

3 Day Kickstarter

SET A REALISTIC, INSPIRING
MORNING ROUTINE

MAKE AN AGREEMENT TO MOVE
YOUR BODY, EVERY DAY

EAT NOURISHING, GOOD FOOD

let's get it

Welcome

3-DAY KICKSTARTER

3 Day Kickstarter of healthy habits

Welcome to this guide that aims to help you instill some new, healthy habits in your life! Sometimes all we need is a mental reset, set some new goals, connect to our why and dive into some helpful tools. I hope this guide can give you that motivation to start and make the changes you deeply desire.

*This guide includes some of the things that have helped me change my lifestyle for the better. Including starting my day right, using helpful mindfulness tools, making better nutrition choices and intentionally moving my body. **My hope is that some of these things make you feel better, and can become a natural part of your lifestyle.***

First up

You're here! And you're here for a reason. To initiate these 3 days, I invite you to write down *your* reason. Why did you download this guide? Why do you want to make a change? What drives that desire?

You might want to become healthier to live longer, play with your kids, perform better at your job, improve your mental health, recover from illness, feel your absolute best and/or become the best version of you. Whatever your why is, write it down.

It'll help if you remind yourself of your why on the daily. You can write a post-it note and put it on the mirror (if so, add a compliment in there to brighten your morning!) or create a new screensaver for your phone.

Morning

3-DAY KICKSTARTER

Set a realistic, inspiring morning routine

Take these 3 days and choose 3 of the recommended routines below. Be diligent with doing them each morning and notice the difference in how you feel and how it affects your mood throughout the day. *Consider staying with the new routine after these days. Or, figure out what didn't work for you and try 3 new options.*

First off, make the commitment to create a phone free morning routine. I understand that some mornings are more chaotic than others, and depending on your personal situation it may be a more or less challenging goal. Point being, do your best! For yourself. Even if it means setting the alarm to wake up 30 min earlier in the morning.

Morning

3-DAY KICKSTARTER

Morning routine opportunities:

- **Cold shower.** (1-3 min, coldest temperature). It won't be comfortable but the feeling afterwards, along with the benefits will be worth it. Cold exposure has been shown to raise your dopamine levels (happiness chemicals) and have them stay elevated for hours afterwards. If you're struggling, feel free to start warm and/or end on warm, and work your way up.
- **Breathwork.** There are many types of breathwork! You can easily youtube it to get a bunch of recommendations, or try this one. 3 rounds of breathwork. 10 breaths each round. Hold your hand on your stomach and feel it expand as you breathe in through your mouth, and feel it empty as you breathe out through your mouth. Make a straw shape with your mouth and take deep breaths, as well as fully exhaling. After the exhale of the 10th breath, hold it. Stay in that space and feel every sensation in your body. Your heartbeat, your fingers tingling, your thoughts moving. Observe everything. When you need to take a breath again, go into round 2. And so on.
- **5 min of meditation.** This can be done straight after your breath-work, since breath-work normally helps us get more connected to our bodies and aid in stilling our minds. The meditation is nothing crazy. Simply sit comfortably with an erect spine, or lay down, and breathe. In and out through your nose, in your own pace. Observe your breath, observe your senses. Do a body scan where you tell your body to relax, step by step, starting with the top of your head. And be present in each sensation. Your mind will have plenty of thoughts, which is perfectly natural. Simply practice getting back to your breath and feeling all sensations. This is meditation.

Morning

3-DAY KICKSTARTER

Morning routine opportunities:

- **10 pages of reading.** Grab a book of your choice (could be self-help, something you're studying or fiction) and spend 15-20 min of reading in the morning. When we wake up our brain is at a receptive state, so why not use it to our benefit!
- **Gratitude.** Spend 3 minutes thinking (and if you prefer, writing down) some things that you are grateful for. And don't just say/write them, but feel them. Start with yourself. What are you grateful for? Your breath, your health, your body, your heart, showing up for yourself? Then move into other areas of your life. People you love, your job, that you have a home, your family, the sunshine. What makes you feel grateful this morning? If it's hard to connect to the feeling of gratitude, start with a memory that makes you feel love/loved. And sit in the feeling of having experienced that in your life.
- **Journaling.** Take 10 min and journal about whatever you want. It can be how you feel this morning, what you want to accomplish today, what you're grateful for, what your vision of the future is, a short story, or jotting down your dream from last night.
- **Yoga/stretching.** Take 5-10 min and move/stretch your body. Take this time to get into your body, feel it, move it. If you're not used to yoga or stretching, simply youtube a 5-10 min routine.

OR IF YOU HAVE ANOTHER ONE, FEEL FREE! AND
PLEASE SHARE IT WITH ME :)

Movement

3-DAY KICKSTARTER

Make an agreement to move your body, every day

These 3 days are here to make you feel better, give you more energy, start new habits, and really just focus on giving your mind and body love. *Movement is one of the leading cures to FEELING better.*

Daily walk

Walking is good for your body, your mind and your spirit. Get out in nature (if you can). This can be the first thing you do in the morning, that way you'll be able to get that morning sunlight into your eyes that Dr. Huberman always talks about (hint, listen to Huberman if you're interested in the brain). Or you can take your walk during your lunch break, or have a nice sunset walk. There are no rules on how long this walk needs to be, 15 min or 1h, you do you!

Movement

3-DAY KICKSTARTER

Choose your workout of the day

Besides going for a walk, make sure to do one workout per day.

Here are some options:

- Jogging
- Cycling
- Gym session
- Yoga
- Pilates
- Tennis
- Dancing
- Fitness class
- Boxing
- Home workout

Anything that you enjoy doing, or that you know will make you feel good afterwards! Maybe this is your sign to try something new that you've been wanting to try?

And if you've been meaning to hit the gym, but haven't gotten comfortable yet; remember, everyone is there for themselves, focused on themselves. And, most people who know what they're doing would happily assist if you ask for help! Go do it, you won't regret it.

How to time your workouts? I personally love to workout in the morning, before breakfast. And then I'll go for a walk later in the day to get a break from the computer. If you've got busy days, then do it whenever you can get it in! Just make sure you get your movement in. Also, there are no requirements on how "hard" this workout need to be.

Movement

3-DAY KICKSTARTER

For my women

When I decided to go off birth control and get to know my natural cycle, my relationship to my body changed a lot. I learned to listen, feel, and understand my body in a whole new way. *It's a shame that our modern day culture don't teach this to young women.*

Instead of feeling doomed (or surprised) every time pms or my period shows up, I've landed into a deep gratitude for my body. I'm not saying that it's not a pain now and then, but my view and tools (!) has completely changed, and therefor my experience has too. I've learnt that I can affect my hormones and my symptoms (for example, by how much glucose spikes I've allowed leading up to my period).

There are many studies made on how our bodies change throughout the four cycles of the month. When to train harder, when to rest. When to eat more root vegetables and when to eat more greens. If you're interested you can learn more in books such as "In the FLO" by Alisa Vitti" and "Hormonal" by Martie Haselton, it's very fascinating.

Movement

3-DAY KICKSTARTER

For my women

I've learnt to time my strength sessions and high intensity session with when it's best for my body (hormonally), and I make a point of taking it easy when my body is asking for it. No more pushing through everything, no matter what. I've learnt that my body is always communicating with me, and I try to slow down enough to hear what it needs. I prioritize sleep more than even, always trying to get my 7-9 hours. And learning how different foods have a straight affect on our hormones has helped me make better, more informed choices.

During days where I struggle, I try to remember that a walk can often help, while also getting lots of sleep and rest.

During these three days, make an effort to listen to your body.

If your go-to is resting on the couch, take the leap to move, even when you don't feel like it. Walks and stretching are shown to help with cramps for example.

All in all, it doesn't matter where you are on your cycle, during these Kickstarter days, just know that it'll generally be easier for you to follow any time from day 2-3 of your period til the week before your period, since our hormones are more balanced at this time.

So, now you've got your workout of the day, and you've got your daily walk! Awesome. Time for some nutrition!

Nutrition

3-DAY KICKSTARTER

Eat nourishing, good food

On the next page you'll find three days of meal suggestions. Do not worry about the portion size during these days, since the meals are packed with nutrient dense whole foods that will treat your body and mind right. Simply eat until you're full! And remember to chew, lol. It greatly helps digestion.

You can choose to follow the meals step by step, or simply get some inspiration to cook some fresh meals at home. Most importantly, feed yourself *real, home-cooked food* and take this chance to become more aware of what you put in your body.

What we ingest affect our energy levels, our mood, our cycle (pms, cramps, acne, *everything*), our strength, our happiness levels. It's all connected to our gut health and hormones.

My goal is that knowing we have this huge power in our hands, will feel inspiring to you (if it doesn't already). And on my journey, learning about how to become more intentional with my nutrition has been one of the main keys to living a healthier, happier life.

This guide is not here as encouragement to "diet". It's here to help you create a way to intuitively eat. Learning about healthy foods and eating when and what your body is in need of.

Feel free to make any protein source vegan or vegetarian

Day 1

3-DAY KICKSTARTER

Breakfast

Scrambled eggs cooked in butter (or avocado oil), with salt, pepper & the “everything but bagel”-spice. Serve with 1/2 avocado & some blueberries (or whatever berries you prefer)

Snack

Carrots & walnuts

Lunch

Yogurt (full fat, no added sugars - or if you eat goat/cashew/whatever floats your bowl) with a mix of nuts & seeds (choose 2-3 from sunflower seeds, hemp seeds, chia seeds, flax seeds, almonds, walnuts, pumpkin seeds, cashews), (a lil bit of honey), acai powder, 1/2 apple & raspberries

Dinner

Homemade tortilla pizza. Grab your favorite tortillas (whole wheat or almond flour are good, healthier alternatives), with tomato sauce (make sure there isn't sugar added), shredded cheese (I like to mix 4 cheeses + cheddar), red onion, mushrooms, tomato, and salami if you desire. Bake for 10 min on 400 degrees fahrenheit.

Snack

Celery with peanut/almond butter (make sure the nut butter is ONLY made of nuts, no added sugar or oils)



Day 2

3-DAY KICKSTARTER

Breakfast

Omelette with goat cheese and a side of pan fried/air fried asparagus with salt, pepper & chili



Snack

Salami or ham & apple

Lunch

Banana pancakes (1 banana + 2 eggs), mix and pan fry in butter. Serve with your choice of strawberries/rasberries/blueberries, and a side of yogurt or peanutbutter



Dinner

Chicken breast (pan fried in butter or avocado oil) served with Sweet potatoes (prepared after your liking: oven baked/air fried). Serve with Homemade Guacamole (Avocado, tomatoes, Red Onion, Garlic, chili, lemon juice, salt & pepper)



Snack

Orange & Almonds

Day 3

3-DAY KICKSTARTER

Breakfast

Smoked salmon & egg wrap. Pan fry 1 scrambled egg with some cheese. Lightly pan fry (dry) a tortilla, then cut it one way half way, add avocado, tomatoes, red onion, the scrambled eggs. Salt, chili, fold and enjoy



Snack

1/2 avocado & carrot with hummus

Lunch

Oatmeal (oats + water, boil) with blueberries, 1/2 banana, cacao nibs & nut butter of your choice



Dinner

Pasta (I like the cauliflower/lentil based spaghetti but there are also whole wheat options that are slightly healthier than regular pasta) with bolognese. I buy organic minced meat (80/20), cook it with garlic, onion, salt, pepper, chili, and tomato sauce (no sugar!).

Snack

Banana & peanutbutter (again, clean butter)



Nutrition

3-DAY KICKSTARTER

Alcohol

Cut out alcohol during these 3 days and look over your consumption in general. Alcohol affects our blood sugar levels (which will affect our cravings) and mood in many ways, and as someone who's been sober for 7 years, I've never regretted that decision because of what it did for my health. Now, I believe that we should all enjoy what we love, and live satisfying lives, so I'm not telling you to get sober lol. But there are often small changes that can be made that will improve our health. Such as reducing your alcohol intake to 1-2 units a week. And making better choices (if your go-to is vodka red bull or jack n' coke, look into exchanging the sugary sodas for lemon and sparkling water, or a glass of red wine).

Sugar

Depending on your current habits, you'll currently be eating more or less refined sugar. You might be conscious of your choices already and know when you're eating sugar, if so - that's awesome! Or you might be like me before I got into nutrition and never read the ingredient labels.

During these 3 days, do your best to not eat refined sugar.

First off, remove ACTUAL sugar ie. don't add any sugar to your tea or coffee, switch out any sodas for water (or sparkling water), take a break from eating chocolate/candy/chips. But don't worry, the meals and snacks will keep you full and satisfied! *If you're currently eating a LOT of sugar then you might experience some withdrawal symptoms. This is perfectly fine (although can be annoying) but it's 100% an important step to a healthier life. REMEMBER, OUR BODIES ADAPT. Quicker than we might think. And I'm not saying we shouldn't eat sugar in our day-to-day in general, but decreasing our intake is often a very good idea. Do your best to eat whole foods instead of store-bought, processed foods. And if the cravings are too intense, besides drinking water, have a pice of 70%+ chocolate.*

Nutrition

3-DAY KICKSTARTER

Read the labels

What to watch out for on ingredient labels:

Sugars such as: maltose, sucrose, brown sugar, cane sugar, coconut sugar, corn syrup, ethyl maltol, brown rice syrup, agave nectar/syrup, evaporated cane juice, fruit juice, maple syrup, rice syrup and more (!!). There are many ways for companies to hide sugar in their food. As a general rule, I try to stick with foods that have 3 or less ingredients and/or ingredients that I fully understand.

Sweeteners such as: aspartame, sucralose, stevia, monk fruit, saccharin, sugar alcohols, artificial sweeteners.

Oils such as: palm oil, corn oil, canola/rapeseed oil, cottonseed oil, soy oil, sunflower oil, safflower oil, grapeseed oil, rice bran oil.

Hydrate

Make sure to hydrate with water. Every day. Depending on your body size and activity levels you'll need more or less water every day. But aiming for 1.5-2.5 liters/day is a decent goal. If you're not a water fan, feel free to add fresh lemon in your water. Or drink sparkling water (just make sure there are no added sugars or sweeteners in there). Brands such as Topo Chico, Perrier, Pellegrino, Mountain Valley, Ramlösa and many more can usually be trusted.

Another way to consume decent amount of hydration is to boil some water, add fresh ginger, lemon and cinnamon for additional health benefits!

3-DAY KICKSTARTER

What's next?!

After your 3 Kickstarter days, now's the time to use this momentum to actually make a longterm change.

Take a little time to check in with yourself. Feel free to write your answers down for clarity:

- What didn't work for me during these days?
- What did I struggle most with?
- What new habits can I see myself continuing with?
- What habits do I want to try, in addition to the ones I've tried these days?
- What is a realistic morning routine for me?
- How many days a week would I be proud and content with working out on?
- How did it feel to remove sugar from my body?
- To which extent can I see myself continuing this?
- Can I do this on my own or do I need help in any way?
- Do I have family members or friends that I can include in these changes?

Reach out

If you are interested in any further help, conversations, training program, nutrition program or help around breath-work/journaling/meditation, please don't hesitate to reach out. I'll happily assist in any way I can. I can also offer to be your accountability partner, if desired. You'll find me on Instagram @charliehayofficial or email karolinahorwing@gmail.com