HOW TO GET FIT IN 10 DAYS

Congratulation! You have decided to invest in your health. This is a huge step. Already now, you can allow yourself to be truly proud. This is a moment worth celebrating. Allow yourself to smile and feel the warmth in your chest. Focusing on your health is easy, especially for you. Because. Let's be honest: you are a smart and strong human being. Truly gorgeous, to be precise. And this little thing with health? It's no big deal. Easy and simple. Just like the five fingers on your hand, there are the five pillars of true health and pure happiness.

1. SLEEP

Why is sleep the most important? Try to grab something without using your thumb. A pen, a spoon, a fork. Or your tooth brush for that matter. It is working? The same logic applies to your well-being. First thing first: get your sleep right. And you don't need me to tell you what your body needs; two hours before bedtime: dimmed light, a relaxing book, no electronics, a little yoga or a walk around the block, a light stomach, fresh bed sheets and a loving someone next to you.

2. NOURISHMENT

Establishing a nurturing sleeping routine can take around a week. You see where I am going with this: getting your health right, is a journey. Once you wake up feeling awesome, you might think about food differently. You might even experience a completely new kind of craving. This is called intuitiv eating. When our body is truly rested, our hormones send us exact signals about what they need. Listen carefully. All you need to focus at this stage is how much you eat. Practice moderation and portion control. There one simple rule: no seconds!

3. EXERCISE

Our bodies need at least 150 Minutes of exercise every week. This means finding a gym or a personal trainer and working out twice a week. For the rest of your life. It's like brushing your teeth – the exact same logic. While everybody talks about muscles, I truly believe we need to take care of our joints first: our spine, shoulders, hips, knees, hands, and feet. This is why I love Pilates. It combines all of these elements. BUT don't rush it. First thing first 👍🏻.

4. LEISURE

We often think we don't need leisure. Just like our ring finger. When do we really use it? It kind of goes along with the other main ones. But can we imagine living without it? In most cultures the ring finger stands for love, friendship, companionship. Sure, we can function without love, friends, hobbies, or interests outside of work. But is it even our nature? Our nervous system needs genuine leisure – free time with ourselves. And not every hobby needs to become a startup. We are allowed to have simple pleasures. I love the word leisure. First time I experienced a full leisure moment was on a wooden boat on an Austrian lake. No motor boats were allowed. The clarity of water, the fresh air, the playful fish in the water. Even the memory of this moment regenerates my whole nervous system and I love to go back to this moment and recreate it in real life now and then.

5. PURPOSE

Humans are fascinating. We evolve all the time! And we are able to outsmart our own brains. Same as you, I have been led to believe that my brain is the most important organ. It is true. But not entirely. There is another organ that acts as the true commander-in-chief: our heart. Our brain is merely a subordinate – a helmsman. It's not our captain. Something else leads our life. We might not always be able to name it, but we all definitely have experienced it. Not every day. But there are moments in our life when we feel frozen, not able to move or respond. Something holds us back. Entirely. Completely. And then there are moments – they fuel us with pure childlike joy. Not flashy and noisy. No. They just feel right. Meaningful. They create deep satisfaction within us and make us feel alive. In questionable moments my grandmother Valentina used to tell me: put your hand on your chest and tell me the truth. Even if it hurts. This kind of feeling. I cherish this memory and try to follow. Being completely honest with yourself is a painful journey. But unavoidable if you aim for a healthy life and meaningful relationships. But.

First thing first.
Don't get overwhelmed.
Your (health) journey is a lifelong process and sleep is the master key that unlocks everything else.
Start with sleep. And if you enjoyed this –
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Truly yours,
Viktoria