

# Robin's 15-Day Hormone Reset

## Workbook Guided Practice 5



Robin Nielsen





# Hormone Reset

## Guided Practice 5

### Movement

*“Exercise is the key not only to physical health, but to peace of mind.” Nelson Mandela*

❖ Movement is essential for:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

❖ The best types of movement for hormone balance are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

❖ I love that I’m so good at: \_\_\_\_\_,

\_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_, \_\_\_\_\_.



❖ Use these SIX key indicators (SEMMCH) to see if the movement I'm doing is just right, or too much:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

❖ Action Steps - I can't wait to begin!:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Notes: