



“Five for 30” Program

THRIVEing was created by Julie Jetzer, owner of Corrective Core & Musculoskeletal Health, LLC, a Certified Personal Trainer specializing in corrective exercise for Diastasis Recti and holding several certifications as a Certified Health Coach. This program was created to support those who aspire to achieve better health by following a healthy lifestyle and to provide suggestions that meet you where you are.

The “E” in THRIVEing remains in the word intentionally, as the program is an integrative wellness program, not a diet. The “TH” stands for Thinking Healthy, “RI” stands for Real Ingredients, “V” stands for Vitamins, “E” stands for Exercise, and the ending “ing” is action, meaning we are doing.

As a free gift Julie Jetzer has developed this special proactive health program called “Five for 30”

The concept is to follow the THRIVEing program for 5 consecutive days, followed by 1-2 days off and continuing that platform for a short 30 days. Julie invites you to adapt each area of THRIVEing into your life one aspect at a time or all at once.

The contents of this program including text, graphics, images, and other materials are provided for informational purposes only and is not intended to be a substitute for professional health advice, diagnosis, or treatment.

Before starting this or any program you should always consult with your health care practitioner.



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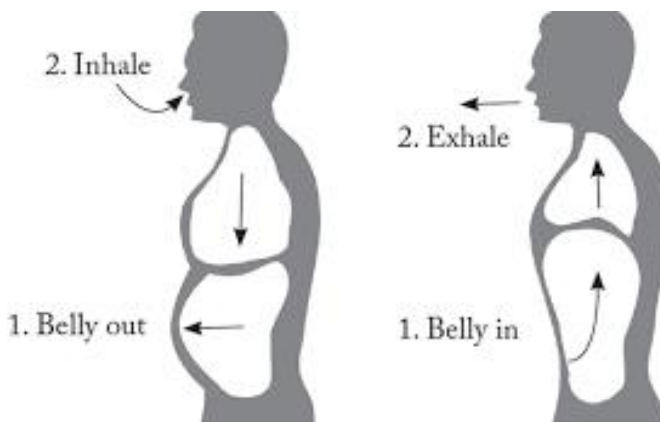
Belly Breathing



**Thinking Healthy is
THRIVEing - Learning
how to belly breathe.**

This technique helps to eliminate shallow chest breathing and encourages full exhalation and inhalation, which reduces stress hormones and the rise of blood sugar levels.

Breathing exercise



**Try each
morning,
afternoon
and evening.**

- Find a place where it's quiet. For best results, close your eyes.
- Sit in a straight back chair (if needed add a pillow for back support) with both feet on the floor or crossed at the ankles. What's important is that your back is not arched, but in neutral spine.
- Begin inhaling by expanding the abdomen (let it inflate like a balloon), then move the breath into your rib cage, and finally, all the way into your upper chest.
- Exhale by reversing this action; begin at your collarbones and exhale down through your rib cage and into your abdomen. Contract your abdominal muscles as you finish exhaling, so your belly is drawn in towards the spine.
- You might find it helpful to lightly place one hand on your abdomen (belly) and the other hand on your rib cage (chest) to help feel the belly expand first, followed by the chest.
- Inhale for a count of 5; hold for a count of five and exhale for a count of five; hold for a count of five and repeat.
- Start with three times a day; morning before you get out of bed, afternoon, and in the evening before you fall asleep and build up whenever you feel stressed.



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Journaling



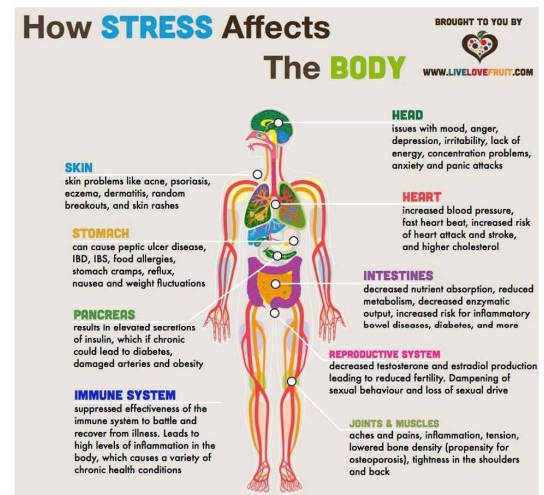
What were my challenges with belly breathing?

What can I do to help myself get better at belly breathing and make it more natural?

Questions that came up while belly breathing to ask:

Notes from Julie:

Diaphragmatic breathing or “Belly Breathing” is breathing that is done by contracting the diaphragm, a muscle located horizontally at the base of largest opening of the ribcage. Diaphragmatic breathing is also known scientifically as *eupnea*, which is a natural and relaxed form of breathing in all mammals. Eupnea occurs whenever one is in a state of relaxation, or when there is no immediate danger causing the reaction of “fight or flight”. Fight or Flight is the response of the sympathetic nervous system to a stressful event, preparing the body to fight or flee. It is associated with the adrenal secretion of epinephrine which increases heart rate, increases blood flow to the brain and muscles, and raises sugar levels. When this hormonal chemical reaction occurs the body slows digestion.



Belly Breathing = Less Stress



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Real Ingredients- Learning “real” food eating.



Traffic Light Eating coined by Dr. William Sears, M.D., is the easiest way to remember what we want to put in our body versus what we do not want to put in our body. The concept focuses more on the quality of the foods we eat rather than the quantity.



GREEN means GO Foods that are grown, low in calories, high in nutrients, colorful and could usually be eaten raw; include all fruits & vegetables. Like this apple..it's a whole food that hasn't been processed.



YELLOW means SLOW DOWN Foods that are okay to consume every day, but in moderation, have more calories than GREEN foods, usually more fat or sugar than GREEN foods, like nuts & seeds, olive oil, fish, cheese, greek yogurt, eggs, lean red meat, chicken or turkey and some grains. Like this applesauce without added sugar!



RED means STOP Foods that are low in nutrients, have more calories, more fat & more sugar, contain artificial sweeteners, contains artificial colors, contain hydrogenated oils/trans fats and/or contains high fructose corn syrup. I call these FAKE or EMPTY food. Red foods include cookies, cakes, candy, frozen yogurt, fatty meats, white bread, chips, sugary beverages like soda, juice drinks, energy drinks, and processed meats or this slice of apple pie!!

The more you categorize everything you eat into the three color areas the more you will eat more of the foods that are best for your body, and less of the foods that are not healthy.



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Tracking



Start Date: _____

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Green Food

Yellow
Food

Red
Food

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Green Food

Yellow
Food

Red
Food

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

Green Food

Yellow
Food

Red
Food

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Green Food

Yellow
Food

Red
Food

THRIVEing V - vitamins

My Picks

Vitamins and minerals are essential to life; and I mean essential.

The purpose of food is to provide your body with the nutrients needed to function. Not eating enough real, unprocessed foods or eating too many empty calories means you're not giving your body the fuel it needs to perform mentally or physically. Chances are you're not getting enough of the good stuff, and figuring out what we need is tricky business.



Through my health coach and personal trainer education I have learned about the key nutrients we require for optimal health. Our body cannot produce essential vitamins and minerals so we need to consume them. These essential vitamins should be supplied by our foods, however, that does not seem to happen in our fast lifestyles. That is why I chose to supplement with these four vitamins beyond food.

Few foods contain vitamin D naturally. Because of this, some foods are fortified, meaning that vitamin D has been added. These are normally cereals and breads which are typically a RED FOOD. Here are some GREEN FOODS with natural occurring vitamin D:

Salmon, sardines, egg yoke, shrimp

Vitamin D has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorous, and facilitating normal immune system function. Getting a sufficient amount of vitamin D is important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.



D fights disease In addition to its primary benefits, vitamin D may also play a role in reducing your risk of multiple sclerosis, according to a study published in the *Journal of the American Medical Association*. (1) Decreasing your chance of developing heart disease (2), and help to reduce your likelihood of developing the flu, according to research published in the *American Journal of Clinical Nutrition* (3)

D fights depression Research has shown that vitamin D might play an important role in regulating mood and warding off depression. In one study (4), scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms. In another study of people with fibromyalgia (5), researchers found vitamin D deficiency was more common in those who were also experiencing anxiety and depression.

D helps with weight loss The present data indicate that in obese and overweight people with vitamin D deficiency, vitamin D supplementation aids weight loss and enhances the beneficial effects of a reduced-calorie diet. The researchers suggest that all overweight and obese people should have their vitamin D levels tested. Previous studies have suggested that about 40 percent of North American adults are vitamin D-deficient, according to the study. (6)

(1) <http://jamanetwork.com/journals/jama/fullarticle/204651>

(2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2726624/> (3) <https://www.ncbi.nlm.nih.gov/pubmed/20219962>

(4) <http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2796.2008.02008.x/abstract> (5) <http://www.webmd.com/fibromyalgia/news/20140117/vitamin-d-supplements-may-help-ease-fibromyalgia-pain-study> (6) <http://www.webmd.com/diet/obesity/news/20150508/vitamin-d-supplements-might-help-some->



The human body can make most of the types of fats it needs from other fats or raw materials. That isn't the case for omega-3 fatty acids (also called omega-3 fats and n-3 fats). These are *essential* fats—the body can't make them from scratch but must get them from food. Foods high in Omega-3 include fish, vegetable oils, nuts (especially walnuts), flax seeds, flaxseed oil, and leafy vegetables.

Omega 3 and Depression?

Omega-3 fatty acids play a critical role in the development and function of the central nervous system. Emerging research is establishing an association between omega-3 fatty acids and major depressive disorder. Evidence from epidemiological, laboratory and clinical studies suggest that dietary lipids and other associated nutritional factors may influence vulnerability and outcome in depressive disorders. (1) (2)

What makes omega-3 fats special? They are an integral part of cell membranes throughout the body and affect the function of the cell receptors in these membranes. They provide the starting point for making hormones that regulate blood clotting, contraction and relaxation of artery walls, and inflammation. They also bind to receptors in cells that regulate genetic function. Likely due to these effects, omega-3 fats have been shown to help prevent heart disease and stroke, may help control lupus, eczema, and rheumatoid arthritis, and may play protective roles in cancer and other conditions. (3)

Oil	Omega-6 Content	Omega-3 Content
Safflower	75%	0%
Sunflower	65%	0%
Corn	54%	0%
Cottonseed	50%	0%
Sesame	42%	0%
Peanut	32%	0%
Soybean	51%	7%
Canola	20%	9%
Walnut	52%	10%
Flaxseed	14%	57%
Fish*	0%	100%

So what are the consequences to human health of an n-6:n-3 ratio that is up to 25 times higher than it should be?

The short answer is that elevated n-6 intakes are associated with an increase in all inflammatory diseases which is to say virtually all diseases. The list includes (but is not limited to):

- cardiovascular disease
- type 2 diabetes
- obesity
- metabolic syndrome
- irritable bowel syndrome & inflammatory bowel disease
- macular degeneration
- rheumatoid arthritis
- asthma
- cancer
- psychiatric disorders
- autoimmune diseases

Is too much omega-6 and not enough omega-3 is making us



The more omega-3 fat you eat, the less omega-6 will be available to the tissues to produce inflammation. Omega-6 is pro-inflammatory, while omega-3 is neutral. A diet with a lot of omega-6 and not much omega-3 will increase inflammation. A diet of a lot of omega-3 and not much omega-6 will reduce inflammation. (3)

(1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC533861/> (2) <https://www.ncbi.nlm.nih.gov/pubmed/19499625> (3) <https://www.hsph.harvard.edu/nutritionsource/omega-3-fats/> (3) <https://chriskresser.com/how-too-much-omega-6-and-not-enough-omega-3-is-making-us-sick/>

b vitamins



Sunflower Seeds



Nutritional Yeast



Avocado



Kombucha



Spinach

THIAMINE (B1), RIBOFLAVIN (B2), NIACIN (B3),
PYRIDOXINE (B6), PANTOTHENIC ACID (B5),
BIOTIN (B7), FOLIC ACID (B9), COBALAMIN (B12)

The B vitamins include thiamin, riboflavin, niacin, folate (also called folic acid or folacin), vitamin B6, vitamin B12, biotin and pantothenic acid. The B vitamins work collectively and individually in every cell to perform many different jobs, including helping the body release the energy it gets from carbohydrates, proteins and fats.

Some foods are especially good sources of just one B vitamin, while other foods contain several B vitamins.



Luckily, B vitamins are widely distributed throughout the food supply, so if you're eating a varied, balanced diet that includes foods from all food groups, you're most likely getting as many vitamins as you need. (1)

Symptoms of Vitamin B-12 Deficiency Include:

- > Low Energy / Fatigue
- > Sexual Problems / Infertility
- > Depression / Anxiety
- > Muscle Pain
- > Irritability
- > Hearing & Vision Problems
- > Mood Disorders
- > Memory Loss

Studies Have Also Linked B-12 Deficiency to:

- > Alzheimer's / Dementia
- > Learning Disorders in Children
- > Autoimmune Disease
- > Cardiovascular Disease
- > Cancer

Are you getting enough vitamin B12?
Many people don't, and that deficiency can cause some serious problems.

Vitamin B12 does a lot of things for your body. It helps make your DNA and your red blood cells, for examples.

Since your body doesn't make vitamin B12, you'll need to get it from animal-based foods or from supplements, and it needs to be consumed on a regular basis. Exactly how much you need and where you should get it from depends on things like your age, the diet you follow, your medical conditions, and in some cases what medications you take. (2)

(1) <http://www.livestrong.com/article/22253-foods-high-b-vitamins/> (2) <http://www.webmd.com/food-recipes/guide/vitamin-b12-deficiency-symptoms-causes#1>

25 good healthy natural foods that provide all of your vitamins and minerals



While nearly every natural whole food will provide some vitamins and minerals, these particular foods will provide a helping of at least one. For example, apples are great as they have a little bit of nearly every essential vitamin and mineral - but they are not superstar providers of any one vitamin or mineral. So rather than adding up minute amounts of vitamins from a plethora of foods, add the below foods regularly to any diet to ensure that nutritional requirements are met.

Instead of relying on a multi-vitamin, consider making important naturally healthy choices at mealtime. Here are the benefits of getting your nutrition from a natural health diet:

- Vitamins and minerals from food sources are usually more easily digested and used by the body than synthetic vitamins.
- Save money by buying fewer nutritional supplements. Buy only the vitamins whose requirements are difficult to meet at mealtimes.
- Teach children a natural health diet. Children will inadvertently learn how to meet their nutritional needs, and as adults, are more likely to revert back to their childhood eating habits.
- Eating more nutritionally valuable foods leaves less room for junk food. This dietary change has benefits for your waistline, and overall energy and health. (1)



1. Raw Spinach
2. Broccoli
3. Avocado
4. Almonds
5. Wild caught Salmon
6. Parsley
7. Black Beans
8. Buckwheat
9. Strawberries
10. Kelp
11. Sunflower Seeds
12. Kidney Beans
13. Raw Honey
14. Walnuts
15. Bananas
16. Green and Red leaf lettuce
17. Pumpkin Seeds
18. Carrots / Sweet Potato / Winter Squash
19. Green Peas
20. Lentils
21. Quinoa
22. Brazil Nuts
23. Bee Pollen
24. Cauliflower
25. Dried Black Mission Figs

THRIVEing E-exercising

You would think that moving would come naturally, and it used to, however most of us have slipped into what is called muscle memory amnesia. Our brain and muscles either have forgotten how to communicate or the muscle has forgotten how to relax all the way or even both is happening. This is where I find most of my clients. The area is a whole program in itself but here are the top few highlights.

Moving for Health First lets explain the difference between aerobic and anaerobic.

Strictly speaking, the terms aerobic and anaerobic refer to the presence and absence of oxygen, respectively. Most of our cells prefer to get their energy by using oxygen to fuel metabolism. During exercise with adequate fuel and oxygen the muscle cells can contract repeatedly without fatigue. During anaerobic or non-oxygenated conditions, the muscle cells must rely on other reactions that do not require oxygen to fuel muscle contraction. This anaerobic metabolism in the cells produces waste molecules that can impair muscle contractions. We call this deterioration in performance **fatigue**.

Other big components are what the body uses as fuel when we are doing aerobic or anaerobic movements and how we get there. All movement needs to be fueled just like a vehicle; no gas, no movement. When we are doing aerobic movement our heart rate is higher than when at rest however, it is still low enough to not fatigue. The fuel used for aerobic movement is sugar and fat. Now lets talk about anaerobic exercise, which is also very beneficial for the body. When we are doing anaerobic movement our heart rate is high enough that we need a faster intake of oxygen and eventually will experience performance fatigue. The fuel used for anaerobic movement is first sugar, about 90 seconds worth of fuel. Once that is used up, the fuel changes to protein. So what is protein in our body? The answer is muscle. Since everyone is different, the easiest way to accomplish aerobic and anaerobic state is by paying attention to our breathing.

Aerobic vs. Anaerobic

ANAEROBIC means "without oxygen." Your muscles rely on other fuel sources besides oxygen, like glycogen and phosphates, to power activities that last only seconds in duration. Short and intense activities, such as sprints or heavy powerlifting,

work with this energy system.

AEROBIC literally means "with oxygen." Your muscle cells use oxygen

to help break down glucose, therefore fueling metabolism. Long-duration endurance activities, like running

a marathon or going for a lengthy countryside bike ride, are mostly powered by this energy system.

AEROBIC ACTIVITY	ANAEROBIC ACTIVITY
Jogging	→ Sprinting
Walking	→ Walking on a steep incline
Stationary biking	→ Cycling classes (with intervals)
Squats	→ Plyometric box jumps
Circuit training	→ One-rep max lifting



Since your body doesn't use just one of these energy systems at any given moment, it's best to strive for a combination of both within your training. Use this list of activities to help you build a balanced regimen between both zones.

Circle which 5 days in week 1 M T W TH F S S at _____ minutes of aerobic movements.

Circle which 5 days in week 2 M T W TH F S S at _____ minutes of aerobic movements.

Circle which 5 days in week 3 M T W TH F S S at _____ minutes of aerobic movements.

Circle which 5 days in week 4 M T W TH F S S at _____ minutes of aerobic movements.