

**30 Days**  
**of**  
**Healthy Starts**  
**for**  
**Grounding**

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## **Goal:**

- ❖ Improve the start of our day with balance, strength and awareness by grounding using yoga and earth-based eating habits

## **Includes:**

- ❖ 30 days of simple sustainable tools and practices to recharge your core, posture and healthy habits.
- ❖ Learning and utilizing tried and true practices of yoga, meditation, exercise and clean eating.

## **Benefits:**

- ❖ Reduce or resolve back pain with improving the alignment of the spine.
- ❖ Increased grounding by improving balance.
- ❖ Improved body awareness.

## **Mission:**

- ❖ Empower families and individuals to be more self-sufficient with their health and fitness habits.

## **About the Author:**

- ❖ I have worked with 100s of clients and 1000s of students. I have 9 years of experience teaching yoga, exercise and clean eating. I have overcome injuries and helped many people do the same. I love what I do!

## **Warning**

Please consult with your doctor before starting any new fitness or eating program. This program does not claim to solve or cure any specific issues or diseases. By starting this program you agree to the health and physical risks of starting any program. You agree the author is not liable to any issues or problems you have had during this program.

# Outline:

## **Week 1:**

Day:

1. Schedule
2. Space
3. Breathe
4. Meditate
5. Gratitude
6. Visualize
7. Write

## **Week 2:**

8. Bridge
9. Lying down twist
10. Plank
11. Cat Cow
12. Bird Dog
13. 6 directions
14. Down Dog Up Dog

## **Week 3:**

15. Lunge
16. Lunge rotation
17. Tadasana
18. 5 pointed star
19. Squat
20. Backbend
21. Quad stretch

## **Week 4:**

22. Water
23. Nature
24. Tea
25. Smoothie
26. Oats, chia seeds
27. Supplements

## **Final Days:**

28. Plan the day
29. Family
30. Friends

## Week 1:

**Intro Video:** Introduction, 3 Pillars, posture/ breathing/ meditations

<https://youtu.be/3HZpAy4MoAU>

**Daily Homework:** 3 to 10 Mins a day

- Breathing
- Gratitude
- Visualize

**Day**

### **1. Scheduling time to schedule!**

Schedule: What is the best time of day for you to practice? Everyone has different schedules and lifestyles. Life will also continue to throw haymakers at us. Decide on a time you will practice your selfcare everyday. Decide that will be the time for the rest of your life.

Day 1 is making the plan and sticking to it. That comes down to scheduling. If it's all not in your schedule you are less likely to do it. If you do not have a schedule, start by dividing your time into work and personal. Everyday make sure you start and finish your day with personal time. Especially personal time that includes healthy living.

Work: Day Job, side hustle, school, commute

Personal: Sleep, Eating, Family, Friends, Hobbies

Everyone's schedule will look different. We want to make sure you are including that scheduled time for your health.

You can use a scheduling book, google calendar or follow along in the app.

Everyday schedule time for your health.

An example would be 30 mins of yoga in the morning and 30 mins of walking at night.

Movement impacts so many aspects of our life. That is why using yoga as a part of your movement routine will improve all other movements. Breathing, core, flexibility and balance.

Conclusion:

Schedule time to do yoga everyday. 10 mins counts. Ideally before you start your day.

Right now:

Schedule your yoga everyday. Commit to this time everyday.

## **2. Space:**

Now that you have the time everyday that you will do yoga, where will you do it? Do you have a sacred space in your home? A relaxing area? Your favorite seat? Pick a location in your house, in your bedroom, in your car, on your land that feels safe. Not all of these practices need to be done with enough room for a yoga mat. We are first picking the space for meditation. After, we will pick another location where you will be doing movements. For some it is the same location as where they meditate. Some will be in the gym or another room.

Conclusion:

Pick a location for meditation and movement. It may or may not be the same location.

Right now:

With the time committed you know exactly where to be when those times come.

Ex. 6am meditation in bedroom, 7am yoga in gym

## **3. Breathe:**

Practicing breathing will strengthen your core and your mind. It will strengthen your core by training you to use the muscles in your torso to help you breathe easier and deeper. It will improve your mind by improving your focus and brain health. Deep breath creates body awareness giving us a better understanding of our mental and physical health. We are also bringing more oxygen to the brain increasing its efficiency.

After you have chosen your time and location for meditation and movement sit for 1 minute noticing your breath. Minute two breaths in for a 4 count and out for a 4 count. Minute 3 deep belly and rib breaths. Minute 4 alternate nostril breaths. Minute 5 bonus fire breathing.

Conclusion:

Use the breath to build inner strength. Literally and figuratively.

Right Now:

5 mins of breathing everyday

## **4. Meditate:**

After we have oxygenated our brain with deep breathing we can tune in a little more to our mind. Meditation is about allocating time to listening. Listening to our bodies and our inner workings. Meditation can be considered to be used in multiple ways, not just sitting in silence. Practicing sitting in silence will allow this meditative and concentrative state to

overflow into other aspects of our lives. Our mind tends to run on overdrive with constant thoughts. We use meditation to slow down those thoughts, letting them sink in. We are focusing on the space between the thoughts. Since we will always have thoughts we can choose thoughts to concentrate on. That is where mantras come in. A mantra is a saying or focal point during meditation. The 2 most common mantras I use are. "I am relaxed" and "Om." Repeat these in your mind for a set time to have a focal point for your mind and prevent it from wandering. It's normal to wander. We let it wander often. The mantra keeps us focused. In turn it will improve our focus in other aspects of our lives.

Conclusion:

Be in the moment and use meditation to keep you grounded and focused.

Right Now:

Meditate for 3 mins using one of the mantras.

## **5. Gratitude**

Practicing gratitude is just as important as being fit and eating healthy. Just how important it is to strengthen our bodies, it is important that we strengthen our emotions. Gratitude is one of the most powerful emotions. When we practice gratitude it's hard for us to feel sad or anxious at the same time. We can practice gratitude by thanking the people and situations that have allowed us to be in this moment. You can start by thanking your parents and ancestors for working to get you here then you can focus on the environment around you for continually providing for you. Giving you clean food, air and water. Feel the emotion of gratitude. Practice what gratitude feels like in your body.

Conclusion:

Mental and Emotional Strength. Use gratitude to build emotional strength.

Right Now:

Practice gratitude for the people in your life and the abundance from the planet who always has your back.

## **6. Visualize:**

Creating a vision of your future. Meditation, breathing and movement help us to build focus on what we want to achieve. Slowing down the mind we can become more efficient. While our mind is calming, creating a mental image of ourselves doing the work to achieve our goals will give us clarity. With clarity we will have better self awareness of the daily habits that will bring us closer to the mental image we have of us working towards our goals. Sometimes believing in yourself is harder than the work to achieve the goal.

Conclusion:

The mental image will act as a target but the journey is where the growth lies.

Right now:

Choose 3 images that represent your work and personal goals. Place them somewhere you will see them often to be reminded of your clear goals.

Bonus:

Stare deeply into your images and create the mental image of yourself there. The practice is feeling the scenario. Then rewinding through all of the work it took to get you there. Feel all the work you put in and feel grateful for the journey.

#### **7. Write:**

To solidify our goals, habits and vision, writing creates a physical imprint to remember and recount our emotion or sensation of the ritual. It makes it that much more powerful.

For example write down what you are grateful for, your vision and your goal and schedule for the day.

## **Week 2:**

**Pillar 1:** Lying Down System

**Intro Video:** Step one to getting up

<https://youtu.be/Wk5DFj1i3-g>

**Daily Homework:** + Homework 1

- Bridge
- Single Leg Bridge
- Forearm Plank

#### **8. Bridge:**

This first movement will build strength into the back of the body. It helps improve our posture by opening up the front of our body. It also activates the back of the body, particularly the glute and hamstrings. These muscles help us stay upright. Especially the glutes. They are the biggest muscle in our body and help stabilize us to be upright.

Conclusion:

Perform this motion to help stretch the front of the body for better posture and strengthen the back of the body for more strength.

Right now:

Try 3 Sets of 15 repetitions

Lying on your back, with your palms up, knees bent and spine flat on the ground. Drive through your heels while keeping your belly strong.

### **9. Lying down twist**

After creating some space in the back of the body we rotate. Lying on the ground gives us more stability. This twist is more about lengthening than rotating. Keeping the shoulder on the ground is the most important aspect of this stretch. It keeps the rib cage open and aligns the spine. When the hips twist, keep the belly in because that will allow the lower back muscles to be more supported. The knee doesn't have to touch the ground. Keeping the shoulders to the ground and the ear towards the ground is more important.

Conclusion:

Rotation is best used for lengthening. Keep length while rotating

Right Now:

Hold for 30 seconds each side

### **10. Plank:**

The core is what keeps us stable and upright. Build this to make everything stronger. Building your core builds your whole body. The simplest plank can be the most effective. Starting your plank from the ground will allow you to focus your attention on the muscles you would like to engage the most. The abs. Not only do you want to engage the abs here but also the transverse abdominis. The what? The corset muscle. Think of a corset tightening in or anaconda wrapped around your midsection. Using all of your core muscle groups will tighten our core up and in. Giving you a better shape and posture. Also a great way to prevent or resolve back pain.

Conclusion:

Planks can be performed everyday. Just a good morning to your core and posture. Your back will thank you in the long run.

Right now:

Hold the plank for 10 secs then another, then another.

6 sets of 10 secs

### **11. Cat Cow**

After the core is engaged and activated it is more prepared for movement. Start with the spinal flexion and extension. Picture spine as a straight line to start, then bend slowly up and down, arching and rounding your back. Focusing on lengthening your spine and



feeling every vertebrae slowly move and create more space. Keeping your belly up and in here will give you a better stretch into your back muscles.

Conclusion:

Perform movements in good form Ex. with the core active, it retrains the body to move more efficiently, activating the correct muscles at the current time. Easing tension and easing pain.

Right now:

10 Cat Cows

Slowly

## **12. 6 directions:**

Completing these sequences with the cat cow will warm up the muscles that move your spine. With C-turn and table top rotation the combinations of these 6 movements will prepare your core and back for the day. C-turn helps with the obliques and lats. Rotations help with the serratus muscles and mid back muscles that wrap the rib cage.

Conclusion:

The spine has many directions it can move in. Practicing 6 of them will prepare it for the day to day movement expected and unexpected in life.

Right Now:

3 C turns

3 Rotations

## **13. Bird Dog**

Once a baby can sit up they can start to crawl. Bird dogs can begin to mimic the motion of crawling. In turn programming our muscles for better motion. Not just the core is activated here but also the glutes. We are bipedal meaning we walk and balance on two feet. We need our arms to help us propel our bodies forward. This position and movements help us mimic walking using opposite limbs to propel us forward. Think about pushing and pulling at the same time. All the while drawing in your core. Keep your spine straight, similar to lying on the ground. Look straight down in between your hands. Kick the wall behind you with your heel to feel your glute activate. Moving the ground away from you.

Conclusion:

Just how you learn to walk from crawling. Let's retrain our body the way we first did, on our hands and knees.

Right Now:

Hold For 30 seconds on each side.

#### **14. Down Dog Up Dog/Child's Pose**

Starting on a table top We can begin by sitting back to our heels into a child's pose. This position allows us to surrender letting go of tension in our back. You can make adjustments here making it more comfortable with cushions under your knees or have a block under your forehead. Downward dog is the next stage. Curl the toes under and sit the hips back and up. Keep the knees bent almost to a right angle to start. After driving the heels down to or towards the ground, you may start to straighten your back. Starting with the hands. Press through the pointer finger and thumb. At the same time point your elbows towards your toes. Let your head relax and keep your neck long. Focus on keeping the spine straight when transitioning into a downward dog. Keep your chest open and reach it towards your toes to lengthen your spine.

Conclusion:

Child's pose and downward dog are the first steps to inverting the body. You can find relaxation in a child's pose and strength and flexibility in a down dog.

Right Now:

Child's Pose 30 seconds 5 breathes

Down Dog 30 seconds 5 breaths

### **Week 3:**

**Pillar 2:** Kneeling Systems

**Intro Video:** The link between lying down and standing.

<https://youtu.be/idPgER3chm8>

**Daily Homework:** + Homework 1 and 2

- Cat Cow
- C - turn
- Rotation
- Bird Dog

#### **15. Lunge**

This is the transition from kneeling to walking. This position will help to lengthen the front of the thighs and hip flexing muscles. This is great to counteract the sitting that we do during the day.

You can come into the lunge from a table top position. High lunge and low lunge. The low lunge is the less active position and the high lunge has more muscle recruitment. Keep the core tight in both positions. The foot position is the most important. It will reflect which parts will be lengthened and or strengthened. With the kneeling low lunge the foot may be flexed or pointed. In the standing lunge those toes are flexed with the heel over the ball of the foot. No matter which position, drive down through the front heel. With the foot flexed under the heel press back into the ball of the foot for more stability. No matter what position the upper body is in the tailbone is tucked under. Belly strong.

Conclusion:

Use the lunge as a tool for lengthening the front of the body preparing it for forward motion.

Right Now:

Hold each side for 30 secs progressing from kneeling lunge with toe uncurled, to toes flexed under to standing lunge.

## **16. Lunge rotation:**

After Learning the position of the lunge we can find different positions of the upper body to allow for a different and deeper stretch. Picking which lunge variation feels the best for your legs. Raise both arms up and interlace your fingers. Bend the upper body so you side bend away from your lunging leg lengthening the lateral side. Slightly rotate away from the lunging leg to lengthen more into the front and side body. Then open your arms to a "T" and turn your chest away from the kneeling knee. Relax the shoulders while lengthening the arms and neck. Slowly bring the front hand down and reach the other hand towards the sky. Turning your chest towards the front knee. You can repeat the sequence varying the leg positions.

Conclusion:

Crowned as the mother of all stretches. This position is the transition from the ground to standing, this will be the most important move into our old age. Recovering from a fall could save your life.

Right Now:

Hold for 30 seconds each side.

## **17. Tadasana**

Standing is so natural but can still be so detailed. This is something you can practice everywhere and everyday. Do you think about how you stand? Let's start at our feet. Make sure to practice this barefoot when you can. Your toes point straight forward with a fists width between the feet. Spread your toes for a wider base. Feel your balls of the

foot outer edge and heel create three strong points of contact on the feet. The arches lift like they are grabbing the ground. Feel the feet screw into the ground just like our hands on the table top. Knees will be slightly bent over the arches of the feet and the tailbone will be tucked drawing the belly up and in. Hands are at the sides. Hips over the knees. Shoulders over the hips. Head over the shoulders.

Conclusion:

You can build strength and better alignment just by standing correctly. Just in line you could be building a better core and posture.

Right Now:

Stand for 1 min screwing yourself into the ground. Building strength and length through your whole body.

### **18. 5 pointed star:**

We are made of stardust. Let's remember how grand we are. Using this position we can practice being as big as possible. We sometimes sit and are not completely stretching out our bodies. If you can picture the davinci code. Picture yourself in that position.

Conclusion:

Just holding the five pointed star will stretch you from every direction

Right Now:

Hold for 1 min

### **19. Squat:**

The squat is one of our foundational movements. There are different squat positions but the asian squat is the most functional. Start this position with your hips over your toes and your feet shoulder width apart. Start with your toes pointing straight forward then turn them 1 inch out. Keep your spine straight and sit back and down with your knees pointing the same slightly outward position. Inhale on the way down and exhale on the way up. Keep your hands together at your collar bone.

Conclusion:

Use the squat to not only strengthen the legs but also to improve your leg and hip mobility.

Right now:

Stand in a door frame facing one side of the frame. Use your hands to gradually lower yourself and gracefully come up.

### **20. Backbend**

We will be exploring how to move our spine in a safe and effective manner with the back bend. Starting in Tadasana standing up straight we are going to bend backwards just from our upper body. While at the same time protecting our lower back. This will help our posture by giving the front of our body a safe stretch. Start by lifting the collar bone and front of the rib cage. Roll your shoulders back and lengthen your neck without letting the back of your neck scrunch up. You can have your hands at your sides and breath in as you bend gently backwards. Keep your belly engaged to protect your back and find a stretch from the chin to your belly.

Conclusion:

Practice this to maintain your posture and protect your lower back.

Right now:

Bend back and take 3 breaths, relax back to standing up straight and repeat 2 to 3 times in the morning to start your day.

#### **21. Quad stretch:**

The quadricep muscles tend to tighten as we sit so often. Find a chair or stairs to assist in this stretch. With your back to the chair or stairs place the top of your forefoot to begin to stretch. To increase the stretch imagine you are trying to kick your foot down and forward. Keep your tall posture, engage your core and feel the stretch from the front of the hip to the top of the knee.

Conclusion:

Releasing your quads will release the muscles in the front of the body.

Right Now:

Practice this now to release the front of the thigh muscles. This can alleviate knee pain and back pain.

## **Week 4:**

**Pillar 3:** Standing Systems

**Intro Video:**

<https://youtu.be/RjPNBVJZI3M>

## **22. Water:**

Now that we have built our foundation with movement and posture it's important that we fuel the body with the nutrients it needs. Our bodies are made up of 70% water. When we hydrate our body it lubricates your joints and organs. Start with 8 cups of water and increase from there.

Conclusion:

Pick an 8 oz container and put 4 rubber bands around it. Remove a band every time you finish it.

Right Now:

Prep a glass everynight to make sure to always have water ready to drink as soon as you wake up.

## **23. Nature:**

We come from nature. We are nature. When we connect with nature we function better. Disconnecting from electronics can lower our stress. Being surrounded by nature can release dopamine into the bloodstream. The reason being on the beach feels so good is because we are barefoot.

Conclusion:

If you don't have a backyard, find the closest park to you.

Right now:

Get outside and connect with the ground. Take a walk.

## **24. Tea:**

Tea has been around for 1,000's and it has been used for healing and in ceremonies. Use it as a tool in your arsenal. Tea is hydrating and nourishing. It can be used for energy or to have a calming effect.

## **25. Smoothie:**

I started making smoothies 12 years ago when I started weight lifting. At first they were mostly filled with whey protein, ice cream and chocolate syrup. As I became more health conscious I upgraded to a healthy plant based drink mix with way more fruits and veggies. Since then it has become my go to breakfast and desert. I prefer smoothies over juices because it contains more of the plant and I find them to be more filling.

Conclusion:

Starting the day off with the healthiest meal possible builds a better foundation for the rest of the day.

Right now:

Using any blender, make a smoothie using 8oz of water, a handful of berries, a banana, spinach, peanut butter if you'd like a plant based protein powder or drink mix. Blend it up and enjoy!

## **26. Oats, chia seeds:**

My second favorite breakfast is oatmeal. In the cooler months I do prefer to start my day off with something a little warmer. My go to is organic oats with peanut butter, banana, berries, cinnamon and plant based protein powder.

Conclusion:

Just like a smoothie, consuming a healthy breakfast leads to healthier choices later in the day. When your body has the nourishment it needs, we're less likely to crave foods that are not as healthy.

Right now:

Make your own oatmeal bowl and jazz it up with fruit, nuts and seeds.

## **27. Supplements:**

I am not a fan of supplements because I don't believe a lot of them are clinically proven to work. I prefer to use products that have been tested and are safe and backed by studies in the human body. I look for products that have nutritional labels showing that they are derived from real plants. I also look to make sure it has an NSF label which promises the product has been tested and does not contain anything that is not on the label.

Conclusion:

I take supplements because I know I am not eating the daily recommended serving of 7 to 13 raw fruits and vegetables every day. I use it as a way to fill in the gaps. Talk to a qualified health professional who you trust and ask them what they take personally.

Right Now:

Add to your morning routine a supplement that you trust, that's safe for the whole and is backed by clinical research.

This is what I use:

[JasonHarris.Juiceplus.com](http://JasonHarris.Juiceplus.com)

## **28. Plan the day:**

Writing has become one of the most powerful tools in my tool belt. It has brought me peace of mind by allowing me to focus and clear my head. I started writing out my day and my goals in high school and that has expanded into buying a journal and writing out my goals, feelings and a space to draw.

Conclusion:

Writing is a meditative process. It puts you in your body. When you put pen to paper it creates a stronger connection to your goals and thoughts.

Right now:

If you don't have a habit of writing, grab a piece of paper and write for one min. If you do have a habit of writing, try to zone in and create a structure so that you are doing it everyday and with intention around it.

## Final Days

### **29. Family:**

Having support can make a huge difference in our health and fitness goals. By including those who are closest to us in our goals can build an accountability system to keep us on track. If those closest to you know what you're up to they're less likely to offer you that piece of cake and more likely to go on that walk with you.

Conclusion:

Include those closest to you on what your health goals are. Sharing with them will bring them into your journey.

Right Now:

Share with the person closest to you what you want to accomplish with your health and ask them for one way they can support you. If you don't have someone close to you, higher a health professional or share your goal with your primary health care provider.

### **30. Friends:**

Making health and fitness fun leads to long term consistency. My grandfather played tennis with his friends until a year before his passing. Finding fit friends can make a huge difference in your relationship to fitness.

Conclusion:

Fitness can be fun and should be fun.

Right now:

Enroll a friend in your favorite fitness routine. If you don't have one. Make one the fitness area that you are already enjoying.



## **Conclusion:**

Continue practicing daily your favorite techniques from these 30 day, even if it's for a few minutes. Refer back to this whenever you need a refresher. I hope you add your own flavor and spice to this routine.

Thank you for participating in this program!  
I hope it helps you on your journey through life.

## **For More Info:**

### **Private and Group Consultations**

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