

FS Thrive™ X EXOS

Four pillars of high performance: Business owners' guide

Mindset

- Write down your daily thoughts to help gain a deeper sense of your values and provide a source of durable motivation
- Meditate to become more aware of your current state of mind
- Close your eyes for 5–10 minutes to help improve your mood, memory and focus

Suggested items

- Journals
- Corporate license to Calm app
- Stress balls
- Fidget toys

Movement

- Consider how and why you are moving
- Focus on connection between the body (body, shoulders, torso, hips)
- Take care of soft tissue by stretching often
- Work on stability by teaching your body a new strategy after using these steps

Suggested items

- Foam roller
- Thera gun
- Elastic bands for stretching

Nutrition

- Hydration is key for increased energy, mental acuity and recovery
- Fuel with carbohydrates that are minimally processed
- Build with healthier proteins
- Protect with fats that support brain function and cellular function
- Prevent with produce that provides natural vitamins, minerals and antioxidants

Suggested items

- Foods with natural ingredients
- Hydroflask
- Meal or recipe journal

Recovery

- Get outside for 5–10 minutes every morning
- Keep temperatures below 68 degrees at night
- Take a warm shower before bed to prepare your body for rest
- Use white noise for better sleep
- Avoid caffeine intake after 1 PM

Suggested items

- Blender bottle (for protein shakes)
- Foam roller
- Recommendations for post-workout snacks (see back)



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Recommendations

Movement

Equipment

TRX
Mini bands
Trigger point ball
Val slides
Massage stick
Stretch strap

Nutrition

Bars

RX Bars (all)
Larabar mini (various flavors)
Larabar (cashew cookie)
Larabar (banana bread)
Larabar (cherry pie)
Larabar (chocolate chip cookie dough)
Larabar (chocolate coconut chew)
Larabar (coconut chocolate chip)
Larabar (coconut cream pie)
Larabar (peanut butter jelly)
Larabar (peanut butter chocolate chip)
Larabar (peanut butter cookie)
Larabar (pecan pie)
Health Warrior Chia Bars (various flavors)
Kind Bar (dark chocolate nuts and sea salt)
Kind Minis (caramel almond and sea salt)
Kashi Chewy Granola Bar (honey almond flax)

Beverages

O2 Recovery drink (various flavors)
Bai water (various flavors)
Core Organic (various flavors)
Ito En Green Tea unsweetened
Honest Tea Moroccan Mint
GT's Classic Organic Raw Kombucha (8 oz.)
GT's Kombucha Organic Raw Gingerade (8 oz.)
BiPro (protein water)
LaCroix soda water (all)
Soda waters (any non-sweetened flavor)
Perrier Soda Water
Yerba Mate Unsweetened Lemon Mint Terere (Guayaki Brand; 8 oz. two servings per glass bottle)
Yerba Mate Unsweetened Terere (Guayaki Brand; 8 oz. two servings per glass bottle)
Milk (no added sugars)
Soy milk (no added sugars)
Almond milk (no added sugars)

Cereal, hot and cold

Bob's Red Mill Gluten Free Classic Oatmeal Cup (various flavors)
Simply Elizabeth Gluten Free Oatmeal (various flavors)
Earnest Eats Gluten Free (various flavors)
Kashi GOLEAN Cereal (1.6 oz. container)

Crackers, chips and popcorn

Quinn Snacks (organic coconut oil popcorn)
Quinn Snacks (classic sea salt popcorn)
Quinn Snacks (olive oil popcorn)
Boomchickapop (sea salt popcorn, 4 cups)
Smartfood Delight Popcorn (sea salt, 1 oz.)
Terra Chips Original (1 oz. package)
Nabisco: Original Wheat Thins (16 pieces)
Beanitos: The Original Black Bean Chips
Bada Bean Bada Boom (various flavors)
Pretzel Crisps (1 oz. package)
Sensible Foods: Edamame

Dairy and alternatives

Chia Pod (vanilla bean)
Fage Total Plain Yogurt (total)
Fage Total Plain Yogurt (total 2%)
Fage Blueberry (total 2%)
Fage Strawberry (total 2%)
Fage Peach (total 2%)
Chobani Greek Yogurt (whole milk plain)
Chobani Greek Yogurt (plain non-fat)
Chobani Greek 100 calorie (various flavors)
Daisy Brand Regular Cottage Cheese (½ cup)
Daisy Brand Low-Fat Cottage Cheese (½ cup)
Lifeway Plain Low Fat Kefir (1 cup)
String cheese (e.g. Horizon Organic Mozzarella String Cheese)
String cheese (e.g. Sargento Natural String Cheese Snacks)

Frozen treats

Mompops chocolate sea salt
Mompops mango
Mompops banana raspberry
Mompops pineapple basil
Mompops banana chocolate
Mompops pineapple
Mompops strawberry banana
Mompops strawberry lemonade

Fruits and vegetables

All whole vegetables and fruit
Sambazon Superfruit packs (pure unsweetened)

Nuts, nut butter and meats

Wonderful Pistachios: (½ cup with shells)
Justin's Classic Almond Butter (1.15 oz. squeeze packs)
EPIC Bars (venison sea salt pepper)
Skinny Salami (single pack)
Steves paleo grassfed beef jerky
Plants NUT-rition Heart Healthy Mix
Barney Butter Almond Butter (various flavors)
Almond or Almond Walnut packs (100 calorie packs)