My Viva Inc. is a community for a better you. To us, Whole Body Health means taking care of how you engage your mind, fuel your body, and move your body.

Mindfulness

Nutrition

Fitness

RECHARGE your wellness, for a better you.

UALBERTA MY VIVA PLAN
STAY HEALTHY ON CAMPUS WITH MY VIVA PLAN!

Being a student at a university or post-secondary institution adds a lot of stress to your life. From attending classes to studying to working a part-time job, there are many things that you need to focus on while on campus. This busy schedule can make it hard to stay healthy mentally, physically, and emotionally. It can also be difficult to eat a healthy diet when fast food and instant meals are easier than cooking for yourself.

Our health and wellness plans focus on nutrition, fitness, and mental wellness, helping to create whole body health.
Today
Sat Jul 13

Take 1-2 minutes to reflect on your day. You can choose to focus on one or all sections. If you miss a day, not to worry – you can go back up to 2 days to reflect. You will quickly see how empowering reflecting can be. This is the key to getting started, living the life you dream!

WATCH TUTORIAL VIDEO

ALL   MY MIND   MY NUTRITION   MY FITNESS   MY BIOMETRICS

Short-Term Goals
• Did my actions today support my short-term goals?
  • I will stretch every night before bed.  yes  no

Long-Term Goals
• Did my actions today support my long term goals?
  • I will train for a marathon this year.  yes  no

Energy (1=Low 5=High)
• Today my energy level was
  5

Focus (1=Low 5=High)
• Today my level of focus was
  4
Want to take a recipe that helps you live your Viva life to the next level?
Email the recipe (along with a picture of the dish) to support@vivaplan.com, and we will add our Viva touch!
This includes a re-vamp of the recipe, nutrition analysis, and the chance to have it added into our recipe repertoire.

VEGETARIAN/VEGAN

Asian Tacos
Roasted Purslane and White Bean Soup
Watermelon Salad
Crispy Chilli Chickpeas
Blueberry Chia Seed Jam
Apple and Turkey Curry Wrap
Chickes and Waffles
Miso Soup with Buckwheat Soba Noodles
Zucchini and Turkey Enchiladas
Crab Sushi Bowl, with Cauliflower Rice
Turmeric Lentil Soup
French Toast with Apple Blueberry Syrup
MY VIVA YOGA

Sat | July 13

| Fitness Level * | Beginner |
|-----------------|----------|
| Workout Length * | 5 minute |
| Routine * | 5 Minute Meditation |

*REQUIRED
FITNESS WAIVER:
By checking this box you are agreeing to the FITNESS WAIVER for My Viva Plan.

☑️ I AGREE

START