



# 7-Day Anti Inflammatory Program

The Inflammation Equation: Sodium, Sugar, and Fiber



CHRISTIAN  
HEALTH

JOURNEY

[ChristianHealthJourney.com](http://ChristianHealthJourney.com)

**DAY FIVE  
WORKBOOK**

# PLEASE READ

## DISCLAIMER

The information provided in this course is for educational and informational purposes only and is not intended as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or a qualified healthcare provider with any questions you may have regarding a medical condition or your overall health.

Participation in this course does not establish a doctor-patient relationship. Any reliance on the information provided in this course is solely at your own risk. While we strive to provide accurate and up-to-date information, we make no guarantees regarding the completeness, reliability, or applicability of the content presented.

If you experience any adverse symptoms or medical concerns while implementing the techniques or recommendations discussed in this course, discontinue them immediately and consult a healthcare professional. This course is not intended to diagnose, treat, cure, or prevent any disease.

By enrolling in this course, you acknowledge that you are responsible for your own health and well-being and agree to consult a medical professional before making any significant lifestyle changes.

## DAY 5 WORKBOOK: MOVEMENT & MINDFULNESS

## Check-In: How Are You Feeling Today?

## Body:

☐ Stiff    ☐ Sore    ☐ Relaxed    ☐ Energized

**Mind:**

☐ Scattered    ☐ Calm    ☐ Focused    ☐ Overwhelmed

**Stress Level (1-10):**\_\_\_\_\_

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# DAY 5 WORKBOOK: MOVEMENT & MINDFULNESS

## Reflection: What Did You Learn Today?

How does stress contribute to inflammation in your body?

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What's one form of movement or mindfulness you've enjoyed in the past?

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# DAY 5 WORKBOOK: MOVEMENT & MINDFULNESS

## Knowledge Check

Name two ways mindfulness reduces inflammation:

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What type of movement is most supportive for reducing inflammation?

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What's the 4-7-8 breathing technique used for?

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# DAY 5 WORKBOOK: MOVEMENT & MINDFULNESS

## Create a 5-Minute Reset Ritual

Use this space to build your own calming routine.

**Where will you practice it?**

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**What will you do (breathing, movement, journaling)?**

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**When will you do it (morning, mid-day, before bed)?**

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**What will you say to yourself before or after?**

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# DAY 5 WORKBOOK: MOVEMENT & MINDFULNESS

## How Did Movement or Mindfulness Affect You Today?



# DAY 5 WORKBOOK: MOVEMENT & MINDFULNESS

## Your Mind-Body Takeaway