



nuve  
*wellness*






7-day  
*Reset*

# *What you'll need*

## Shopping list

- Smart light bulbs
- Yoga mat
- Ankle weights
- Magnesium glycinate
- Electrolytes (salt also works)
- Bone broth
- Book of choice or kindle

\*Don't let perfection be the enemy of progress! Even if you're missing certain items, you can still apply the method.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 <p>Morning movement</p>	<ul style="list-style-type: none"> <li>• <b>10 min</b> stretching to stimulate lymphatic flow.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>15 min</b> yoga flow + 30 jumps (major mood booster!).</li> </ul>	<ul style="list-style-type: none"> <li>• <b>20 min</b> walk.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>20 min</b> walk with ankle weights + <b>5 min</b> stretching.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>25 min</b> walk with ankle weights + <b>5 min</b> stretching.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>15 min</b> walk + <b>15 min</b> light jog.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>20 min</b> light jog + <b>10 min</b> stretching.</li> </ul>
 <p>Hydration/ beverages</p>	<p><i>*water + electrolytes BEFORE caffeine</i></p> <ul style="list-style-type: none"> <li>• Min 2 L of water.</li> </ul>	<p><i>*water + electrolytes BEFORE caffeine</i></p> <ul style="list-style-type: none"> <li>• Min 2 L of water.</li> </ul>	<p><i>*water + electrolytes BEFORE caffeine</i></p> <ul style="list-style-type: none"> <li>• Min 2 L of water &amp; max 2 caffeinated beverages (<i>before</i> 11 AM).</li> </ul>	<p><i>*water + electrolytes BEFORE caffeine</i></p> <ul style="list-style-type: none"> <li>• Incorporate 1 fruit-based smoothie (no sweeteners).</li> </ul>	<p><i>*water + electrolytes BEFORE caffeine</i></p> <ul style="list-style-type: none"> <li>• Incorporate 1 veggie-based smoothie (no sweeteners).</li> </ul>	<p><i>*water + electrolytes BEFORE caffeine</i></p> <ul style="list-style-type: none"> <li>• 1 cup of organic grass-fed bone broth.</li> </ul>	<p><i>*water + electrolytes BEFORE caffeine</i></p> <ul style="list-style-type: none"> <li>• 1 cup of organic grass-fed bone broth.</li> </ul>
 <p>Mindful eating focus</p>	<ul style="list-style-type: none"> <li>• <b>Pause</b> when hungry: “Am I hungry, or am I tired/stressed/bored?”</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 rule:</b> No sugar (unless from fruit). Analyze how you feel throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 rule:</b> No sugar (unless from fruit). Analyze how you feel throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 rule:</b> No gluten. Analyze how you feel throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 rule:</b> No gluten. Analyze how you feel throughout the day.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 rule:</b> Each meal must contain protein.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>2 rules:</b> Each meal must contain protein + fibre.</li> </ul>
 <p>Stress &amp; nervous system</p>	<p><b>MINDFULNESS</b></p> <ul style="list-style-type: none"> <li>• <b>Pause</b> when stressed: “What am I feeling? What do I need right now?”</li> </ul>	<p><b>BREATHWORK</b></p> <ul style="list-style-type: none"> <li>• 5 rounds: inhale 5 sec, hold 5 sec, exhale 5 sec.</li> </ul>	<p><b>GRATITUDE</b></p> <ul style="list-style-type: none"> <li>• Think about or write down 5 things you are grateful for.</li> </ul>	<p><b>SOUND THERAPY</b></p> <ul style="list-style-type: none"> <li>• 528 Hz on YouTube, play for 5 minutes (eyes closed).</li> </ul>	<p><b>DIGITAL DETOX</b></p> <ul style="list-style-type: none"> <li>• Leave your phone in the other room for 30 minutes (no TV or tablet).</li> </ul>	<p><b>BREATHWORK</b></p> <ul style="list-style-type: none"> <li>• 1 round or more of Wim Hof breathing (follow steps on ChatGPT).</li> </ul>	<p><b>GRATITUDE</b></p> <ul style="list-style-type: none"> <li>• Think about or write down 10 things you’re grateful for.</li> </ul>
 <p>Wind down &amp; sleep</p>	<p><i>*magnesium glycinate 1 hour before bed</i></p> <ul style="list-style-type: none"> <li>• Set a consistent bedtime window (+/- 30 min).</li> </ul>	<p><i>*magnesium glycinate 1 hour before bed</i></p> <ul style="list-style-type: none"> <li>• 1 cup of chamomile tea 1 hour before bed.</li> </ul>	<p><i>*magnesium glycinate 1 hour before bed</i></p> <ul style="list-style-type: none"> <li>• Dim all lights 1.5 hours before bed.</li> </ul>	<p><i>*magnesium glycinate 1 hour before bed</i></p> <ul style="list-style-type: none"> <li>• Dim all lights and turn off screens 1.5 hours before bed.</li> </ul>	<p><i>*magnesium glycinate 1 hour before bed</i></p> <ul style="list-style-type: none"> <li>• Switch to red light (smart bulb) 1.5 hours before bed.</li> </ul>	<p><i>*magnesium glycinate 1 hour before bed</i></p> <ul style="list-style-type: none"> <li>• Switch to red light (smart bulb) 1.5 hours before bed.</li> </ul>	<p><i>*magnesium glycinate 1 hour before bed</i></p> <ul style="list-style-type: none"> <li>• Phone out or across the room before bed; read to fall asleep.</li> </ul>

Day 8

DM us @nuvewellness  
on instagram and let us  
know how you feel!