

# 30 DAYS OF WELLNESS

## WHAT YOU NEED TO KNOW

### 4 WORKOUTS/WEEK

The goal during these 30 days is to complete 4 weight training workouts per week.

Why 4 days? In a 7 day week, 4 days is obviously the majority. Tip your week to the positive and aim for more workout days than non workout days.

It does not matter which exact days of the week you workout. It could be M, Tu, Th, F or M, W, F, S. Simply, aim for 4 days each week and if you can do more, do more.

During these 30 days, you can follow the LG Mom Plan: Pregnancy Fitness Guide, LG Mom Plan: Postpartum Fitness Guide or any of my Weight Training Plans. I suggest lifting because it will best help with changing our body composition, building strength and muscle.

### 150 WALKING MINS

In addition to 4 weight training workouts per week, I encourage you to aim for 150 walking minutes over the next 30 days.

Walking is great for both the body and mind. It can also be excellent bonding time with your little(s) and family.

150 minutes can be spaced out however you prefer: 5 30-min walks, 10 15-min walks, etc.

Get outside... push that stroller... take in the fresh air... enjoy.



### PELVIC FLOOR + CORE PLAN

This is one of the most important parts of my postpartum training and I'm not just talking about those first few months after having a baby.

As a mom, the Pelvic Floor + Core Plan should be a foundational part of your fitness regimen.

The goal during these 30 days of wellness is consistency.

Aim to get in those 3 weekly Pelvic Floor + core workouts.

### DAILY WELLNESS TO DO

I've created a daily wellness to do item as a fun way to prioritize yourself and your health.

If you enjoy social media, this makes for a 30 day photo challenge as well. Upload your related pics (ex: find a mantra = post your manta to your Instagram + hashtag #LGMomPlan #LGMom or share it in our Facebook Motherhood Community group