flexibility. The first challenge is: Move for 5 minutes 6 days of the week and Lift something heavy for 5 minutes on 6 days a week.

If you are already working out, we would encourage you to add to your routine. You might be doing a lot of movement, but no flexibility and balance. We tend to do the activities we enjoy the most and forget about the others.

Movement

Movement is one of the most important things we can do daily to support long-term health. However, the way we move can vary greatly from person to person. Factors like age, previous injuries, body type, and the effects of surgeries all influence what kinds of movement are best for you.

The key is simple: **just move**. Whether it's a little or a lot, getting up and engaging your body makes a difference. Your pace and type of movement will depend on your unique circumstances and challenges. The goal is to move your legs, your arms, and—if possible—elevate your heart rate slightly. The healthier you are at the start, the more intensity you might be able to handle over time.

No matter where you start, the most important step is the first one. Movement isn't about perfection—it's about progress and finding what works for you. So, take a step, swing your arms, and let your body guide you toward better health.

Lifting

Incorporating resistance exercises into your routine is one of the most effective ways to achieve physical fitness. Lifting heavy objects does far more than just build strength—it helps increase muscle mass, improve bone density, manage weight, reduce injury risk, enhance cardiovascular health, boost mood, and improve balance and coordination.

For years, "lifting" was associated with bodybuilders spending hours in the gym. But today, resistance training is for everyone. Regardless of your fitness level, you can start lifting heavy things safely with proper technique and mindful practice.

You don't need fancy equipment to begin. Everyday household items can double as weights, and affordable dumbbells can last a lifetime. Bodyweight exercises are very effective. Platforms like YouTube offer excellent resources for at-home strength training routines, complete with demonstrations of proper form to prevent injuries.

Strength training is empowering and accessible to everyone. Start small, focus on your form, and increase intensity as you build confidence and strength. Your body—and mind—will thank you! Upcoming weeks will get more specific on exercises that you might want to incorporate into your workouts.

Balance and Flexibility

As we age, maintaining balance and flexibility becomes increasingly important. One of the most common reasons people stop moving is an injury caused by a fall—often due to poor balance or joint instability.

Balance

Balance is a skill we tend to neglect as we get older, but it plays a vital role in preventing injuries, improving posture, and maintaining functional movement. The benefits of balance training include:

- Enhanced stability and coordination
- Reduced risk of falls and injuries
- Slower age-related physical decline
- Improved joint stability and posture

The great news? You can work on your balance throughout the day without needing a dedicated workout session. Try these simple activities:

- **Stand on one leg** while cooking, brushing your teeth, watching TV, or scrolling through social media.
- **Incorporate balance into daily tasks**—like standing on one leg during phone calls or at your desk.
- **Deep Squat** Sounds simple, but have you tried it lately?



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Nutrition: Add

We are going to start off our Nutrition challenge by adding. It is in our nature to eliminate items when we begin a diet, but research suggests that we do far better by adding. We aren't here to diet, we want to build healthy habits. So let's start by drinking at least 32 ounces of water daily and adding at least one fruit or vegetable each day. You don't need to eliminate anything, just add. I would also caution you not to go crazy with this. Sometimes we go to the store with our "healthy food" mindset and we we buy the entire produce section. Two weeks later our fridge is full of rotten veg and we feel like a failure. Be real with yourself. Pick fruit and veggies you already like. Don't demonize them either, they all have vitamins and nutrients that are good for you.

If you are already eating a variety of fruits and vegetables I would challenge you to download a 30 Plants/week Checklist to work on consistency and variety. There are a bunch of them available. I am using this one:

https://www.dawnjacksonblatner.com/wp-content/uploads/dlm_uploads/2020/05/30-plants_week-CHECKLIST.pdf

If you do not like the taste of water feel free to add some fruit or veg to it. You can also use a flavor packet if need be. I don't love them, but flavored water is better than no water. You got this!



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Medical & Support: Check in

As I said earlier, our emphasis will be on Mindset, Fitness and Nutrition, however Medical and Support are building blocks for each of those.

From a medical standpoint, as you start this challenge, do a self evaluation of your health and your ability to participate. Do you need to see a doctor to get the okay first? If so, schedule that before jumping in to the fitness portion of the challenge. We always want you to operate from the perspective of “First, do no harm” so get things checked out.

When it comes to support, there are two things we would like you to do this week. First, we want you to write down reasons why you have quit challenges in the past. Are there stressors that get in the way? Listing things out and having a plan to work around them is very helpful. The second one is to tell someone that you are doing this challenge and why. This will help you with the two things that will help you succeed with any challenge.

2 Musts to Succeed

Being disciplined and persistent in tackling any challenge in life is tough. We've all started something new with enthusiasm, only to have life get in the way, leaving us wondering why we stopped. There are countless obstacles to overcoming a challenge: lack of time, the difficulty of the task, stress, and too many commitments, to name a few. These challenges aren't going anywhere, and many of them are beyond our control.

But here's the thing: most people who start something new and give up shortly after are often missing two key elements from their plan—**goals** and **accountability**.

Goals give you a target to aim for and a reason to push through the hard work. Starting something new can feel overwhelming, and it's human nature to gravitate toward easier, more familiar paths. But having clear goals helps you stay focused and reminds you why you're doing this in the first place. It's your "north star" when the journey gets tough.

Accountability might just be the most powerful tool for success. Taking on a challenge entirely on your own often leads to failure. Accountability can take many forms—a friend you check in with daily, an app where you track your progress, or even a partner who's tackling the challenge alongside you. The ideal scenario? Someone who's with you every step of the way. But no matter what accountability looks like for you, having it is crucial.

Remember: challenges are meant to be hard, but with the right tools—goals to guide you and accountability to keep you on track—you can stay the course and accomplish amazing things.

5 TO THRIVE WEEK 1

CHECKLIST

| | M | T | W | T | F | S | S |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Post/Review Affirmation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Move for 5 Minutes (6 Days) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Lift Something Heavy for 5 minutes (6 days) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eat 1 Fruit or Veggie | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Drink 32 ounces Water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Write Down Stressors (once this week) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tell Someone You Joined and Why (Once this Week) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do Medical Self Evaluation (Contact Doctor If Needed) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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