

FOUNDATIONS TO A HEALTHY LIFESTYLE

WEEK 3

“It’s no use going back to yesterday, because I
was a different person then.”

- Lewis Carroll



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WEEK 3

FITNESS CHALLENGE

12 PUSH-UPS THREE TIMES A WEEK

The push-up is a compound, functional exercise that develops strength in the arms, shoulders and chest. However, the push-up is also a great core exercise. During the exercise, the trunk and hips should remain as stable as possible to create a lever for the working muscles.

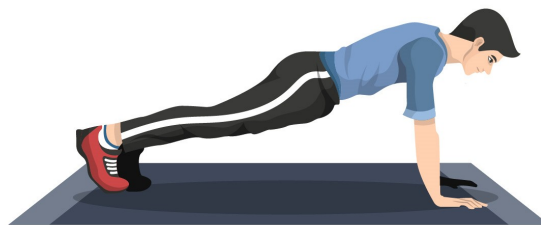
BENEFIT OF PUSH-UPS

- Improve upper-body strength: Pectoral muscles, Triceps (back of the arm), Biceps (front of the arm), Front and rear heads of the deltoids, Rhomboids and trapezius, Latissimus dorsi
- Improved core strength and stability
- A properly performed pushup targets some of the lesser-known muscles in your core, like transverse abdominis (the deepest core muscle that helps supports your spine), multifidus (a series of small muscles that run along the spine), and others.
- Supports strong bones
- Improves posture
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Choose either Wall Push-up, Modify Push-up, or Military Push-up. Children and beginners may choose to divide your push-up throughout the course of the day 1 set 12 reps

Advance fitness level 3 sets and try different hand positions—Choose the type of push-up that best fits your fitness level

Email a picture demonstrating your favorite push-up to Ryan at [rlvine@westfieldymca.org](mailto:rl Levine@westfieldymca.org) to enter your name into a weekly drawing



WEEK 3

NUTRITION CHALLENGE

MINDFUL EATING – THREE MEALS WITHIN THE WEEK

The challenge? "Take a full 30 minutes to eat your lunch or dinner. Seriously, set a timer. Do so without your phone-unless it's your timer, computer, TV, magazine, or other distractions. Eating with someone else is encouraged!

Mindful eating is a technique that helps you gain control over your eating habits.

It has been shown to promote weight loss, reduce binge eating, and help you feel better.

Eating has become a mindless act, often done quickly. This can be problematic, since it takes your brain up to 20 minutes to realize you're full. If you eat too fast, the fullness signal may not arrive until you have already eaten too much. This is very common in binge eating.

Benefits of Mindful eating

- Reduce stress
- Increase enjoyment
- Easier digestion
- Reduce calories
- Lose weight
- Less binge eating
- Control food instead of it controlling you
- Enjoy the moment

By eating mindfully, you restore your attention and slow down, making eating an intentional act instead of an automatic one.

By increasing your recognition of physical hunger and fullness cues, you are able to distinguish between emotional and true, physical hunger.

