YOUR 7-DAY

RESILIENCE

Checklist

8 STEPS
TO BOOST YOUR
"Bouncebackability"



WWW.180FITNESS.CA



Welcome to Your 7-Day

RESILIENCE Checklist

There's a good reason resilience is a trending buzzword.

Over the past few years, we've all felt how important it is to be able to bounce back from challenging situations.

How great would it be to be able to tackle problems head-on and come out of it feeling stronger than ever?

ENTER: Resilience

Think of resilience as being like a rubber band. It can stretch and bend but always returns to its original shape.

When you are resilient, you can navigate tough situations more easily - and return to being happy and healthy even faster.



There are things you can do starting TODAY to help improve your own resilience.

In this eBook, we'll outline eight simple actions with the biggest payoffs.

Then, we'll guide you through a **7-Day Resilience Checklist** to help you practice those actions, and discover which ones work best for you.

At 180°Fitness we help men & women embrace who they are - flaws and all - and give them the courage to unveil the beauty, confidence and strength that already exists within them.

We hope this guide helps you not only reach your goals faster, but shows you just how much YOU can truly achieve!

Want a sneak peek into how we've helped 1000's of others just like you do this?

Click here to check out over 250 reviews/success stories and learn how our simple approach can help you, too >> https://www.facebook.com/180fitnesscanada/reviews



COMMITTED *to your success,*

ADRIAN DELOREY

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RESILIENCE
Is a Superpower

It's true: resilience helps you stay strong when you need it most.

But check this out: TRUE resilience has one characteristic that makes it even better than a superpower. You don't have to be born with it. You can work to make it stronger.

Resilience can help you:

- **Overcome obstacles**
- **Stay positive when things are difficult**
- **Come back strong after being knocked down**

The 4 core components that make up resilience also help you live a happier, healthier, more balanced life.



THE KEYS *to Resilience*

CONNECTION *Strong relationships and social connections*

WELLNESS *Practicing regular self-care to boost your physical health*

OPTIMISM *Taking steps to find a healthy outlook, perspective and focus*

MEANING *Finding a purpose and working toward goals that help in self-discovery*

8 STEPS TO ACHIEVE Resilience

REACH OUT

A strong social network can provide you with a sense of community that lifts you up when times are tough.

EAT A HEALTHY DIET

A healthy whole-foods-based diet fights stress in your body, gives you energy, and boosts your immune system and health.

PRACTICE GRATITUDE

Gratitude boosts optimism and fights negativity, helps you become more solution-oriented, and can promote healthier relationships.

EXERCISE

Regular exercise is strongly linked with increased resilience.



SLEEP

Too little sleep can drain your energy, your mood, and your long-term physical and mental health.

GO OUTSIDE

Taking time in nature boosts your self-efficacy, which is your belief that you can handle life's challenges.

BE MINDFUL

A regular mindfulness practice (yoga, breathing, meditation, prayer, journaling, etc.) can help you feel balanced when stress or problems arise.

SELF-DEVELOPMENT

Reading, watching, and listening to personal development info can give you new perspectives that build your resilience and help you felt empowered.

WE LOVE OUR AMAZING *Clients!*



TROY LOST 74LBS IN 3MONTHS!

Troy absolutely crushed his program and so can you. His ONLY regret was that he didn't start sooner. Here what Troy had to say about his experience CLICK HERE. *Biggest Loser Ottawa has now been converted into Bold n Beautiful & for Men Unleash the Beast. If Troy can do this so can you. Don't wait!



https://vimeo.com/399312322/2050732144?share=copy



STRONGER. HAPPIER. *Healthier*

READY TO FEEL BETTER INSIDE AND OUT? OUR BIGGEST LOSER OTTAWA PROGRAM HAS HELPED 1000'S OF PEOPLE MAKE IT HAPPEN!

Our Bold n Beautiful/Unleash the Beast Transformation System works because of our focus on enhanced accountability, custom nutrition & metabolism-boosting workouts has been time tested and proven the last 16 years to deliver amazing results time and time again.

BOOK A FREE GOAL MAPPING CALL TODAY

- Fitting into old clothes - and brand-new ones, too
- Better skin
- Empowerment & confidence
- And more!

AND IT GETS EVEN BETTER...

- A proven plan - no more guesswork!
- Weekly action plans & Challenges
- Coaching to help you through the rough spots
- Accountability, Accountability, Accountability!

THE 7-DAY RESILIENCE Checklist

Every day, check off at least 4 of these resilience-boosting activities.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Get 7-8 hours of sleep							
Exercise at least 15 minutes							
Eat a healthy, whole foods diet							
Go outside for at least 15 minutes							
Write down 5 things you feel grateful for							
Read 10 pages of a self-development book							
Reach out to at least 1 person in your social network							
Spend 5-10 minutes in mindfulness: journal, pray, breathe, meditate							

"LIFE DOESN'T GET EASIER OR MORE FORGIVING, WE GET STRONGER AND MORE RESILIENT."

Steve Maraboli

Ready to take your NEXT STEPS?

At 180°Fitness, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle

We do this by Educating, Empowering, & Enriching the lives of our clients by providing the best information, products, and services possible in the three pillars of fitness, nutrition, and accountability.



Marina

"This place changed my life. In only four months, I shed over 35 pounds and learned how to train properly. Now, I look forward to working out and absolutely love the results.

How to Work With Me:

BOLD & Beautiful | The Biggest Loser Ottawa | Unleash the Beast

The Ultimate Weight loss/Transformation System including everything from Fitness, Nutrition, Mindset & Accountability

BOOK GOAL MAPPING CALL



We'd love to be part of your fitness/wellness journey.

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