

DAY 6 – rest day/lepo päivä

During the rest day you need to relax your body and mind.

Avoid stressfull situations. Go to nature, take a walk to a park. Sauna is also recommended.

Enjoy some treats, cakes, etc. but make sure you get sufficient amount of proteins, minerals and vitamins.

Eat balanced meals if possible.

Few tips on snack:

A bowl of cereals with yogurt and extra nuts and fresh fruits.

Smoothie – pear, banana, fresh spinach, nuts, apples.

