



7-DAY BUSY ALASKAN WELLNESS CHALLENGE

SMALL STEPS

REAL MOMENTUM

LASTING CHANGE



Welcome!

Life in Alaska is beautiful—but busy. Whether you're chasing kids, hauling gear, or hustling through seasonal work, it's easy for your health to take a backseat. That's why I created this simple, realistic 7-day challenge to help you reset your habits and build a stronger, healthier routine—one step at a time.

Each day builds on the last. By the end of the week, you'll have stacked multiple healthy habits that fit your real life—and can actually stick.

Let's get started!



Heidi

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7-Day Busy Alaskan Wellness Challenge

Each day builds on the last, so by the end of the week, you have stacked multiple healthy habits!

Day 1: Hydration Reset – *Drink More Water*

- Start your day with **16 oz of water** before coffee or tea.
- Set a goal: **Half your body weight (lbs) in ounces** of water (150lbs = 75oz of water!)
- Use a big water bottle & track intake.



Day 2: Move More, Sit Less – *Increase Daily Movement*

- Stand up & stretch every **hour** (set an alarm on your phone or watch!)
- Take a **10-minute walk** after a meal.
- Do **10 squats, push-ups, or lunges** every time you check your phone mindlessly (modified versions of each exercise is totally okay!)



Day 6: Stress Less, Breathe More – *Mindset & Mental Well-being*

- Take **5 deep belly breaths** before meals.
- Try a **5-minute meditation** or guided breathwork.
- List **3 things you're grateful for** before bed (one of my favorite activities!)

Day 7: Challenge Yourself! – *Active & Fun Commitment*

- Try a **new movement** (yoga, HIIT, dance, hiking).
- Plan & prep **3 healthy meals** for the week ahead (need guidance on this? Let's chat!)
- Set a **personal goal** for the next 30 days (habit continuation) I can help you break down those goals into steps and make this POSSIBLE!



What's Next?

You just proved you can make healthy choices—even in the chaos of real life.

Now imagine what you could do with **a customized plan, support, and real coaching.**



Want to keep the momentum going? Let's talk.

We'll build a simple plan that fits your lifestyle—without extreme diets or unrealistic goals.

Book Your Free Discovery Call Today!



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