

# 5-Day Healthy Movement



## Challenge

by Kari Lockrem Wellness

# MEET YOUR COACH



KARI

I am a wife, mother and grandmother.  
I am also an entrepreneur, a hairstylist  
and Functional Health Coach,  
completing my certification in  
Functional Medicine.



*I am a Board Certified Functional Health Coach. I am passionate about helping people achieve vibrant health. I believe in using the functional medicine model which supports the body's natural ability to heal itself and return to optimal health; by investigating root causes of illness instead of just managing symptoms.*

# WELCOME

## ABOUT THIS CHALLENGE

I am excited to share this free 5 day challenge with you on how to fit movement into your lifestyle.

During the next 5 days we will venture through the importance of healthy movement and set up a framework of how to fit it into your busy day.

I am happy you are here, I'm here to support you through this challenge. Let's go!

In this challenge you will:

- Create a framework for what healthy movement is for you.
- Discover ways to fit it in your daily schedule
- Learn about why movement impacts your health
- Be part of a private Facebook group to answer daily questions and support your new friends.

Join with this link :

<https://www.facebook.com/groups/9983861043697>

93

*Kari xoxo*

# Outline

## 5 day challenge outline

### 01 Don't workout, play out!

*Choose an activity to do involving play moves, make exercise fun!*

### 02 Watch the Nitric Oxide videos and follow along 2-3x today.

*Nitric Oxide dump allows your muscles to grow and become stronger.*

### 03 Restorative Yoga- slow down today.

*Choose a video and follow along.*

# outline

**04** Install a fitness app and find a 10 minute video of your choice

*Install an app or open your favorite app and find a 10 minute video of your choice to complete today.*

**05** Include some healthy movement in your housework or yard work.

*Add intentional movement to your housework or get outside to do the chore you've been putting off.*

**06** Bonus Day

*What is one snack or meal each day that you can make healthier, or what fast food choice while you are out or at work that you can change for the better?*

# challenge

*day one*

DAILY MOVEMENT CAN BE  
FUN INSTEAD OF WORK!

**CHALLENGE:** Don't workout...payout!!  
Choose an activity to do involving play  
moves, then get to playing and have fun!

**QUESTION:** DO YOU LIKE THE IDEA OF  
PLAYING OR DOES IT INTIMIDATE YOU?

THOUGHTS

---

---

---

---

---

---

---

# PLAY

Movement doesn't have to involve a specific exercise or number of repetitions to be helpful to our bodies. Playing is movement too! When we "play"-out instead of "work"-out, we make movement more enjoyable and add fun into our lives. The type of movement doesn't matter, it just matters that you are up and moving daily. "Playing" out instead of "working" out also allows you to combine the social and community factors needed in your life to help lower stress levels you may have even more. When we lower stress levels by having fun, we also increase our feel-good hormones that help balance food cravings, sleep cycles and more. The idea of Primal Play in place of safe movement was developed by Darryl Edwards. Primal play makes exercise more enjoyable, less boring, and allows us to look forward to daily movement.

Primal play is a super creative, always evolving exercise and movement program based on our ancestral primal instincts for movement while giving us the benefits of functional fitness training.

Bear crawl, crab walk, duck walk, bunny hop are some examples of fun primal moves you can take a few minutes to do. If you have kids at home, get them involved to make it even more fun and get them moving too!

Here is a great [article](#) that includes a short video of movements you can try today.

Here are some other ideas for today's challenge:

- Play tag with a group of adults or kids
- Go play Laser tag or Paintball with friends
- Play Frisbee, soccer, flag football, basketball with friends or kids
- Jump on the trampoline or play at trampoline park

# challenge

*day two*

MOVEMENT CAN BE QUICK &  
EASY TO ADD EACH DAY!

**CHALLENGE:** Watch and follow along with  
this video 2-3x today

[4-minute Nitric Oxide Dump](#)

**QUESTION:** WHAT TYPE OF MOVEMENT HAVE  
YOU ENJOYED IN THE PAST? HAS IT BEEN  
INDEPENDENT OR WITH A GROUP?

THOUGHTS

---

---

---

---

---

---

---

---



# Nitric Oxide Dump

What's Nitric Oxide and why is it important? Nitric oxide is a molecule found in the inner layer of your blood vessels, the endothelium. It acts as a messenger molecule that transmits signals to cells in various parts of your body such as the cardiovascular, nervous and immune systems. Once released through exercise, nitric oxide works its way into the smooth muscles and causes them to relax.

The Nitric Oxide Dump uses simple movements done in quick succession, providing benefits similar to longer workouts, but yet accomplished in just a very small fraction of the time. The Nitric Oxide Dump only takes a small amount of your time, with one session lasting between three to four minutes. Since it's ideally repeated three times a day, you'll be using a total of around 15 minutes.

Both Dr. Zach Bush and Dr. Joseph Mercola both recommend doing the Nitric Oxide Dump three times a day. Dr. Bush calls it one of the best ways to start toning your body's systems. Nitric oxide in your body replenishes, and releasing it constantly allows your muscles to grow and become stronger, and other benefits. Each session takes around 4 minutes, and consists of three sets with 10 repetitions each of the following exercises:

1. Squats
2. Arm raises
3. Circular arm swings (also called non-jumping jacks)
4. Shoulder presses

After completing the exercise, relax and stay put for a moment. In the next 20 seconds or so, you will feel a tingling sensation at your fingertips, which means that the nitric oxide is currently coursing throughout your body and reaching every single cell.

Doing these 4 minutes, several times a day, will help boost your cardiovascular function, improve the amount of oxygen your body can handle during intense movement, improve weight and help with fat loss, as well as reduce insulin resistance.

[Additional Information and videos](#)

# challenge

*day three*

## RESTORATIVE YOGA

**CHALLENGE:** Take time to slow down today and choose a short video to follow along with today.

Video 1

Video 2

Video 3

**QUESTION:** DO YOU FEEL LIKE IT'S A STRUGGLE TO FIND TIME TO SLOW DOWN AND TAKE TIME FOR YOU? WHY?

THOUGHTS

---

---

---

---

---

---

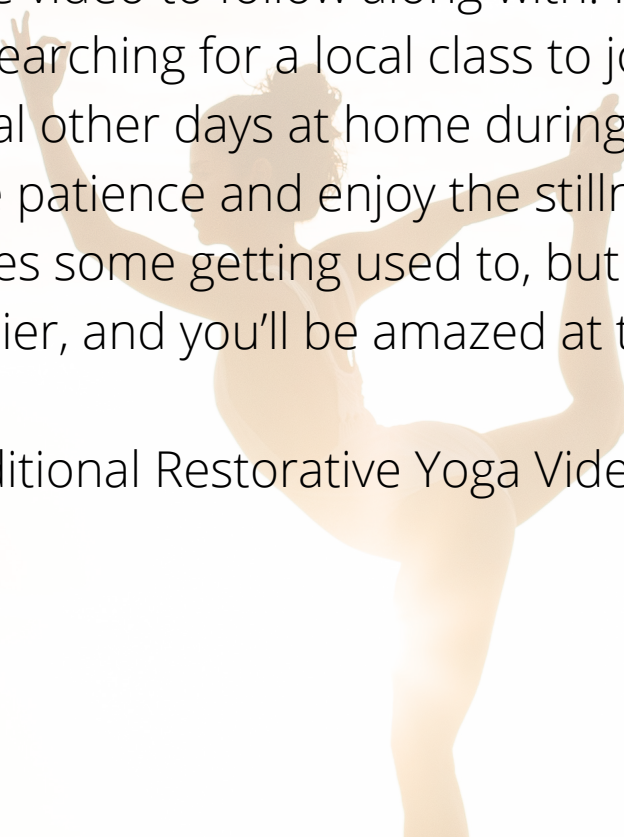
---

---

Taking time to slow down during your week is important. We can very easily get wrapped up in the constant “go-go-go” mentality of the world around us and forget to take time to just breathe and re-focus. Yoga is a way to implement this slowing down. If you have restrictions in daily movement, or just starting to implement movement, restorative yoga is a great place to start. When the body enters a state of relaxation the mind can also consciously relax as tension is released from both body and mind. The only work that's required on your part during a restorative yoga practice is to pay attention to your breath and become aware of any sensations or thoughts that may arise. The benefits of Restorative Yoga include increased relaxation, better sleep, improved well-being, better mood & mental health, and reduced pain. This form of Yoga is gentle on the joints, and consistent practice can strengthen the connective tissues that surround the bones and joints.

Restorative yoga can be an excellent way to relieve stress and enjoy long, meditative stretches. The best way to start is to choose an online video to follow along with. If you like it, you might consider searching for a local class to join once a week and then do several other days at home during the week with an online video. Have patience and enjoy the stillness of your body and mind. It takes some getting used to, but after a while, it becomes easier, and you'll be amazed at the benefits.

Additional Restorative Yoga Videos



# challenge

*day four*

USE A FITNESS APP TO HELP  
KEEP YOU MOTIVATED!

**CHALLENGE:** Install a fitness app or open your current fitness app and find a 10-minute workout video of your choice from the app to complete today. Or use your Wii Fit or another exercise/dance video on a gaming console.

**QUESTION:** WHAT DO YOU THINK IS THE BIGGEST REASON YOU PERSONALLY LOSE MOTIVATION WITH THINGS?

THOUGHTS

---

---

---

---

---

---

---

---

## A few apps you can try:

[8Fit](#) [FWFG](#) [FitOn](#) [MyFitnessPal](#) [JeFit](#) [OpenFit](#) [Centr](#)

If you struggle with motivation to get up and get moving, using a fitness app can be very helpful. With a fitness app you can set a reminder on your phone, you can choose what workout you are going to focus on that particular day and really base those workouts around how you are feeling and how much time you have to complete a workout.

We all hit days where we have a lack of motivation and it's okay. What's important is to be prepared ahead of times for when these days come upon us. It's also important to realize when we just need to let our bodies rest. When you have the desire to workout but just struggle to get going, a fitness app can help get you out of the funk.

Most fitness apps also allow you to chart your measurements, your mood, how you are feeling physically, your meals for the day and more. If you have kids or teens at home, then you more than likely have a gaming console like a PlayStation, Wii, or an Xbox. If you have Wii, then you have the ability to use a program like Wii-Fit where you can make movement fun by moving through virtual obstacle courses, dancing and more. With the other gaming consoles, you have ability to download apps like Beach Body or Just Dance. Beachbody has great dance workout videos!

You can also connect to YouTube on your TV via your gaming console to get out of the box movement videos to follow along with for today's challenge.

# challenge

*day five*

HOUSEWORK & YARDWORK CAN  
BE HEALTHY MOVEMENT TOO!

**Challenge:** Include some healthy movement in your housework or get outside and do some yardwork.

**QUESTION:** WHAT ARE SOME OTHER WAYS YOU CAN START IMPLEMENTING FUN ACTIVITIES INTO YOUR DAYS?

THOUGHTS

---

---

---

---

---

---

---

---

## **Make it fun!**

You might not look at housework as healthy movement. While doing your normal housework everyday may not be healthy movement everyday...you can certainly make it a way to add healthy movement. While you are in the kitchen, pull out a chair and do a few chair exercises here and there as you are moving around the kitchen. Take a few minutes and do some squats, or lunges as you move around the house cleaning up other rooms. Getting outside and doing some yardwork you have been putting off or cleaning up the garden is definitely a great way to add in healthy movement. How many times have you gone out and done yardwork and wake up the next morning feeling it all over? It's because you are using muscles that you don't normally use on a daily basis.

Make it a family affair, get your spouse and kids involved! Not only does it get everyone up and moving but you will get everything accomplished faster doing it together. When doing housework, set a timer for each room you are in. Kids (even teens) always enjoy a fun timed challenge of cleaning up a room quickly. It also helps mentally if its any type of chore we (or the kids) dread. When we set a timer and need to beat the clock, it gets us moving quickly and gets our mind of how much we dread it. With doing it this way, we know that dreaded chore will get done quickly but we also get movement benefits from it.

[Quick chair exercise that work as well as going to the gym](#)

Printable Chair Workouts

# Bonus

*day six*

## THE FOOD CHOICES YOU MAKE MATTER!

**QUESTION:** WHAT IS ONE SNACK OR MEAL EACH DAY THAT YOU CAN MAKE HEALTHIER, OR WHAT FAST FOOD CHOICE WHILE YOU ARE OUT OR AT WORK THAT YOU CAN CHANGE FOR THE BETTER?

THOUGHTS

---

---

---

---

---

---

---

---



## BONUS

When we start implementing healthy movement into our lives, sometimes we go into it with blinders on expecting it to be that big thing that changes our lives on a big scale and then get frustrated when we only focus on that and don't reach the goals we have set.

One of the biggest mistakes that I see clients making is not including better food changes in their life. Ever heard the term "crap in, crap out?" It's a very true statement especially when it comes to health. You can implement healthy movement and get your body moving, you will notice positive changes, but you want to see long-term positive changes, then you need to also make sure that your food choices match the goals you have for yourself.

When you decide to keep eating the same way you always have and its unhealthy choices, it doesn't matter how much you exercise daily...you will have a hard time reaching the goals you have set for yourself. When you put food choices in that are processed and lacking in nutrients (aka crap in), your body will be sluggish and not be able to provide you with the proper energy & nutrients you need to keep going with your movement (aka; crap out). Our bodies are made to run on the proper fuel and that fuel is meant to be nutrient-dense whole foods, not today's overabundance of processed foods and fast foods.

We live in a busy world, and it can be hard to find balance and a way to fit in healthy meals every day. If you aren't seeing much change or want to see long-term change while you are implementing movement daily, look at the food choices you are making on a daily basis. Start small and simple. Change doesn't happen overnight but when we know better, we do better. Making little changes each day or every few days will add up to a lifetime of changes that put you back in control of your health and allow you to lead a healthy lifestyle and be able to enjoy what's ahead of you in your life.

Once you start making that change, keep a journal, and note down how you feel after a few days or a week of making this change. What are some additional small attainable goals with your food choices that you can keep working on?

**[This blog post might help](#)**



# Tools & Resources

## **Exercise Library**

Click below to access the free ACE Fitness exercise library. Here you will find tutorials on safe exercises for you to try.

[ACCESS](#)

## **50 Resources**

Click the link below to access an article giving you information and links on 50 free workout resources for working out at home and staying motivated.

[ACCESS](#)

## **10 Mindful Apps**

We talked about slowing down this week. In this article, you will find app options to help you add relaxation to your days.

[ACCESS](#)

## **Move Your DNA**

In this fantastic book, Katy Bowman educates you on restoring your health through natural movement.

[ACCESS](#)





DARE TO LOVE  
YOURSELF  
AS IF YOU  
WERE A  
RAINBOW  
WITH GOLD AT  
BOTH ENDS.

**Poet Aberjhani**

# DISCLAIMER

This workbook is for educational and informational purposes only and solely as a self-help tool for your own use. I am not providing medical, psychological, or nutrition therapy advice. You should not use this information to diagnose or treat any health problems or illnesses without consulting your own medical practitioner. Always seek the advice of your own medical practitioner and/or mental health provider about your specific health situation.

The content of this workbook is copyright protected and is the property of Kari Lockrem Wellness.



I am so thankful I found your program. I haven't been at this point since 28 years ago! I've struggled with weight since 1992...after my 3rd child was born. My thyroid seemed to go on vacation at that point and I felt sluggish and gained weight that I couldn't lose for years.

## COMING SOON!

There are many factors to weight gain. This program helps find the root cause of your weight gain, and educates you on how to make the best lifestyle, dietary, and mindset changes to keep it off.

# COACHING PROGRAMS

Need more help with weight loss or learning the framework of healthy living? I have 2 Coaching Programs that will that will give you the tools you need to transform your health. Visit my website for more information.

## 01 WEIGHT LOSS FOR LIFE PROGRAM

This is a 3 month program that will teach you how to make changes that last so you can be restored to optimal health. This program includes a functional test that will show us what imbalances are driving your weight or gut problems. Depending on your needs, this will either be GI Map or Dutch test. Each month will have a module for you to complete, food plans, pantry clean out, exercise plan that fits your lifestyle and education on how functional medicine can finally get you to your health goals.

[MORE INFO](#)



## 02 THE PRINCIPLES OF HEALTH

Throughout this program you are going to receive education on the Principles of Health that everyone needs to have to regain a balance in life that works for them. By the end of this program, you are going to feel empowered and supported in taking back control of your health & lifestyle!

[MORE INFO](#)

