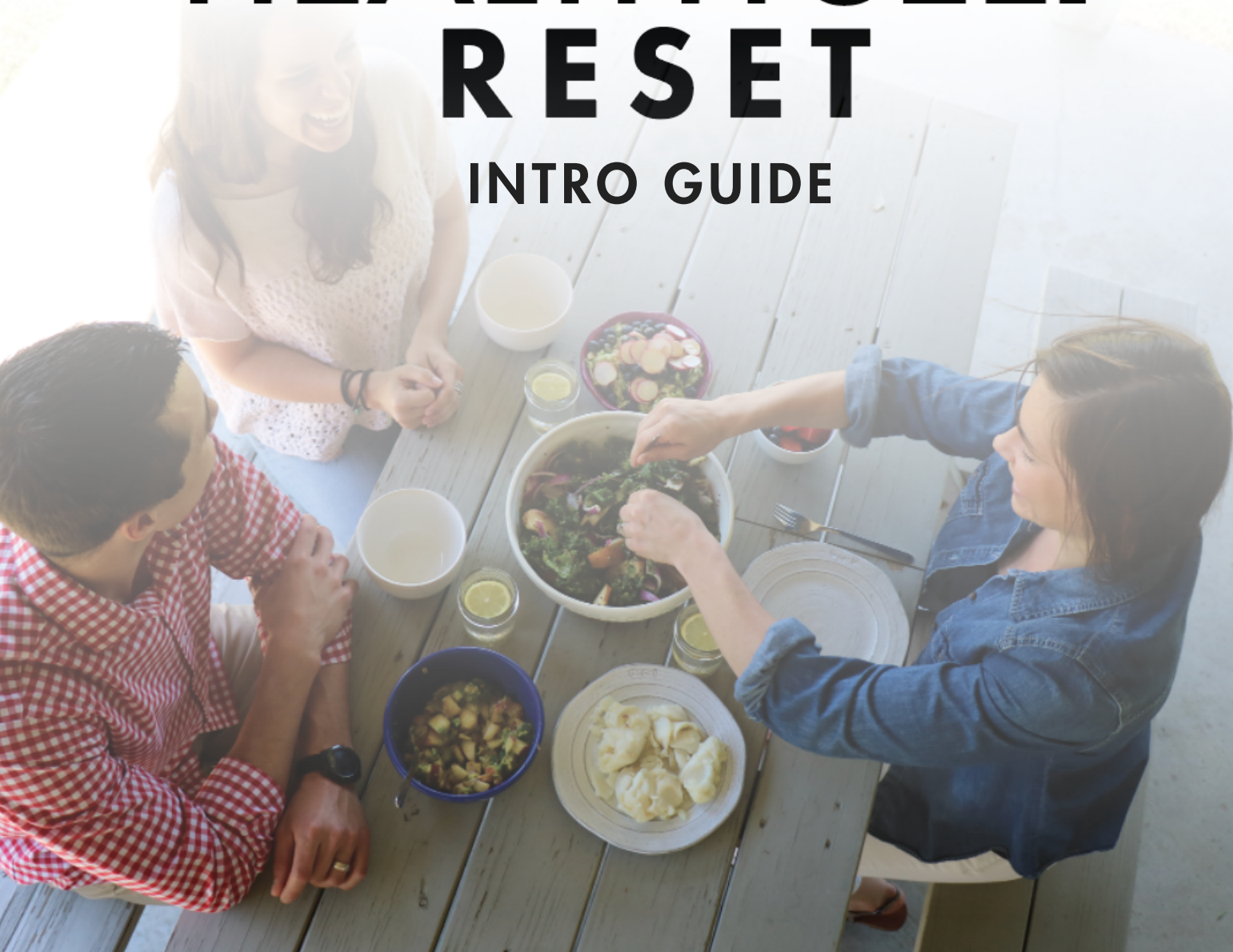




HEALTHYSELF RESET

INTRO GUIDE





WELCOME TO THE HEALTHYSELF RESET

WELCOME TO THE 2019 HEALTHYSELF RESET. WE ARE THRILLED THAT YOU'VE COMMITTED TO YOURSELF AND SIGNED UP FOR THIS PROGRAM.

THIS IS YOUR INTRO GUIDE WHICH WILL BE THE FIRST OF MANY DOCUMENTS THAT YOU'LL RECEIVE TO HELP YOU NAVIGATE THROUGH THE HEALTHYSELF RESET. THIS DOCUMENT IS MEANT TO GIVE YOU AN OVERVIEW OF THE PROGRAM AND A GENERAL IDEA OF WHAT TO EXPECT PRE, DURING, AND POST THE HEALTHYSELF RESET. IF YOU PARTICIPATED IN 2018, THERE ARE NOT TOO MANY CHANGES BUT WE STILL ENCOURAGE YOU TO RE-READ IN ORDER TO REMIND YOURSELF OF THE GUIDELINES.



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PROGRAM OVERVIEW

We created the HealthySelf Reset as a 28 day nutrition and fitness program with the intention of helping you learn to achieve your fullest potential in health and happiness. We are committed to providing you with the tools and support that you need to consistently nourish your mind, body and spirit. The focus of the program is on creating a healthy, sustainable lifestyle that includes learning how to pay attention to your body, eat whole foods, meal prep, and move daily. This is not a program focused on short-term deprivation, dieting, detoxing, or cleansing. It is a way for you to reset your life in the most realistic and sustainable way possible. We believe that the human body can create health and happiness from within when given the proper ingredients: whole foods, daily movement, meditation, sleep, supportive relationships, laughter and love.

In 2016 we started with over five thousand HealthySelf Reset members which led to life changing testimonials that completely exceeded our expectations. The testimonials were far reaching with people reporting better athletic performance, improved sleep, weight loss, better cognitive function, fewer digestive problems, lower blood sugar levels, improved blood pressure, and more.

For the last two years, we have worked to build an amazing online community in order to help as many people as possible and to create a supportive and engaging environment. We are so excited to have you and all of our new members on board. We invite you to dream big for your health and lifestyle changes this year. If there's anything that we learned from the past two years it's that transformation is entirely possible when you become open, find direction and stay committed!

The HealthySelf Reset kicks off on January 14, 2019. Each week you will receive whole food nutrition plans that guide you through meal prepping, recipes and shopping lists in addition to workouts that can be done anywhere. You will also have access to our Recommended Food & Lifestyle Product List. All of these tools will be accessible on your personal dashboard. We also invite you to join our HealthySelf Reset Facebook group for additional support, motivation and ideas from other participants. Expect to feel happier and healthier than ever come February 11th!



MEET YOUR TEAM

The HealthySelf Reset team is comprised of a group of three individuals who are passionate about transforming healthcare and helping others learn how to achieve optimal health and wellbeing.

Julie Foucher, MD, MS (center) is a four time CrossFit Games Athlete and doctor studying Family Medicine with advanced training in functional medicine. She also hosts the Pursuing Health Podcast and TRAIN with Julie Foucher training program.

Daniel Urcuyo, MD Dani (right) is a Family Medicine physician with advanced training in functional medicine, a level 1 CrossFit coach, and husband to Julie. Together Julie and Dani create the weekly workouts, Morning 5 routines, and movement videos.

Brigit Titgemeier MS, RDN, LD, IFNCP (left) is a board certified functional nutrition dietitian from BeingBrigid.com and N1 Nutrition. Brigit was the one of the founding dietitians of the Cleveland Clinic Center for Functional Medicine. Brigit developed the recipes, meal plans, shopping lists and recommended product lists.





PRIMARY PILLARS OF THE PROGRAM



NOURISH

FOOD IS INFORMATION FOR THE BODY.
Nothing feeds a person's health better than whole, nutrient-rich foods that come from the ground and that can be found in nature.



MOVE

MOVEMENT IS MEDICINE.
Movement every day combats chronic disease, and creates stronger, healthier, and more resilient humans.



CONNECT

RELATIONSHIPS ARE THE KEY TO WELL-BEING
Belonging to a community and developing meaningful relationships is the third essential cornerstone of health.



NUTRITION PHILOSOPHY

The nutrition philosophy of the HealthySelf Reset is and always has been centered around balance and nourishment. This is not a deprivation diet, a quick fix or a rule-driven approach. Instead, the HealthySelf Reset is all about the inclusion of nutrient-rich foods, flexibility, personalization and variety. The goal is to feed the body with as many single ingredient foods as possible by incorporating a meal planning structure that makes eating healthy tasty and convenient. The key to the HSR is learning to incorporate meal prep into your routine and to enjoy a variety of new recipes that allow you to venture away from eating the same meals every day.

The HealthySelf Reset is focused on inclusion, variety and nourishment but at the same time, the meal plans and recipes are free of gluten, dairy and added sugar. The recipes are gluten-free and dairy-free because the proteins found in gluten (wheat, barley, rye) and cow's milk contribute to inflammation for many people. Both gluten and dairy are common food sensitivities. It's not encouraged to avoid these foods forever but the goal is to remove them from your system and then mindfully reintroduce them after the 28 days to see how they affect your body.

We also encourage you to remove added sugar from your diet during the HealthySelf Reset. A diet high in added sugar is directly associated with inflammation, weight gain, type 2 diabetes, heart disease, and many other health problems. Reducing added sugar intake is single handedly one of the best changes that everyone can make to improve their health. Because it's in nearly every processed food and is extremely addictive, we recommend that you avoid all sources of added sugar and any non-nutritive sweetener (think stevia, aspartame, etc.) to reset your entire system and alter your taste buds. After the 28 days we advise incorporating small amounts of added sugar into your diet and allowing yourself an occasional treat. Hopefully this process will allow you to be more mindful of your sugar consumption in the future!

While gluten, dairy and sugar have been shown to be harmful to a person's health, what's equally as harmful is judging foods as "good/bad", judging others for not eating the same way that you eat, limiting your diet too much to the point that you are at risk of nutrient deficiencies, and taking all of the joy away from eating. So, if you do not want to remove gluten and dairy from your diet during this time, we still encourage you to participate in the HealthySelf Reset by getting busy in the kitchen and whipping up some new dishes that may become some of your new favorites.



NUTRITION PHILOSOPHY

Nutrition above anything else is a practice and a journey. No one masters healthy living overnight! So focus less on being perfect and more on surrendering control. The choices that you make around food should come from a place of respect and love for your body rather than a place of hate or controlling. In the next 28 days, we encourage you to show up from a place of love. There's no need to control your food and there is no need to be perfect. You are not defined by the way that you eat so try to remove your ego in the process.



NUTRITION PILLARS

- 1 HAVE FUN EXPLORING NEW RECIPES AND FOODS.
- 2 EAT WHOLE FOODS THAT ARE IN THEIR ORIGINAL FORM WHENEVER POSSIBLE (GARLIC VERSUS MINCED GARLIC)
- 3 LISTEN TO YOUR BODY
- 4 ADD AT LEAST THREE COLORS TO EVERY MEAL
- 5 AVOID CALORIE COUNTING BUT BE MINDFUL OF PORTIONS
- 6 EAT FIVE CUPS OF VEGETABLES DAILY
- 7 INCLUDE A SOURCE OF LEAN PROTEIN, HEALTHY FAT, FIBER AND VEGETABLES/FRUIT WITH EACH MEAL
- 8 SET YOURSELF UP FOR SUCCESS BY SHOPPING AND MEAL PREPPING ON WEEKENDS
- 9 HYDRATE WITH FILTERED WATER, TEA, SELTZER WATER, BONE BROTH, ETC.
- 10 AVOID ADDED SUGARS, ARTIFICIAL SWEETENERS, GLUTEN & DAIRY



FOODS TO INCLUDE + AVOID

INCLUDE —

non-starchy vegetables

starchy vegetables

fruits

dairy alternatives

nuts & seeds

fats & oils

lean meats & eggs

fish & shellfish

AVOID —

gluten (wheat, barley, rye)

ex: wheat flour (pasta, bread, baked goods), couscous, spelt, farro, wheat bran, bulgur, malt syrup, semolina

dairy (casein & whey proteins)

ex: milk, yogurt, ice cream, cheese, butter, whey protein

added sugar

ex: honey, maple syrup, cane sugar, brown sugar, coconut sugar, agave nectar, high fructose corn syrup

non-nutritive sweeteners

ex: sucralose, aspartame, monk fruit, stevia, sugar alcohols (end in 'ol')



SHOPPING GUIDE

- + EAT WHOLE FOODS THAT WERE GROWN BY THE EARTH
- + CONNECT TO YOUR FOOD—DEVELOP AN APPRECIATION FOR IT BY BUYING FOOD IN ITS ORIGINAL FORM (EX: GARLIC HEAD VERSUS MINCED GARLIC) AND SUPPORT LOCAL FARMERS
- + EAT THE RAINBOW OF FRUITS AND VEGETABLES
- + BUY FRESH OR FROZEN PRODUCE (AVOID CANNED AND DRIED)
- + BUY QUALITY MEATS. POULTRY: ORGANIC OR PASTURE-RAISED & SKINLESS; BEEF/MEAT: ORGANIC & GRASS-FED. CONSIDER PURCHASING HALF OF A COW FROM A LOCAL FARMER AND FREEZE THE MEAT IN THE FREEZER.
- + CHOOSE ORGANIC OR PASTURE-RAISED EGGS. EAT THE YOLKS.
- + PURCHASE WILD FISH INSTEAD OF FARM-RAISED. CAN BE FRESH, FROZEN OR CANNED.
- + PURCHASE UNREFINED, EXTRA VIRGIN OLIVE OIL.
- + LOOK AT THE 'ADDED SUGAR' ON THE NUTRITION FACTS LABEL. MAKE SURE TO BUY UNSWEETENED NUT MILK AND DAIRY-ALTERNATIVES LIKE DAIRY-FREE YOGURT, CHEESE, ETC.
- + ROTATE NUTS IN YOUR DIET AND AVOID CONSUMING ALMOND MILK, ALMOND YOGURT, ALMOND FLOUR, ALMOND BUTTER AND ALMONDS ALL IN ONE DAY.
- + INCORPORATE FRESH OR DRIED HERBS AT EVERY MEAL AS AN EASY NUTRIENT-BOOST.
- + CHOOSE WHOLE SOURCES OF NON-GMO SOY SUCH AS TOFU, TEMPEH, EDAMAME, MISO.



MOVEMENT OVERVIEW

Our movement philosophy is deeply rooted in our experience with CrossFit: constantly varied, functional movements, executed at (relatively) high intensity. We've witnessed first-hand the efficacy of this fitness program in reversing chronic disease and in making stronger, healthier, more resilient humans.

We know that building capacity in the patterns life demands - squatting, pushing, pulling, etc - will allow us to live more independent and fulfilling lives as we age. In the HealthySelf Reset we introduce the most basic of these movements using only our bodyweight as resistance. It is our hope that with our instructional videos any individual may learn to perform functional movements scaled to their unique ability level. We also know that even the most basic of workouts can be made difficult with the right modifications and intensity, making our workouts an effective option for those with experience, too.

We hope that whether you are an experienced athlete or just beginning your exercise journey, you'll use the HealthySelf Reset as an opportunity to explore starting your day with movement.

Each week for the next four weeks you'll receive three workout sessions and four Morning5 sessions. These can all be done in the comfort of your own home with no equipment and no prior experience necessary.



MOVEMENT OVERVIEW



WORKOUT SESSIONS

3x/week, 30 min each

Each workout session will include warm up stretches and/or exercises, a main workout, and cool down stretches.

Videos explaining the exercises and options for scaling to meet your ability can be found in the Movement Library on your dashboard.

There you'll also find a document with photos of the movements that you can print out and reference mid-workout.

Each workout session will last 30 minutes in duration, and we will provide a link to a custom timer that will keep you on track as you move through the workout. The timers can be accessed for free using any smart phone or computer. These workouts can be done any time of day, but we encourage you to do them first thing in the morning.

MORNING5 SESSIONS

4x/week, <5 min each

How do you spend the first 5 minutes of your day? Instead of reaching for your phone or checking your email, we encourage you to start your day with movement. It doesn't have to be a full 30-minute workout to be effective in getting your blood flowing and priming your mind and body for the day.

On the days of the week that you do not do a Workout session, we encourage you try one of our Morning5 sessions. Morning5 sessions are composed of movements or stretches that can be done in less than 5 minutes, first thing after rolling out of bed.

WHAT DO YOU NEED?

A SMALL SPACE (4'X8') WITH A TOWEL OR MAT IF YOU'D LIKE. YOU MAY WISH TO USE A STOOL, BENCH, CHAIR, COUCH, OR BED FOR MODIFYING CERTAIN MOVEMENTS.

MOVEMENTS

SPEND SOME TIME THIS WEEK FAMILIARIZING YOURSELF WITH THE MOVEMENTS IN OUR VIDEO MOVEMENT LIBRARY. PLEASE POST ANY QUESTIONS TO THE FACEBOOK GROUP SO WE CAN ANSWER THEM ASAP.



HOW TO STAY CONNECTED

One of the biggest lessons we've learned over the years is that community is a core ingredient to living a healthy life and thriving. As humans we crave connection, understanding, and compassion. In an increasingly digital world, making meaningful connections may also seem increasingly difficult, however we've found the opposite.

We see technology as a tool to help us connect with others that may speak a different language, share different traditions, or believe in a different creator, however we all share the same human emotions and we all experience achievements and setbacks. Digital communities enable us to seek advice from those who have faced similar challenges, they expose us to other perspectives, and they allow us to celebrate each other's accomplishments.

The HealthySelf Reset at its core is a community of people who want to challenge themselves to be a better version of themselves than they were yesterday. The Facebook group is the main conduit for fostering this community and it is where we support and encourage one another, share experiences, ask questions, and learn from one another.

During the HealthySelf Reset we also encourage you to take inventory of your relationship with those in your lives, as well as the relationship you have with yourself. Sometimes this is the most important place to start.





NEXT STEPS

- + REQUEST TO JOIN THE HEALTHYSELF RESET FACEBOOK GROUP TO BE PART OF THE ONLINE COMMUNITY
- + INVITE YOUR FRIENDS AND FAMILY TO JOIN YOU!
- + START TO ESTABLISH PERSONALIZED, REALISTIC GOALS FOR THE NEXT FOUR WEEKS
- + BEGIN TO CLEAN OUT YOUR PANTRY AND RESTOCK ON PRODUCTS FROM OUR RECOMMENDED PRODUCT LIST
- + ACCESS THE WEEKLY MEAL PLANS AND WORKOUTS ON YOUR DASHBOARD THE WEDNESDAY BEFORE EACH WEEK

PLEASE REMEMBER THAT THE HEALTHYSELF RESET IS INTENDED TO GIVE YOU GENERAL GUIDELINES. ALTHOUGH THE HEALTHYSELF RESET MEAL PLANS ARE CREATED BY A REGISTERED DIETITIAN NUTRITIONIST, IT IS NOT CUSTOMIZED TO YOUR OWN NUTRITIONAL NEEDS AND SHOULD NOT BE VIEWED AS MEDICAL NUTRITION THERAPY. THE WORKOUTS ARE DESIGNED FOR ALL LEVELS, HOWEVER PLEASE PROCEED WITH CAUTION AND CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM.

WE CANNOT OVERSTATE HOW EXCITED WE ARE TO HAVE YOU ON BOARD THIS YEAR. WE TRULY BELIEVE EVERYONE HAS THE POWER TO BECOME THEIR HEALTHIEST SELF AND WE ARE THRILLED TO SEE WHAT TRANSFORMATION MAY COME YOUR WAY.

- BRIGID, JULIE AND DANI