<table>
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<th>Week 6</th>
<th>Stay Healthy With Mindful Eating</th>
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**Day 1**
- First step for mindful eating is ditching the gadgets / machines whenever you are eating, this will ensure you don’t over eat unknowingly.
- Your baby step towards fitness: Go out for interval walking for 20 minutes (1 minute fast walking followed by 2 minutes of slow walk or vice versa) followed by 5-10 minutes of breathing and stretching exercises.

**Day 2**
- Eat smaller portions: Smaller plates can help you eat less and thus you’ll stay away from mind-boggling calories.
- Workout a little more: Add 20 minutes of interval walking (1 minute fast walking followed by 2 minutes of slow walk or vice versa) followed by two set of each of squats, lunges, push ups, planks and mountain climber with simple form (10 to 20 repetitions). Add to the routine - Bhujangasana also known as a cobra pose for 15 to 60 seconds. Don’t forget to add cool down for 5-10 minutes. Rest for 30 seconds to 2 minutes in between every set of exercises.

**Day 3**
- Eat slowly and relish each bite – Ensure you eat slowly and chew thoroughly.
- Time for interval walking for 20 minutes (1 minute fast walking followed by 2 minutes of slow walk or vice versa) followed by 5-10 minutes of cool down.

**Day 4**
- Ensure you complete your meal in 20 minutes or somewhere close to it. Take smaller bites, keep your spoon/fork on the table after every bite, and take your own sweet time to finish the meal.
- Add 20 minutes of interval walking (1 minute fast walking followed by 2 minutes of slow walk or vice versa) followed by two set of each of squats, lunges, push ups, planks and mountain climber with simple form (10 to 20 repetitions). Add to the routine - Bhujangasana also known as a cobra pose for 15 to 60 seconds. Don’t forget to add cool down for 5-10 minutes. Rest for 30 seconds to 2 minutes in between every set of exercises.

**Day 5**
- Think healthy, talk healthy: Indulge in healthy discussions with your friends/ family while eating. Discuss about the tastes/aromas/mouth feel of the food. And of course, don’t forget to eat clean!
- Fight the extra calories by going on interval walking for 20 minutes (1 minute fast walking followed by 2 minutes of slow walk or vice versa.)

**Day 6**
- Take 5 deep breaths somewhere around the meal. It helps us take in more oxygen which in turn helps in breaking down the fat efficiently.
- Sweat it out with 20 minutes of interval walking (1 minute fast walking followed by 2 minutes of slow walk or vice versa) followed by two set of each of squats, lunges, push ups, planks and mountain climber with simple form (10 to 20 repetitions). Add to the routine - Bhujangasana also known as a cobra pose for 10 to 60 seconds. Don’t forget to do a cool down for 5-10 minutes. Rest for 30 seconds to 2 minutes in between every set of exercises.

**Day 7**
- Don’t skip meals. Eat breakfast like a king, lunch like a prince and dinner like a pauper. Opt for right snacking options like fruit, dry fruits, nuts, yogurt, coconut water, buttermilk, fruit or veggie smoothies.
- No Workout: Keep this day as your rest day.