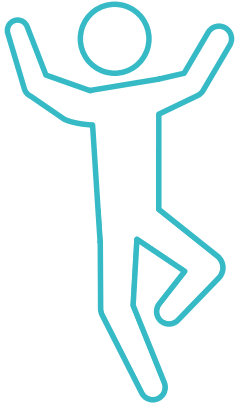




Day 2 - Take action

MOVE



Dance (as if no one is watching)

1. Grab your smartphone, headphones or stick the stereo on
2. Go to a place you feel comfortable dancing in
3. Choose a tune that lifts your soul and always gets you moving

FUEL



Try distraction-free meal times

1. Set a timer for 20 minutes and take that time to eat a main meal
2. Try eating silently for a few minutes to see what you notice
3. Take small bites and chew food well

NOURISH



Breathe

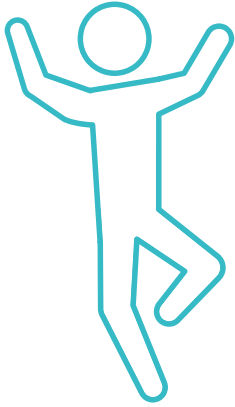


1. Find a quiet, comfortable space to practice
2. Pay attention to your posture, watch and try Mike's suggestions
3. Create a short daily routine for breathing exercises



Day 2 - Benefits

MOVE



Dance (as if no one is watching)

1. It raises your heart rate, you burn energy!
2. You use the whole body, improving balance and agility
3. It lifts your mood. Listening to your favourite tunes and moving makes you happy

FUEL



Try distraction-free meal times

1. Eating slower allows the brain to acknowledge you're full
2. Savouring food makes eating more enjoyable and aids digestion
3. Noticing what you're eating helps understand foods and meals you prefer

NOURISH



Breathing exercises

1. Help you relax and reduce stress
2. Help to lower heart rate and blood pressure
3. Support your immune system