



MID-YEAR WELLNESS

30 Day Challenge

As we move through this year, even with the best intentions, it can be easy to lose track of *our healthy habits*.

Growing a family, getting older, unexpected illness, and simply the stress of everyday life can all make taking care of ourselves less of a priority.

It's time to change that.

Routines are powerful tools in our lives and our holistic health. I've realized how important consistent practice is to our lifelong sexual wellness throughout my journey with Tabu.

Think of the mundane rituals in your life – brushing your teeth, a weekly grocery run, keeping up with regular doctor's appointments. These small, necessary actions build up to a healthy and full life.

The routines that are a little harder to maintain? The exercise routines. The self-care routines. The self-love routines. If they start to feel overwhelming or time consuming, they're often the first to fall off the mental to-do list.

So we're keeping it simple, with a month of additions to your daily routine to help you get in touch with your physical and emotional wellness. Let's make building new self-care practices a priority this June.

I'm all in. Will you join me?

Xo Natalie Fretwell, Tabu Founder

MID-YEAR WELLNESS

30 Day Challenge

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SET YOUR
INTENTIONS

BREATHE
DEEPLY

PRACTICE
KEGELS

SOFTEN YOUR
PELVIC FLOOR

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10

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WALK

JOURNAL
& MEDITATE

BREATHE
DEEPLY

STRETCH &
BUILD STABILITY

SOFTEN YOUR
PELVIC FLOOR

WALK

BREATHE
DEEPLY

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PRACTICE
KEGELS &
BREATHE

JOURNAL
& MEDITATE

WALK

STRETCH &
BUILD STABILITY

PRACTICE
KEGELS &
BREATHE

SOFTEN YOUR
PELVIC FLOOR

PRACTICE
KEGELS &
BREATHE

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WALK

JOURNAL
& MEDITATE

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STRETCH &
BUILD STABILITY

PRACTICE
KEGELS &
BREATHE

SOFTEN YOUR
PELVIC FLOOR

PRACTICE
KEGELS &
BREATHE

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WALK

JOURNAL
& MEDITATE

PRACTICE
KEGELS &
BREATHE

STRETCH &
BUILD STABILITY

FINAL DAY!

MID-YEAR WELLNESS

30 Day Challenge

Week One

DAY 1

SET YOUR INTENTIONS

Ask yourself why this challenge is important to you
Are your goals physical, mental, emotional?
There are no right or wrong answers

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 2

BREATHE DEEPLY (15 seconds)

Eases tension in the mind and energizes the body

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 3

PRACTICE KEGELS (10 sets)

A simple, but powerful exercise that strengthens the pelvic floor

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 4

SOFTEN YOUR PELVIC FLOOR

(30 seconds per pose, total 1 minute, 30 seconds)

Child's Pose: Gently readies the body to engage the hips and align the spine

Frog Pose: Opens the hips, inner thighs, and groin while relieving lower body tension and pain

Happy Baby: Continues to open and relax pelvic floor muscles while slowly massaging the neck and back

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

QUOTE OF THE WEEK

"There is no age limit on the enjoyment of sex. It keeps getting better."

Florence Henderson

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30 Day Challenge

Week Two

DAY 5

WALK (10 to 15 minutes)

Keeps the body active and frees the mind to wander

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 6

JOURNAL AND MEDITATE (5 to 10 minutes)

Writing can ground us and help engage positively with our thoughts while meditation brings us into the present moment and quells anxiety

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 7

BREATHE DEEPLY (15 seconds)

A simple but potent way of both energizing the body and easing tension in the mind

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 8

STRETCH AND BUILD STABILITY

(30 seconds per pose, total 2 minutes)

Standing Quadriceps Stretch:

Relieves sore muscles in the thighs, boosts mobility, and increases flexibility

Seated Knee to Chest: Engages the lumbar spine and hips and softens pressure on the spinal nerves

Overhead Side Stretch: Opens the chest and shoulders while alleviating neck soreness

Shoulder Stretch: Reduces tension and pain in the shoulder and upper back while improving posture and mobility

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

QUOTE OF THE WEEK

"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."

Oprah

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Week Two

DAY 9

SOFTEN YOUR PELVIC FLOOR

(30 seconds per pose, total 1 minute, 30 seconds)

Child's Pose: To stretch the hips, carefully open your knees and bend through them

Frog Pose: To intensify the stretch, keep your toes pointed out to the side and your inner ankles flat on the floor as you lower down

Happy Baby: Gently rocking back and forth or side to side can massage the spine

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 10

WALK *(10 to 15 minutes)*

Gradually improves cardiovascular fitness and maintains bone and muscle strength

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 11

BREATHE DEEPLY *(25 seconds)*

Known to lower blood pressure and improve digestion

PRACTICE KEGELS *(15 sets)*

Proactively prevents and improves some symptoms associated with pelvic floor dysfunction

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

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Week Three

DAY 12

SOFTEN YOUR PELVIC FLOOR

(30 seconds per pose, total 1 minute, 30 seconds)

Child's Pose: Releases tension down the spine and across the chest

Frog Pose: Opens the hips, inner thighs, and groin. Relieves lower body tension and pain

Happy Baby: Lowers the heart rate and eases stress and anxiety

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 13

JOURNAL AND MEDITATE *(5 to 10 minutes)*

Regular journaling strengthens our emotional regulation and improves self-communication

Meditation has been proven to reduce chronic pain and symptoms of depression

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 14

WALK *(10 to 15 minutes)*

The best time to zone-out and de-stress, or catch up with friends and family if you bring a walking buddy

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

QUOTE OF THE WEEK

"Talk to yourself like you would to someone you love."

Brene Brown

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Week Three

DAY 15

STRETCH AND BUILD STABILITY

(30 seconds per pose, total 2 minutes)

Standing Quadriceps Stretch:

This stretch can also be used to relieve pressure on the lower back

Seated Knee to Chest: Bringing the shoulder blades together during this stretch can open the chest

Overhead Side Stretch: Because the forearms are subtly activated, this can provide slight relief from carpal tunnel syndrome

Shoulder Stretch: Slowly windmilling your arms beforehand can improve flexibility before trying this stretch

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 16

BREATHE DEEPLY *(25 seconds)*

Helps oxygenate your blood to help you more efficiently absorb vitamins and nutrients

PRACTICE KEGELS *(15 sets)*

Can help improve and prevent incontinence by strengthening the pelvic floor

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

MID-YEAR WELLNESS

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Week Three

DAY 17

SOFTEN YOUR PELVIC FLOOR

(30 seconds per pose, total 1 minute, 30 seconds)

Child's Pose: Combined with deep breathing, this pose can reduce anxiety and fatigue

Frog Pose: With regular practice, this stretch can help relieve sciatica pain and occupational stress

Happy Baby: Can gently realign the spine after a night of sleep (or a day spent in front of a computer screen)

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 18

BREATHE DEEPLY *(30 seconds)*

When your lungs expand, your diaphragm is pulled down and your torso straightens to correct your posture

PRACTICE KEGELS *(15 sets)*

Regular Kegels support bowel health, and can prevent or relieve issues like constipation and hemorrhoids

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

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Week Four

DAY 19

WALK (10 to 15 minutes)

Walking has been shown to improve sleep quality by boosting natural sleep hormones

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 20

JOURNAL AND MEDITATE (5 to 10 minutes)

Journaling is an excellent way to track personal progress and growth that is often taken for granted

Meditation gives us the ability to handle stress better and cultivate patience in difficult situations

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 21

BREATHE DEEPLY (30 seconds)

Deep breaths release endorphins that produce positive feelings and help soothe physical pain

PRACTICE KEGELS (15 sets)

Strengthening the pelvic floor can help alleviate tension in the lower back

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

QUOTE OF THE WEEK

"Your body hears everything your mind says."

Naomi Judd

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Week Four

DAY 22

STRETCH AND BUILD STABILITY

(30 seconds per pose, total 2 minutes)

Standing Quadriceps Stretch:

The quads are some of the largest muscles in the body and are almost always active. Stretching them stimulates blood flow and reduces feelings of tightness.

Seated Knee to Chest: Pressing the knees to the chest helps stretch areas of the lower back that are otherwise difficult to reach.

Overhead Side Stretch: Lengthens the back muscles, stretches the core, and eases out the obliques and latissimus dorsi muscles.

Shoulder Stretch: Relieves shoulder strain as well as reducing neck pain and stiffness.

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 23

BREATHE DEEPLY *(40 seconds)*

Try this exercise upon waking up - it could help with early morning grogginess.

PRACTICE KEGELS *(15 sets)*

If you're feeling comfortable with Kegels, do a few sets while you're relaxing on the couch!

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

MID-YEAR WELLNESS

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Week Four

DAY 24

SOFTEN YOUR PELVIC FLOOR

(30 seconds per pose, total 1 minute, 30 seconds)

Child's Pose: This pose is particularly beneficial before bed as it eases the muscles and signals our body to relax

Frog Pose: To make this pose easier, brace the soles of your feet against a wall or extend one arm and leg at a time

Happy Baby: If you need more support, place a folded blanket under your head to keep the tension in your upper body and off your neck

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 25

BREATHE DEEPLY *(50 seconds)*

For an energy boost today, try this technique instead of a mid-day coffee

PRACTICE KEGELS *(15 sets)*

A supported pelvic floor now can prepare your body for sexual dysfunction that can happen post-partum or during menopause

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

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Week Five

DAY 26

WALK (15 to 20 minutes)

Walking is an excellent way to discover parts of your home you never knew existed
Be a tourist in your own neighborhood

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 27

JOURNAL AND MEDITATE (5 to 10 minutes)

Writing your thoughts down has been proven to strengthen memory and reduce distracting intrusive thoughts

Meditation can be done virtually anywhere and at any time, you only need to breathe and practice awareness

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

DAY 28

BREATHE DEEPLY (60 seconds)

Deep breaths stimulate the lymphatic system, which helps regulate the body's ability to flush out waste and toxins

HOW IS YOUR MOOD TODAY?

Awful Bad Okay Good Great

PRACTICE KEGELS (15 sets)

Kegels can be a sexual health secret weapon - they stimulate bloodflow and strengthen the muscles that contract during orgasms

QUOTE OF THE WEEK

"Wellness, will not happen by accident. It must be a daily practice, especially for those of us who are more susceptible to the oppressiveness of the world."

Jenna Wortham

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Week Five

DAY 29

STRETCH AND BUILD STABILITY

(30 seconds per pose, total 2 minutes)

Standing Quadriceps Stretch:

Can better prepare you for strenuous activity by loosening overworked thigh muscles and preventing potential injury

Seated Knee to Chest: This can be modified by lying flat on the ground to lend support to the lower back

Overhead Side Stretch: To increase the stretch, stand up straight, cross your ankles and bend towards the direction of the back foot, then switch

Shoulder Stretch: If the shoulders feel too stiff, try carefully rolling them forward and backward to loosen them between the stretch

HOW IS YOUR MOOD TODAY?

Awful

Bad

Okay

Good

Great

DAY 30

REVIST YOUR INTENTIONS

Revisit the intention you set on Day 1, and check in with yourself
How do you feel?

HOW IS YOUR MOOD TODAY?

Awful

Bad

Okay

Good

Great

