

# THIRTEEN 3s TO IMPLEMENT

3 oz. of protein within 30 minutes of waking

3 oz. of protein every three hours

3 ways to have vegetables every day: raw, cooked and juiced

3 oz. of fluid every 30 minutes

3 pieces of fruit every day

3 types of greens in your salads

3 hours of positive sleep three times per week (positive sleep is hours before midnight)

3 30-minute aerobic workouts per week

3 30-minute joint mobility routines per week (every day is better- use IntuFlow)

3 30-minute muscle resistance workouts per week

3 30-minute meditations daily

3 20-minute naps per day

3 kind acts per day