The 'Gutsy' Challenge

Gut bacteria can have a direct effect on your health, energy levels, and even your moods or sense of well-being.[1]

The Gutsy Challenge was created to help you focus on some basic changes you can make to help cultivate a healthy gut. It's a four-week challenge. Each week, you focus on one area of your life that affects gut health. Pick at least one lifestyle change to try. Consider involving friends, co-workers, and family. They may be a great source of encouragement!

Week 1: Maintain a healthy diet[2]

Goal: Use at least one suggestion each day to help maintain a healthy diet! Insert a check mark if you complete the item.	SUN	MON	TUE	WED	THU	FRI	SAT
Eat at least 5 servings of super foods that super charge your gut: asparagus, onions, leeks, artichokes, bananas, blueberries, beans or polenta.							
Make half your plate broccoli or other cruciferous vegetables.							
Try a fermented plant food such as kimchi, sauerkraut or tempeh.							
Have active yoghurt as a dessert alternative.							
My own goal:							

Week 2: Focus on your sleep

Goal: Use at least one suggestion each day to focus on sleeping habits! Insert a check mark if you complete the item.	SUN	MON	TUE	WED	THU	FRI	SAT
Ensure you are in bed for at least seven hours a night.							
Limit stimulants such as caffeine two hours before bedtime.							
Limit electronic screen time an hour before bedtime.							
Give yourself time to unwind before going to bed.							
My own goal:							

Week 3: Increase your physical activity

Goal: Use at least one suggestion per day to increase physical activity! Insert a check mark if you complete the item.	SUN	MON	TUE	WED	THU	FRI	SAT
Go for a walk with a family, friend or co-worker.							
Take the stairs instead of the elevator or escalator three times a day.							
Schedule at least 3 workouts for the week and commit to complete each.							
Ask a friend to join you for a workout.							
My own goal:							

Week 4: Reduce your stress

Goal: Use at least one suggestion per day to help reduce stress! Insert a check mark if you complete the item.	SUN	MON	TUE	WED	THU	FRI	SAT
Practice gratitude by writing down 3 good things that happened today.							
Set aside 5 – 10 minutes to pray, meditate or just reflect on someone you love, while practicing deep breaths.							
Watch a funny movie with a friend or family member to laugh!							
Share your concerns or feelings with a trusted friend.							
My own goal:							

1. International Journal of Molecular Sciences, 'Impacts of Gut Bacteria on Human Health and Diseases', April 2015
2. Unless otherwise noted, the information in this chart is derived from: The Physicians Committee, 'Seven Foods to Supercharge Your Gut Bacteria," September 2014

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