

# Download Beachbody Measurement Guide

Now that you know how and why 21 Day Fix works, let's get down to the nitty-gritty: which foods go into each container. The guide includes lists of "approved" foods that are arranged according to nutritional value — the higher the food is on the list, the more nutritious it is. Self-Myofascial Release Exercises. Self-Myofascial Release (SMR) uses "tools"—most commonly, the foam roller—to decrease pain by breaking up adhesions in the fascia or soft-tissue part of the connective tissue in the body, similar to the way deep tissue massage does, by putting pressure on trigger points that cause the neuromuscular receptors to release muscle tightness. Unless you've been living under a rock the past year, it's most likely that you've heard about the 21 day fix program. This exercise program combines both athletic cardio and strength-training based workouts with a complete and thorough nutrition plan that uses portion control containers to help you lose weight without having to count calories. If you've done the 21 Day Fix, you probably know that in addition to the official book, 21 Day Fix Eating Plan, there is a new 21 Day Fix foods list. There are also several updates from Autumn and Beachbody about treat swaps that talk about different foods that are "free" and have been updated ...