



5 to Thrive Challenge

Week Two

Build Sustainable Habits

www.heatherjose.com

Welcome Back!

How was week one? Did you check everything off your list? If you did, congratulations and let's go! If last week got away from you, give yourself some grace and start again.

This week we are building on week one, but it's a gradual build so as not to be overwhelming.

As a reminder, 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 putting some short videos on YouTube, so check that out as well. I did one on affirmations last week.

Let's get started...



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Mindset: What's Your Why?

Simon Sinek's book (and TED talk) *Start With Why* encourages everyone to find their inspiration and use it as a means for motivation and change. When I speak with women that have been diagnosed with cancer they often tell me that their why is to see their children grow up. I was similar in wanting that too. That was my why.

This week we are going to start setting goals, both short term and long term. These goals are for you, and they should be based on your why. They should not be things that other people think you should want. It might be helpful to spend a few minutes journaling about the life you want for yourself in five years. Provide lots of details here, and give yourself permission to dream. When goal setting it is helpful to work backwards so start with your big audacious dreams.

The experts will tell you that a good goal has to be measurable, but that doesn't necessarily mean a number. My first long term goal after being diagnosed was being alive to see my daughter go to kindergarten which meant I needed to live for about five years. This seemed like it was a long shot at the time, but it also felt possible in the simplicity of it. I like for a long term goal to also evoke a feeling of some kind, so that you can draw on that along the way.

Your short term goals are more specific, and you should consider whether or not setting it will increase your chances of meeting the long term goal. With a goals such as living to see something happen, it is fairly easy as there are many goals that we can set to become healthier. Short term goals should be measurable, but there are many ways to do that. You can measure the amount of times that you do something, an increase/decrease, or

This week your challenge is to make a long term goal (at least a year away), three short term goals (4-6 weeks away) to support your big goal, AND at least one affirmation that supports your goal.

It could look like this:

LTG: I will meet my future grandkids.

STG: I will average 7500 steps per day for four weeks.

I will journal at least four days a week for four weeks.

Affirmation: I am going to meet my future grandkids.



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Fitness: Move

This week we are simply increasing the time that you are moving and lifting. Move for 10 minutes 6 days of the week and lift something heavy for 10 minutes on 6 days a week. We are providing some ideas of things you could do this week, but this is just a starting point. The internet is your friend when it comes to workouts, so try a few out. Of course, it's fine to stick with what works too. I can't imagine anything replacing walking as my favorite way to move.

If you are already working out, did you add anything new or something you have been neglecting?

Movement

Here are a few examples of movements for different levels of ability and fitness:

Beginner

- Walk around your house while lifting your arms above your head.
- Take a stroll around the block and time yourself.
- Use stairs at home or work to go up and down a few times.

Intermediate

- Speed walk in your neighborhood or at an indoor space like a mall or school.
- Try plyometric exercises like hopping, skipping, or jumping on one or both legs.
- Challenge yourself with some jump rope exercises.

Advanced

- Find a HIIT (High-Intensity Interval Training) workout on YouTube and give it your best shot.
- Go for a jog or a run at your own pace.
- Incorporate interval sprints with minimal rest between bursts.

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

Try These Strength Movements Based on Your Fitness Level:

Beginner:

- **Arm Curls:** Use two grocery bags filled with items as weights. If the handles are uncomfortable, cushion them with a washcloth.
- **Chair Squats:** Stand in front of a chair, squat to a seated position, and then stand back up. Try doing these during commercial breaks.
- **Chair Dips:** Sit on a sturdy chair, grip the seat, and move your feet out. Lower your body until your arms are parallel to the floor. Adjust your feet to modify the difficulty.
- **Iron Cross:** Extend your arms straight out to the sides or in front of you and hold the position for 30 seconds to a minute.

Intermediate (No Gym Required):

- **Single-Leg Chair Dips:** Perform chair dips with one leg extended for added difficulty.
- **Tricep Extensions:** Use a weighted grocery bag or dumbbell. Extend your arms above your head, then lower and raise them.
- **Planks:** Hold a front or side plank for intervals that challenge you.

Advanced (No Gym Required):

- **Stair Squats with Jumps:** Start at the bottom of a staircase. Squat, then jump to the next step (or skip a step if you can). Repeat until you reach the top.
- **Clock Pushups:** Imagine a clock on the floor. Perform a pushup and move to the next "hour" in a circular motion. Complete a full 12-hour set.

- **Weighted Lunges:** Hold a heavy object (10–50 lbs) overhead with straight arms. Step forward into a lunge, twist your torso toward the front leg, untwist, and return to standing. Alternate legs.

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!

Balance and Flexibility

Last week we talked about balance, let's discuss flexibility this week.

Flexibility

Flexibility is another key aspect of mobility and injury prevention, but it often diminishes with age. Daily flexibility exercises can help you maintain or improve your range of motion. Here are some effective ways to work on flexibility:

- **Static stretching:** Hold stretches without movement. Always warm up for at least five minutes before static stretching.
- **Dynamic stretching:** Incorporate movement into your stretches, such as plyometric exercises. A proper warm-up is crucial here too.
- **Yoga:** Search YouTube for beginner, intermediate, or advanced yoga sessions that fit your schedule. Look for videos targeting specific areas or durations (e.g., 10-20 minutes).
- **Pilates:** Similarly, YouTube offers a wealth of Pilates routines tailored to various skill levels and timeframes.

Tips for Success

To get the most out of your balance and flexibility routine, keep these tips in mind:

- **Warm up first:** Loosen your muscles to prevent strain.
- **Breathe deeply:** Relax into each movement and enhance its effectiveness.
- **Stay hydrated:** Hydration supports muscle elasticity.
- **Listen to your body:** Avoid overextending or pushing through pain.

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.



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Nutrition: Add

We started off our Nutrition challenge by adding. How did it go? This week let's continue to add fruits and vegetables, but I would like you to make a veggie forward dinner one night as well. It should include a whole grain and 2 veggies at the minimum. Add more, including a protein, if you want. An easy way to do this would be to make a stir fry of some kind. You can use frozen veggies or fresh and add any kind of sauce you like. My favorites lately have been a peanut sauce, bulgolgi, and Japanese BBQ.

Did you download a 30 Plants/week Checklist? I have been having fun checking plants off the list. It has definitely inspired me to be more diverse. I'll keep it here for you if you need it. There are also apps for tracking, but I kind of like the paper version. I am using this one: https://www.dawnjacksonblatner.com/wp-content/uploads/dlm_uploads/2020/05/30-plants_week-CHECKLIST.pdf

One more thing! Don't forget your water! At least 32 ounces per day. I find that having a big cup or water bottle helps to meet my goal.



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Medical & Support:

Last week we asked you to do a self evaluation of your health and your ability to participate. This week we are asking you to schedule appointments that you are putting off. It could be the doctor, the dentist, the eye doctor, your therapist... Whatever it is get it scheduled. It might be months before you can get in anyway.

Support wise this week, let's talk about your team. Who is on it? Is there someone that will keep you accountable? Do you want to have multiple people for the different environments like work and home? Do you have someone to do the challenge or at least portions of it with you? Would you be willing to ask people?

Keep Going

Week two can feel a little more like a slog. Make your goals this week, find your accountability partner(s) and don't forget about your affirmations. 2026 you will thank you for your commitment this week.

5 TO THRIVE WEEK 2

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 10 Minutes (6/wk)	<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 10 minutes (6/wk)	<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"/>
Make a Veggie Forward Dinner	<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"/>
Create Your Goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask Someone to Be Your Accountability Partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make an Appointment You've Been Putting Off	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

