

MYBEST

DECEMBER 2021

body & wellness routine

Body & Wellness

ROUTINE
TRACKER



What is
BODY/90 ?

CAN YOU
OR SOMEONE AROUND YOU
identify
THE SIGNS OF
dehydration?

**Body &
Wellness
Tips and
Tricks**

**LITTLE
HELPERS**

Body & Wellness Tips and Tricks

1. Eat Well: Eat Healthy Meals and Limit Unhealthy Foods.

Do not forget to eat breakfast and choose a nutritious meal with more protein and fiber and less fat, sugar, and calories. Fuel your body with healthy proteins, carbohydrates and fats. Watch your portions. A good rule of thumb, use your hand: palm protein portion, fist vegetable portion, handful carb portion, thumb fat portion.

2. Hydrate: Drink Water and Stay Hydrated.

Limit Sugared Beverages. Drinking water regularly helps to regulate your weight. Thirst can often be mistaken for hunger. Go easy on alcohol. Calories from alcohol can add up quickly.

3. Move Your Body: Exercise Regularly and Be Physically Active.

Regular gym visits and organized sports are some examples of moving your body, benefits which can be felt in your body and also your brain. Due to COVID, many individuals have turned to at-home workouts but you can also walk your dog or run outside.



4. Sleep Well - Get Enough Good Sleep.

There is a very strong connection between sleep quality and weight. Getting seven to eight hours of sleep each night is part of a healthy lifestyle. Create a before bed routine and follow it consistently. Reduce/eliminate screen usage 1 hour before bed. Dim the lights. Do a Body Scan after you crawl into bed.

5. Reduce Sitting and Screen Time.

Exercise doesn't eliminate sedentary time. Even people who exercise regularly could still be at increased risk for diabetes, heart disease and stroke if they spend lots of time sitting behind computers. Practically speaking, you could consider taking breaks from sedentary time, such as walking around the office/room a couple of times in a day.



CAN YOU OR SOMEONE AROUND YOU *identify* THE SIGNS OF *dehydration?*

Proper hydration is essential for every function in the human body and may be a simple explanation for some signs and symptoms that you may be experiencing. Check out our list of top concerns that may be remedied simply by properly hydrating your body.

SIMPLE QUESTIONS TO ANSWER:

1. WHAT COLOUR IS YOUR URINE?



2. ARE YOUR LIPS AND SKIN VISIBLY DRY-LOOKING?



3. DO YOU SUFFER FROM A FOGGY HEAD OR TENSION HEADACHES?



LITTLE HELPERS



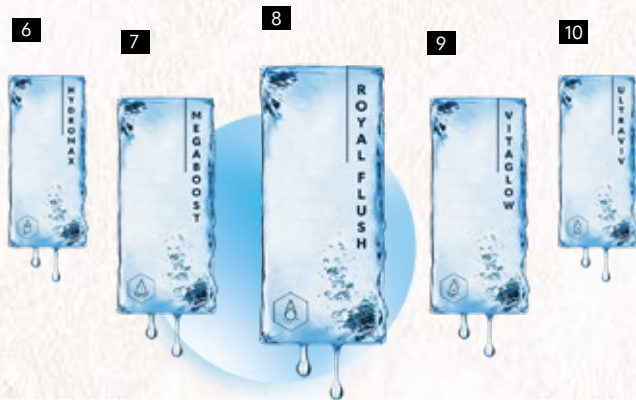
Body EssentiA

this range of products contains Vitamin A which normalises skin function; improves production of collagen and elastin, reduces inflammation and restores skins' natural moisture levels.



Omega 3 + 6's

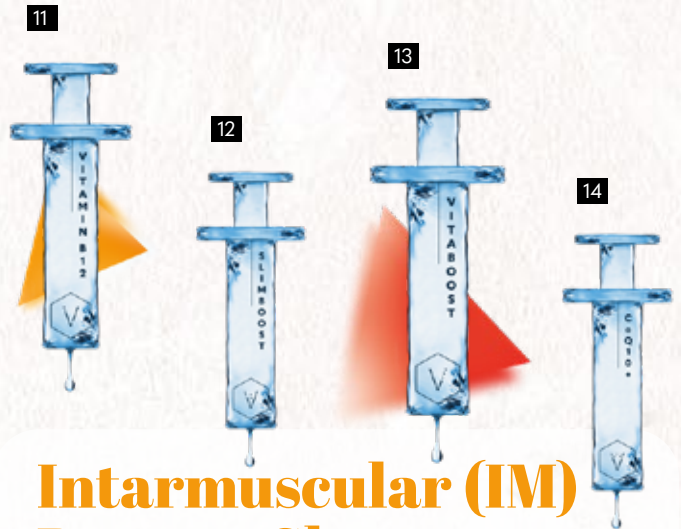
found in ingestible supplements - Omegas are vital in helping to reduce inflammation. Reducing inflammation is one way to slow down the ageing process.



Intravenous Therapies (IV Therapies)

Get the edge you need to live a lifestyle without boundaries. REVIV IV therapies have been specially formulated to provide your body with the vitamins, nutrients, fluids, electrolytes and anti-oxidants that you need. With five different IV therapies to choose from, our specially formulated IV drips will help you work hard and play harder.

Unlike traditional oral supplements, REVIV IV therapies have a 100% absorption rate and get to work to replenish your hydration levels, restore your vitamin and nutrient balance, refresh your cosmetic appearance, and leave you feeling REVIV'd.



Intarmuscular (IM) Booster Shots

Push your mental and physical limits and give your body a boost. REVIV intramuscular vitamin injections take seconds to administer, have a 100% absorption rate and offer lasting effects. Give your immune system a boost without the negative comedown effects of energy drinks. No matter what your wellness goals, our vitamin injections will help you on your journey to better wellbeing.

Restore your body's equilibrium and give yourself a boost. Choose from one of four signature vitamin injections to help you lose weight, feel energized, fight the effects of ageing and improve physical performance. Book your vitamin injection today and feel REVIV'd.

1. **Alpha Hydroxy Derma-Lac Lotion**, \$94, mybestclinic.com
2. **Vitamin A, C & E Body Oil**, \$110, mybestclinic.com
3. **Tri-Complex Contouring Cream**, \$80, mybestclinic.com
4. **Renew + Protect (Softgels)**, \$80, mybestclinic.com
5. **Renew + Protect (Liquid)**, \$80, mybestclinic.com
- 6-10. **Intravenous Therapy (IV Therapy)**, from \$125, [Click here to book](#)
- 11-14. **Intramuscular Booster Shots**, from \$30, [Click here to book](#)

What is BODY/90

At MyBest Clinic, our team will guide you through a journey to optimize your wellness & body health. By following our recommended programs paired with coaching by our professional team, we can help you achieve the best results.

Discover our medically supervised weight loss programs with our team of professionals at MyBest Clinic.



Medical Intervention & Support



Coaching on Dietary Habits & Exercise



Bend Beauty Supplements



REVIV Vitamin & Hydration Therapy

BODY90 is a medically supervised weight loss program. In alignment with the MyBest Clinic core values, we have developed a program to ensure you achieve your weight loss goals in a healthy, sustainable and scientifically backed way. Clinical research has consistently shown us that a higher body fat percentage is linked to degenerative diseases such as heart disease, high cholesterol and diabetes.

MAKE YOUR BODY AND WELLNESS ROUTINE TRACKING EASIER

On page 6 you will find a printable Body & Wellness tracker.

Week of: 01 02 03 04 05

Body and Wellness

ROUTINE TRACKER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Goal								
Actual								
CALORIES INTAKE								
Monday	Breakfast Lunch Dinner Snacks Total Calorie Intake:	100 625 90 1485	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★
Tuesday	Breakfast Lunch Dinner Snacks Total Calorie Intake:		Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	
Wednesday	Breakfast Lunch Dinner Snacks Total Calorie Intake:		Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	
Thursday	Breakfast Lunch Dinner		Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	Hydration: Sleep: ★★★★★	
EXERCISE & HEALTH								
Type	Time	Cal. burned						
Jogging	30 minutes	240						
SUPPLEMENTS <input checked="" type="checkbox"/>								
TOTAL CALORIES BURNED		240						
Type	Time	Cal. burned						
SUPPLEMENTS <input type="checkbox"/>								
TOTAL CALORIES BURNED								
Type	Time	Cal. burned						
SUPPLEMENTS <input type="checkbox"/>								
TOTAL CALORIES BURNED								
Type	Time	Cal. burned						

ROUTINE TRACKER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Goal							
Actual							

BODY 90

CALORIES INTAKE			EXERCISE & HEALTH			
MONDAY	Breakfast		Hydration:	Type	Time	Cal. burned
	Lunch		☹☹☹☹			
	Dinner		☹☹☹☹			
	Snacks		Sleep:	SUPPLEMENTS <input type="checkbox"/>		
	Total Calorie Intake:		★★★★★★	TOTAL CALORIES BURNED		
TUESDAY	Breakfast		Hydration:	Type	Time	Cal. burned
	Lunch		☹☹☹☹			
	Dinner		☹☹☹☹			
	Snacks		Sleep:	SUPPLEMENTS <input type="checkbox"/>		
	Total Calorie Intake:		★★★★★★	TOTAL CALORIES BURNED		
WEDNESDAY	Breakfast		Hydration:	Type	Time	Cal. burned
	Lunch		☹☹☹☹			
	Dinner		☹☹☹☹			
	Snacks		Sleep:	SUPPLEMENTS <input type="checkbox"/>		
	Total Calorie Intake:		★★★★★★	TOTAL CALORIES BURNED		
THURSDAY	Breakfast		Hydration:	Type	Time	Cal. burned
	Lunch		☹☹☹☹			
	Dinner		☹☹☹☹			
	Snacks		Sleep:	SUPPLEMENTS <input type="checkbox"/>		
	Total Calorie Intake:		★★★★★★	TOTAL CALORIES BURNED		
FRIDAY	Breakfast		Hydration:	Type	Time	Cal. burned
	Lunch		☹☹☹☹			
	Dinner		☹☹☹☹			
	Snacks		Sleep:	SUPPLEMENTS <input type="checkbox"/>		
	Total Calorie Intake:		★★★★★★	TOTAL CALORIES BURNED		
SATURDAY	Breakfast		Hydration:	Type	Time	Cal. burned
	Lunch		☹☹☹☹			
	Dinner		☹☹☹☹			
	Snacks		Sleep:	SUPPLEMENTS <input type="checkbox"/>		
	Total Calorie Intake:		★★★★★★	TOTAL CALORIES BURNED		
SUNDAY	Breakfast		Hydration:	Type	Time	Cal. burned
	Lunch		☹☹☹☹			
	Dinner		☹☹☹☹			
	Snacks		Sleep:	SUPPLEMENTS <input type="checkbox"/>		
	Total Calorie Intake:		★★★★★★	TOTAL CALORIES BURNED		

Day: _____

Week of: _____

01 02 03 04 05

BODY/90

BREAKFAST		SERVING	CARBS	FATS	PROTEINS	CALORIES
TOTAL						

LUNCH		SERVING	CARBS	FATS	PROTEINS	CALORIES
TOTAL						

DINNER		SERVING	CARBS	FATS	PROTEINS	CALORIES
TOTAL						

SNACKS/SWEETS		SERVING	CARBS	FATS	PROTEINS	CALORIES
TOTAL						