



8-Week *Thrive Moore* Challenge

Baby steps lead to big changes over time. Try this 8-week challenge aimed at helping you and your team establish lasting wellness habits for overall health and energy. Each week, take on one nutrition change and be mindful about how the change affects you. Does eliminating dairy lead to clearer skin and fewer stomachaches? Does drinking more water lead to less snacking or more alertness to focus on customer calls?

The next week, keep that change in place and add on the next change - until eight weeks later, you've incorporated all of these changes. Eight baby steps for big overall change.

- **Week 1: Eliminate dairy.** Try almond or coconut milk, and nut milk yogurts.
- **Week 2: Cut out added sugars.** Read labels – sugar is in everything, from ketchup and cereal to soups!
- **Week 3: Hydrate and sleep properly.** Get in those 8-10 glasses of water, and you'll find your energy is up and hunger is down. Likewise, cut out the evening TV and electronics and get 7-8 hours of solid sleep.
- **Week 4: Cut out red meat for the week.** Aim for lower fat poultries and fish.
- **Week 5: Go meatless!** Amp up your fruits and veggies and get protein from sources like chickpeas, broccoli, black beans, spinach and more!
- **Week 6: Eliminate mindless snacking.** Pay attention to your body's hunger signals – snacking between meals only when hunger really sets in, and on healthy options like almonds, fruit, veggies and hummus, low fat popcorn, Larabars, KIND bars, avocado toast and more.
- **Week 7: Meal prep.** Take 1-2 hours on Sunday to prepare lunches and/or dinners for the week. This cuts down on the stress of meal planning during the busy work week, and ensures you have healthy options even on the craziest of days.
- **Week 8: Floss every day.** Dental health impacts overall health and risk factors for things like heart disease. And we know it's easy to put off flossing even if you brush daily.
- **After Week 8: Put all the other steps together!** How different do you feel now, versus 8 weeks ago? What changes will you stick with, because you can tell they are making you healthier?