

10-Days Detox Challenge

Nutrition

Embarking on a 10-day greens detox is a rejuvenating way to reset your body, focus on nutrient-dense foods, and eliminate inflammatory agents that can affect your wellbeing. Here's a comprehensive list of parameters to guide you through this detox journey, ensuring you consume 4-6 servings of greens daily while avoiding inflammatory foods:

1. Greens Intake:

- Aim for 4-6 servings of leafy greens each day. One serving equals approximately one cup of raw leafy greens or half a cup of cooked greens.
- Recommended greens include spinach, kale, Swiss chard, collard greens, arugula, and romaine lettuce. Feel free to mix and match to keep variety in your diet.
- Incorporate greens into your meals in the form of salads, smoothies, soups, or lightly steamed dishes.

2. Vegetables and Fruits:

- Besides leafy greens, consume a variety of colourful vegetables and fruits. Aim for 2-3 servings of other vegetables and 2 servings of fruit per day.
- Focus on low-glycemic fruits like berries, apples, and pears to minimize sugar intake.
- All vegetables and fruits should be fresh or frozen. Avoid canned versions with added sugars or preservatives.

3. Protein Sources:

- Include clean protein sources such as legumes, nuts, seeds, and if not vegetarian, lean organic poultry and wild-caught fish.
- Limit protein servings to 3-4 ounces per meal, focusing on plant-based proteins as much as possible.

4. Healthy Fats:

- Incorporate healthy fats into your diet from sources like avocados, olive oil, flaxseeds, chia seeds, and walnuts.
- Aim for moderate fat intake, roughly about two tablespoons of oil or a handful of nuts/seeds per day.

5. Hydration:

- Drink at least 8-10 glasses of water daily. You may infuse your water with lemon, lime, or cucumber for added flavor and detoxification benefits.
- Herbal teas are also encouraged, particularly those with detoxifying properties like dandelion, green tea, and ginger tea.

6. Foods to Avoid:

- Completely eliminate processed foods, sugary snacks, sodas, and artificial sweeteners.
- Avoid inflammatory foods such as dairy, gluten, corn, soy, and refined sugars.
- Cut out alcohol, caffeine, and tobacco to give your body a complete break from these substances.

7. Mindful Eating:

- Practice mindful eating by paying attention to your hunger cues, eating slowly, and savoring each bite.

- Try to make mealtime calm and stress-free, avoiding eating on the go or while distracted.

8. **Supplement Wisely:**

- Consider adding a high-quality multivitamin, omega-3 supplement, and a probiotic to support your body's nutritional needs and gut health during the detox.
- Always consult with a healthcare provider before starting any new supplement regimen.

Remember, the goal of this 10-day greens detox is to nourish your body, reduce inflammation, and reset your dietary habits. Listen to your body throughout the process and adjust as needed to ensure you feel supported and energized.

Mindfulness

A mental health detox can be a refreshing break for the mind, offering a chance to reset and recharge away from the stresses and stimuli of modern life. Here are some key parameters to consider when planning a mental detox:

1. **Reduced Screen Time:**

- Digital devices are an integral part of our lives, yet they can also be sources of stress and distraction. Limiting screen time is crucial for a mental detox. This includes setting specific times when you'll avoid phones, computers, and televisions, especially during the hour before bedtime to improve sleep quality. Consider replacing some of this time with activities that don't involve screens, like reading a book or practicing mindfulness.

2. **Bedtime Rituals:**

- Establishing a calming bedtime routine can significantly improve the quality of your sleep, which is essential for mental health. This might include activities such as taking a warm bath, reading, or meditating to help your mind unwind. Try to go to bed and wake up at the same time every day to regulate your body's internal clock, enhancing sleep quality further.

3. **Engaging in Outdoor Activities:**

- Nature has a profound ability to improve our mental state, reducing stress, and increasing happiness. Plan to spend time outdoors daily, whether it's a walk in the park, gardening, or a more vigorous activity like hiking or cycling. The fresh air, natural light, and physical activity can work wonders for your mental health.

4. **Cultivating Social Connections**

- Building and maintaining strong social connections is essential for good mental health. Make an effort to connect with friends, family, or even new acquaintances regularly. Engaging in meaningful conversations, sharing experiences, and offering support can provide a sense of belonging and boost your overall well-being.

5. **Practicing Gratitude**

- Taking a few moments each day to reflect on things you're grateful for can shift your perspective and improve your mood. Consider keeping a gratitude journal where you write down things you appreciate or are thankful for. Cultivating a habit of gratitude can promote positivity and resilience in the face of challenges.

6. **Seeking Professional Help**

- It's important to recognize when you might need additional support for your mental health. If you're struggling with persistent feelings of sadness, anxiety, or other mental health concerns, don't hesitate to reach out to a mental health professional. Therapy, counseling, or other

forms of treatment can provide you with the tools and support needed to navigate difficult emotions and improve your mental well-being.

Incorporating these parameters into your routine for a mental health detox can lead to significant improvements in your overall well-being. It's about creating a balanced lifestyle that acknowledges the need for rest, physical activity, and reduced dependence on technology. Remember, the goal is to find what works best for you and make these practices sustainable beyond the detox period for long-term mental health benefits.

Movement & Creativity

10-Day Movement and Creativity Challenge

Challenging yourself physically and creatively is transformative. These activities were designed to send love to your body and unleash your creative spirit. Each day, you will engage in physical activity and tap into your inner creativity through writing. This challenge is for anyone seeking to enhance their physical wellbeing while exploring the depths of their imaginative prowess. Whether you're a fitness enthusiast, a creative soul, or someone looking to jumpstart a new routine, this challenge is for you.

Day 1: The Kickstart

- Movement: Perform 100 kettlebell swings or 100 air squats.
- Creativity: Write a journal entry reflecting on your motivations for starting this challenge and what you hope to achieve.

Day 2: The Flow

- Movement: 10 minutes of mindful breathing, focusing on deep, controlled breaths.
- Creativity: Write a poem about where you find peace.

Day 3: The Push

- Movement: 100 kettlebell swings or 100 air squats.
- Creativity: Craft a short story or scene that starts with the sentence, "In the heart of the bustling city, I found a place where time stood still."

Day 4: The Breathe

- Movement: 10 minutes of mindful breathing, trying a new technique or location if possible.
- Creativity: Journal about a time you felt most alive and what made it special.

Day 5: The Halfway

- Movement: 100 kettlebell swings or 100 air squats.
- Creativity: Write a song or poem expressing your halfway point feelings in this challenge.

Day 6: The Mindful

- Movement: 10 minutes of mindful breathing, focusing on gratitude.

- Creativity: Create a gratitude list or letter, detailing the things you're thankful for.

Day 7: The Challenge

- Movement: Combine 50 kettlebell swings and 50 air squats.
- Creativity: Write a journal entry or poem from the perspective of someone completely different from you.

Day 8: The Calm

- Movement: 10 minutes of mindful breathing, focusing on releasing tension in your body.
- Creativity: Draft a peaceful scene, whether it's a tranquil meadow, a quiet beach, or a serene mountaintop.

Day 9: The Penultimate

- Movement: 100 kettlebell swings or 100 air squats.
- Creativity: Compose a letter to your future self, detailing your current hopes, dreams, and the lessons learned from this challenge.

Day 10: The Triumph

- Movement: 10 minutes of mindful breathing, reflecting on the journey.
- Creativity: Write a piece (journal entry, poem, or song) about your experience over the past ten days, focusing on your growth and any changes you've noticed in your body and mind.

Closing Thoughts

Congratulations on completing the 10-Day Movement and Creativity Challenge! You've taken significant steps toward enhancing your physical health and tapping into your creative potential. Remember, the journey doesn't have to end here. You can revisit this challenge anytime or create a custom version that suits your ongoing growth. Keep moving, keep creating, and keep exploring the depths of your potential.

Contest Rules & Guidelines

Here's your chance to win a \$100 gift card while detoxing your life of stress. To ensure a fun and fair competition, please adhere to the following rules:

1. **Follow to Join:** To enter the contest, you must follow @miketheschwartz, @white_lion_athletics, and @locallaundry on Instagram. This is the first step to becoming eligible for the prize.
2. **Tag to Win:** Each time you post an activity about the detox, make sure to tag @miketheschwartz and use the hashtag #musicfitdetox. This is how we'll find and count your entries.
3. **Multiple Entries:** The more you post, the better your chances! Every post that follows the guidelines above counts as one entry into the contest. There's no limit to how many times you can enter, so feel free to share as much as you like.
4. **Contest Period:** The contest opens now and closes on August 31, 2024. Make sure all your posts are up and properly tagged by the closing date. Late entries won't be considered, so start posting soon!

5. **Winner Announcement:** Keep an eye on @miketheschwartz's account on September 04, 2024. That's when we'll announce the lucky winner of the \$100 gift card. It could be you!

Remember, this contest is all about sharing your journey and inspiring others. Whether it's conquering a fear, trying something new, or pushing your limits, we want to see it! Let's make this contest a positive and encouraging space for everyone involved.

Create magic! #musicfitdetox