

# Balanced Life Challenge

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This challenge is an invitation to explore the dance of balance. Balance is not a static state; it is a dance around the center. In this busy world, it is easy to lose track of what we recognize as important. For 6 weeks, we will focus on four of the most important pillars of health. The goal is not necessarily weight loss but developing a healthier way of life. We will provide various tools to help you keep track of your goals and provide a community of support as we explore the dance of balance together.

This program focuses on four of the most important pillars of health:

- Nutrition
- Exercise
- Sleep
- Relaxation

The challenge will be to track each of these areas daily for 6 weeks (the average time it takes to develop a habit). Each day, you will earn points for your healthy choices. There are many other areas that are important for a healthy life. So, in addition to the regular pillars, each week will have a bonus pillar where extra points can be earned by participating in certain activities.

Each participant will have access to an online portal with a private tracking tool input the points you earn daily. Information and resources are also provided to help you with each pillar. Participants will also be invited to join a secret Facebook group where everyone can share, learn and grow together during the challenge.

The challenge entry fee is \$30 cash. \$10 for administrative costs (prizes, get to know you and wrap-up party) and \$20 to the challenge grand prize pool. At the end of the challenge, prizes will be awarded from the contribution pool to the participants with the top points. Winners of the 2020 Balanced Life Challenge grand prize are not eligible for the cash prizes again this year. Additional awards may be given for other mini-challenge milestones during the 6 weeks and will be announced on the Facebook page.

The challenge will run from January 11 to February 21, 2020. At the beginning and the end of the challenge, there will be (virtual) celebrations to meet and share experiences. Celebration details will be posted on the Facebook page.

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During the challenge participants may weigh-in at our office, during regular office hours. No appointment is needed and it is not required to participate in the challenge.

If you would like additional forms to complete pre and post self assessments, you can request them from our office.

You do not need to be a current patient of Dr. Pyne to participate in this challenge. Feel free to invite friends and family to join you in this dance.

**Registration closes on January 7, 2021.** The challenge is entirely virtual, however, we are asking participants to register in person so that you can pay the entry fee as well as pick up a special packet to help you get started. Come during our normal office hours and call us when you arrive. We will bring you the registration form and packet out to your car.

# Pillar 1: Nutrition

There are many philosophies on diet but the most reputable research has consistently supported the Mediterranean diet. This is also an easily sustainable nutrition choice. The cornerstones of this diet are:

Plenty Of:	
Fish	Olive Oil
Olives	Beans and Lentils
Avocados	Fruits
Vegetables	Spices and Herbs
Nuts	
In Moderation:	
Chicken	Red Wine
Turkey	Whole-Grain Bread
Eggs	Brown or Wild Rice
Cheese	Oatmeal
Yogurt	Barley
Whole Wheat Pasta	Potatoes
Limit:	
Beef	Pork
Sugar	Butter or Margarine
Refined Grains	Caffeine

## Earning Points

You can earn up to 4 points each day for your nutrition choices. Keep track of your food intake each day and tally your points using these guidelines:

- 5 - ½ cup servings fruits and vegetables a day = **+1 point**
- 1 Tbsp. olive oil or ¼ cup tree nuts a day = **+1 point**
- 2 servings protein a day (fish, white meat poultry, legumes, dairy) = **+1 point**
- 8 - 8oz. glasses of water or other calorie-free, non-carbonated, decaffeinated beverage = **+1 point**
- 1 serving of sugary food = **-1 point**
- 1 serving of processed grains = **-1 point**
- 1 carbonated beverage = **-1 point**

If a food has 2 negative points combined (e.g. cake is both sugary and has processed grains), 1 serving of that food is still only **-1 point**.

## Pillar 2: Exercise

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The goal for this pillar is to be consistent in exercising. The highest health impact of exercise is going from nothing to 10 minutes a day of aerobic activity. Aerobic activity is anything that makes you a little short of breath (you can still talk but not sing).

Choose a level of exercise that requires you to push yourself a little:

Current Exercise Level	Challenge Exercise Goal
I exercise occasionally or not at all	I will exercise 10 minutes a day
I exercise 1-2 times a week	I will exercise 20 minutes a day
I exercise 3+ times a week	I will exercise 30 minutes a day

### Earning Points

Choose your daily exercise goal and keep track of your daily progress. You earn **+2 points** for each day you meet your exercise goal. Suggested aerobic exercises include:

- Walking Briskly
- Jogging/Running
- Cardio Gym Machine
- Biking
- Dancing/Zumba
- Swimming
- Vinyasa/Flow Yoga
- Aerobic Fitness DVD

## Pillar 3: Sleep

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Sleep is very important to health. It improves immune function, cognitive capacity, and neurotransmitter production. Adequate amounts of sleep are linked to healthy weight. There is no absolute amount that is required but most studies support 7 to 8 hours a night as being optimal. It is very helpful to sleep on a regular schedule to help support adrenal function.

### Earning Points

You earn **+2 points** by getting 7 or more hours of sleep each night.

## Pillar 4: Relaxation

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Finding a way to reduce stress is an important aspect of a balanced life. There are many ways to accomplish this including

- Breathing Exercises
- Meditation
- Journaling
- Yoga
- Prayer

### Earning Points

You earn **+2 points** by practicing a relaxation technique for 10 minutes each day.

# Bonus Points

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There are many other areas that are important for a healthy life. Each week, we will feature a bonus category on the Facebook group. We encourage you to discuss the bonus category, the weekly pillars and share strategies that are working for you. You will be able to earn 2 extra points each week to use towards lost pillar points.

## Earning Points

You will gain an extra 2 points towards your weekly balance for participating in each week's activity. As this is intended to stretch you, choose activities that would not have been a part of your normal week. Suggested activities include:

- Week 1: Interpersonal Wellness = +2 point
  - ▶ Perform a random act of kindness
  - ▶ Identify an area of conflict and brainstorm a strategy that would work toward a resolution
  - ▶ Work with someone else in the Balanced Life community to help each other with your goals
  - ▶ Participate in our "Get to Know You" event Thursday, January 9th, 2018.
  
- Week 2: Spiritual Wellness = +2 point
  - ▶ Participate in a religious or devotional service or group
  - ▶ Go on a contemplative nature walk
  - ▶ Read from sacred or other uplifting texts
  - ▶ Learn a song, hymn or mantra
  - ▶ Listen to an uplifting lecture or sermon on a topic of interest
  
- Week 3: Social Wellness = +2 point
  - ▶ Attend an interest/hobby group
  - ▶ Go to a party where you don't know all the attendees
  - ▶ Go to a speed dating event
  - ▶ Go out dancing
  - ▶ Have a family game night
  - ▶ Call a friend to reconnect

- Week 4: Emotional Wellness = +2 point
  - ▶ Participate in a creative activity: art, music, dance
  - ▶ Find a cathartic outlet to release emotions: battling cages, sex, emotionally engaging movie or play
  - ▶ Go on a nature walk
  - ▶ Say NO when you really want to say no, and YES when you really want to say yes
  
- Week 5: Intellectual Wellness = +2 point
  - ▶ Read a book
  - ▶ Watch a documentary
  - ▶ Listen to a lecture on the computer or in person
  - ▶ Do 30 minutes of mentally stimulating games or exercises
  - ▶ Take a class on something that interests you
  - ▶ Participate in a trivia night
  
- Week 6: Environmental Wellness = +2 point
  - ▶ Visit a recycling center
  - ▶ Volunteer to pick up trash
  - ▶ Learn how to reduce water/energy consumption
  - ▶ Start a carpool
  - ▶ Bike or walk someplace you would normally drive
  - ▶ Learn about potential toxins in your environment



# Online Portal

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You will receive access to your online portal at least a few days before the challenge begins.

## TESTS & ASSESSMENTS: Personal Tracking Tool

For this challenge, you will be required to keep track of your daily points. Each day, you will be asked how many points you earned. You will have 24 hours to complete the questionnaire in order to get credit for that day's points (e.g. You will have until midnight Saturday to complete the questions for Friday). Questions include any sleep that begins on the date the questions are about, so you will not be able to complete any questions until the next morning (e.g. \*Saturday morning you will complete the question for the sleep you just woke up from).

\*Tuesday night I went to bed at 10:00pm and woke up at 6:00am on Wednesday. On Wednesday, when I logged my points for Tuesday, it included those 8 hours of sleep.

A separate questionnaire will be available each week for bonus points. The bonus questionnaire will remain open 2 days, Sunday-Monday of each week for the week that immediately preceded it.

You will be able to see your progress in the system but cannot make changes once each day has been submitted. The information you submit in this section is private and can only be seen by you and the doctor's office.

## DOCUMENTS: Tools and Resources

There is also a section where we will post helpful information for each pillar and bonus category. This includes details on the Mediterranean diet, relaxation techniques, sleep tips and many other resources.

# Commitment

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As a participant in the Balanced Life Challenge, we ask that you commit to participating in a way that is fair to yourself and others in the challenge. Take a moment to look over the commitment points below. You will be asked at registration to commit to these points during the challenge.

- I make a commitment to myself participating in the Balanced Life Challenge. I am participating for my own personal enhancement and not out of obligation to anyone else.
- I make a commitment to follow all the rules as outlined in the challenge packet and on the website. I will track my activities daily for 6 weeks. I will record my daily points accurately in the portal system. I understand that I must record my points each day for the day before and that I will not be able to record any past days not entered on time.
- I make a commitment to the other people participating in the Balanced Life Challenge. I will be supportive and positive in the Facebook group, remembering that we are in this challenge together. I will adhere to the Facebook group rules of conduct.
- I understand that the Balanced Life Challenge is a lifestyle enhancement program and is not intended to treat or diagnose any particular disease. I will not hold Deborah Pyne, D.O. liable for any unexpected outcome of participation.
- I understand that the \$30 participation fee is paid into an award pool as part of an incentive to participate in the program. It is not designed as a payment for any services provided by Deborah Pyne, D.O. It is not refundable should I discontinue the challenge.