

*Celebrate Global Wellness Day!*

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## EDITOR'S NOTE



*#I Say Yes!*

If there was ever a cause to celebrate, this is it! Global Wellness Day is June 13th and one of the best things about this day, dedicated to embracing your wellbeing, is that you can celebrate anywhere!

From taking part in a free event near you or simply devoting your day to healthy activities, like the ones found in the 7-Step Manifesto, let's celebrate Global Wellness Day!

*Jackie*

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# The 7-Step Manifesto

## *Small Steps For Big Change*

To help you celebrate GWD, follow The 7-Step Manifesto!  
These seven small steps can make a big impact on your life!



**WALK ONE HOUR**  
**DRINK MORE WATER**  
**DON'T USE PLASTIC BOTTLES**  
**EAT ORGANIC, LOCAL PRODUCE**  
**DO A GOOD DEED**  
**EAT A FAMILY DINNER**  
**GO TO BED AT 10PM**

Share how you are celebrating **Global Wellness Day!**  
#ISayYes #GWD2015 #GlobalWellnessDay  
**@Spafinder**

# Walk it Out!

## 1 Hour Outdoor Workout

Part of the 7-Step Manifesto is to walk 1 hour. Take those steps one step further and turn your walk into a workout! Stop every 5 minutes to do the following sequence, you'll get in your cardio plus a little body-resistance training! *You'll need: a water bottle, a small towel, a resistance band!*



### 0:00-10:00

Get started & find a great hike, a wooded trail, or a path around the block! After 5-minutes, stop & give us **3 sets of 15 squats**. Too easy? Make those jumping squats!

### 10:00-20:00

Pick up the pace for 5 minutes then it's time to strengthen your core. **Place your towel on the ground & assume plank position**. Hold this as long as you can, taking rest periods in between, for 5 minutes. **Get even more of a workout by alternating from a high plank with your arms outstretched to a low plank, balanced on your forearms.**

## 20:00-30:00

For the next 5 minutes, see if you can turn your walk into a jog! Then, grab your resistance band & tone those arms! Stepping on the center of your band, do **3 sets of 15 bicep curls**. Place your towel on the ground & sit with your legs straight out. Wrap the center of the band around your feet & then, **in a rowing motion, pull back. Do another 3 sets of 15.**



## 30:00-40:00

Get back to pounding that pavement (sidewalk or trail!). After 5 minutes, break to get your blood really pumping with some **high knees for a minute**. Follow with a **minute of jumping jacks**. Repeat, then place your towel on the ground and get into plank position and **finish out your last minute with mountain climbers!**

## 40:00-50:00

Use the next 5 minutes to cool down a bit with a leisurely stroll pace. Next up, **let's lunge!** You can either choose to move forward with your lunges or perform the exercise in place. You guessed it... **3 sets of 15 on each leg!**

## 50:00-60:00

For the final 10 minutes, jog yourself to the finish line!

*Congrats you did it!*

# Jazz Up Your H2O!

## *Spa Water Recipes*

As part of the 7-Step Manifesto, on Global Wellness Day (and every day!) you should try to drink more water. Make every sip fun by infusing your water with fruit and herbs.



*Peach + Ginger + Blueberry*

*Rosemary + Lemon + Raspberry*

*Watermelon + Mint + Cucumber*

*Strawberry + Basil + Lime*

# Get Your Zzz's

## Create a Sleep Routine

Going to bed at 10PM each night may not always be possible, but creating a sleep routine to help you get the Zzz's you need totally is!

1.

Remove electronics from the bedroom.

Stop using the computer & your smart phone at least 30 minutes prior to bedtime.

2.

Don't go to bed hungry, but don't snack on anything heavy late in the evening. On that note, avoid alcohol close to bedtime, too much can interrupt your sleep pattern.

3.

Keep your bedroom clean & tidy.

A cluttered space just leads to a cluttered mind, which leads to tossing and turning.

4.

Ritualize your sleep by following the same pattern each night.

Is it your skin care routine? A warm bath with essential oils? A hot cup of chamomile tea? Whatever it is, doing it each night will trigger your body to relax.

5.

Prepare your space with a little aromatherapy. Lavender mists & rubs are perfect for creating a soothing environment to rest your head for a good night's sleep.