



# The *Mind Body* Challenge



# Welcome!

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Thank you for visiting our website and for joining our community.

Over the next few pages you'll find the full first week of The Mind Body Challenge including the Getting Started section which should give you an insight into how the program works and our slightly different approach.

We've built the program around discoverability, meaning we'll introduce you to the different aspects of healthy living encouraging you to try each one out. From there it's up to you to select what meals you like, where and how you want to workout and what healthy habits you want to commit to long term.

Doing it this way ensures that you are happy and motivated with your new lifestyle way beyond the program because you chose what works for you.

In our first week of the program we'll be covering your mindset and how to go about the next 12 weeks with an open and patient mind while also covering self acceptance, and how essential it is to be kind to yourself and where you are at right now with your health and wellbeing.

After that, for our first healthy habit of the program, we'll go over our food philosophy and why you might want to ditch the whole "diet" short term approach for a more enjoyable long term one.

Lastly, for our first mindfulness challenge, we'll be practicing to eat mindfully and go over how this can help you approach meal time differently.

Included also is your first weeks suggested recipes, workout plan, stretch routine and checklist for the week.

## Have any questions?

I'm always here to help whenever you need it. So, please feel free to contact me at anytime at [chloe@chloemoirnutrition.com](mailto:chloe@chloemoirnutrition.com) or via social media.



Mind Body Challenge



# Getting Started

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## Guide



# Welcome!

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Hello and welcome to The Mind Body Challenge!

I'm super excited that you are here, and I hope by the end of the program you will have found the right healthy lifestyle that suits you.

Healthy living really should be an enjoyable balanced experience that is both rewarding and exciting but is also something that you can easily add into your daily life and see yourself committing to over the long term.



So, over the next 12 weeks, we'll be going on a little guided journey together to discover what exactly healthy living means for you and how we can make it work in your everyday life.

Each week, we'll slowly be introducing you to a bunch of different healthy habits, meals, ideas, and tips.

You can then pick and choose what you like, get rid of what you don't and hopefully by the end; you'll have found what works for you.

There are no strict diet rules you must follow, you won't be told what you should and shouldn't do, and there are no set meal plans on what you have to eat.

Instead, there are just a few simple guidelines, ideas and all the support you need to help find what's right for you.

And once you do find what is right for you, and slowly make the changes you need to make, you're set for life.

No more short term solutions. Just slow steady progress.



Ready? Let's get into the different aspects of the program and what you can expect.



# How the Program

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## Works



# How the Program Works

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Before we begin, it's good to think of the program as just the beginning of your health journey. Our aim is to simply lay the foundation and help you discover the parts of healthy living that you might find enjoyable but by no means is the be end and end all way of doing things. This is your life, and being happy with where you're at and where you're going is the only thing that matters

With that said, there is a set framework and structure we'll follow over the 12 weeks. Let's start with a brief overview of the structure before moving into the main elements.

One

## We'll approach things week-by-week



The program is designed to allow you to be introduced to new healthy habits on a week-by-week basis. This means you'll have plenty of time to get organized and you only need to focus on trying a couple new meals and ideas out each week.

Two

## It's all about discovering what works for you

Healthy living is not a 'One Size Fits All' item of clothing. Our bodies and lifestyles are all unique, so how can we expect our approach to healthy living to be any different? Our aim is to expose you to the various habits and aspects of healthy living in a gentle and supportive environment and our only expectation is that you a) test them, and b) decide if it's right for you.

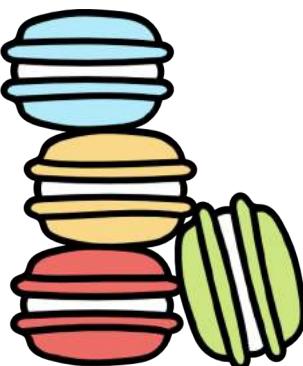




# The Key Program

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## Elements



# The Key Program Elements

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One

## We'll learn a little foundational nutrition

Each week has an educational theme to help keep things organised. I believe that it is essential that we all learn the basics of nutrition so that we can make better more informed decisions for ourselves and our families when it comes to our health.



Some of the themes are very nutrition focused but others are more psychological. For example, your first week talks about your mindset & accepting yourself as who you are (we'll go over the reasons for this a little later).

There are also topics that are super practical like giving your kitchen a complete "healthy" makeover to support your goals, which we'll be doing in your third week of the program.

I genuinely believe these 12 educational topics will help you to understand your body and give you a solid foundation in nutrition to allow you to be more informed when you shop for groceries, or when you need to make any health related choices moving forward.

## Weekly Themes

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|--|--|
| 1. Your Mindset & Self Acceptance<br>2. Carbohydrates<br>3. Kitchen Makeover<br>4. Emotional Eating & Habits<br>5. Food Preparation<br>6. Sugar Cravings | 7. Portion Sizes<br>8. Food Labels<br>9. Gut Health<br>10. Food Intolerance<br>11. Hormones<br>12. Real World Challenges |
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# The Key Program Elements

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**Two**

## Designing your own meal plan & a few weekly recipes

One of the first things you'll notice in the program is that there is a blank meal plan and that there are only a handful of recipes recommended to you each week. This is because:

1) I believe you should be slowly changing your habits which means, having only a couple of new recipes to think about each week.



2) Creating your own meal plan not only builds the healthy habit of planning ahead but you'll also actually look forward to each meal, because you created a plan with recipes you enjoy.

Each week you'll be introduced to 6 new recipes - one from each meal category - and all you're expected to do is try each new recipe just once. Outside of that, you simply continue eating what you have been eating or, by all means, try any other meals you'd like from the blog.

You'll quickly notice as the weeks go by and you've been trying different recipes; you'll start to have more and more healthy recipes in your week without even thinking about it because you've slowly been discovering what you enjoy eating.

Once the 12 weeks are up, you'll have learnt the skills necessary to make a bunch of new healthy recipes and the confidence to continue exploring the millions of healthy recipes available online and in books.



# Key Program Elements

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**Three**

## You'll only have one key focus each week

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Sticking with the concept of making everything simple and focused, each week you'll have one 'focus point'. This is your main task of the week that you'll either need to get done or keep in your mind throughout the week.

These focus points will always be closely related to the educational theme of the week and are there to give you something actionable to accomplish within that specific week.

An easy example is in week 2, your focus point is to avoid all processed carbohydrates throughout the week.



By focusing on only one task each week, we believe you're more likely to accomplish it and avoid being overwhelmed.

**Four**

## We'll try and build a new healthy habit each week

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Similar to your focus point, each week you'll have a new healthy habit to try and implement into your life.

To make the healthy changes we desire, we need to work on adding healthier habits into our lives by slowly replacing the negative ones.

These can take time to get used to, and you might not like them all, but I strongly encourage you to give it a good go each week for at least seven days and then decide if it's right for you to keep doing.



# The Key Program Elements

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Five

## Mindfulness challenges to help your stress & anxiety

You've probably been wondering what the 'Mind' part of all of this is and why it's even included in a nutrition program.

Over the last eight years, I've come to realise what a big part our psychology plays in being healthy and how often our mind and what we think of ourselves influences how we eat.



Unfortunately, we live in a world where we're constantly comparing ourselves to others and are influenced by what others think of us. This often leads us to lack self-esteem and the confidence to take action. This is a significant reason why the program includes so many "mindfulness" aspects in it.

Every week, we'll introduce you to new ideas and ways that can help you overcome this negative mindset and better deal with today's connected and busy world. We hope the result will be less stress, more confidence, and a more positive outlook on food and life in general.

Six

## Daily stretching routine to keep your body healthy

Daily stretching is one of those healthy habits that we tend to put aside or never even think of doing yet it is vital to the longevity of your bodies. Stretching helps us improve our blood flow, avoid injury and combat the hours we spend sitting during the day.

We'll go into depth later but all you need to know for now is that each week, you'll have a new 5-10 minute daily stretching routine to complete sometime during your day. Hopefully, by the end, you'll be able to mix and match to create your own.



# The Key Program Elements

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07  
Seven

## Home workout plan to get you going

Being active every day is not only important when you're trying to lose weight, but it is also vital to leading a happier, healthier and more stress-free life.

However, I understand how difficult this may be to accomplish.

Going to a physical gym, surrounded by 'fit' looking people can be somewhat intimidating and make us feel uncomfortable and self-conscious.



But, we need to do something to make the healthy changes we seek, and exercise and being active is essential to making this happen.

The great thing about being active is that there are literally thousands of different options available to us.

So, the only decisions we need to make are: what activity would we look forward to the most, and where we would feel most comfortable.

This may take some experimentation, but once you find the right place and routine for you, it really becomes quite enjoyable and rewarding.

We will help you with this in week 2 where we'll go over some tips and tricks to help find the right place for you.

In the meantime, you'll have an at home workout program to help you get started including full exercise descriptions and images.



# The Key Program Elements

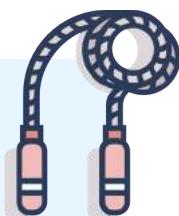
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The Workout Plan contains 3 full body workouts that you can do together with a core workout routine. There is also a weekly schedule to help take the guesswork out of when you'll do what.

These workouts require very little equipment, so if you decide to exercise at home, you'll only need to buy a couple of pieces of equipment to begin with. However, if you'd prefer to go to your local gym, you'll be able to take the workouts with you.

The only equipment you'll need:

1. A kettlebell between 8 -16kgs.
2. A skipping rope.
3. A box or raised platform of some sort, like a park bench.
4. Somewhere to run like on the road, or shuttles in the garden.
5. A yoga mat is optional but recommended.



The movements are all optional and can be swapped with any variation, so let me know if this is the case when we catch up and I'll be able to assist you.

If you already have your workouts sorted then that's awesome! You can choose to skip this section or you could incorporate some of our workouts on days you're not feeling so creative. It's up to you.

A home workout app that we'd recommend having a look at is, 'Sweat by Kayla Itsines'. She has done an incredible job at making quality home workout plans and exercise videos very accessible and affordable.





# The 5 Pillars Of

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## Healthy Living



# 5 Pillars of Healthy Living

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Over the last 8 years, I've learned through experience that doing a combination of these five pillars every day; is all you need to live a healthier and happier life. Anything above is, of course, a bonus!

If by the end of the 12 week you only choose to stick with doing these five things every day, you'll have already accomplished everything you need to succeed long term.

The 5 Pillars of Healthy Living will always be included in your weekly program checklist, and we'll go over them in more depth over the next five weeks.



So, don't worry if you are not too sure how to make them stick just yet; however, I strongly encourage you to start working towards implementing them into your daily routine right away.

## One Eat healthy meals and snacks

Eat meals that include wholesome natural ingredients like fruits and vegetables, free-range meat and eggs, and nuts and seeds. Try your best to avoid anything that is processed and full of artificial chemicals and ingredients.

## Two Be active for 20 minutes

Get to the gym or workout at home. If you're not up for either of those, then get outside and go for a nice fast paced walk or do any other fitness activity you'd like for at least 20 minutes.



# 5 Pillars of Healthy Living

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*Three*

## Drink at least 2 litres of water



Water is a part of life, and without it, we wouldn't last too long. Therefore, hydration plays a key role in making sure our body is as efficient as possible and is able to cleanse and detox effectively. So, if you don't currently drink much water, now's the time to start.

*Four*

## Stretch for 5 minutes every day



We sit in the same position all day – at our desk, in our car, on the couch, and then when we try move and exercise, bad things happen.

In order for us to be healthy and injury-free, we need to be stretching for at least 5-10 minutes every day.

We'll get into all the incredible benefits and reasons why it's essential in week 5, but for now, make sure you are completing your daily stretch routine.

*Five*

## Sleep at least 7 ½ hours



We believe that getting enough sleep is the most crucial part of "being healthy". We will dive deeper into all the reasons later in the program (hint: it helps us lose weight), but for now, if you're someone that doesn't sleep much, it's time to you prioritise at least 7.5 hours every night.



# Your Weekly

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## To-Do List



# Your Weekly To-Do List

**01**

## Sit down and go through your weekly guide



At the end of each week prior to the start of the next, you'll need to set aside 30-60 minutes to go through the relevant weeks reading material ahead of the following week.

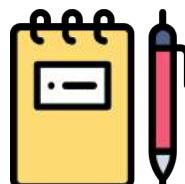
I'd recommend a Friday or Saturday morning which allow you plenty of time to get organised, get your shopping list ready and its good to get it out of the way first thing before your day gets to busy.

Either way whenever is convenient, grab your favourite drink & snack, find a nice quiet spot, and go through your guide so you know what you'll need to focus on for the week coming up.

Some weeks will include relevant questions that you'll need to answer and occasionally there is the odd cheat sheet you'll need to review or printout.

**02**

## Plan your week



Once you're done reading, make sure you print out or download the weekly program checklist, your meal planner and the shopping list template.

Plan when you'll make each new recipe and what ingredients you will need to buy while grocery shopping. It's also important to know exactly when you'll be working out and what you'll be doing on each day.

Familiarize yourself with the weekly challenges and if applicable decide when you are going to take them on.

Planning won't take long, but it is essential that we try to be as proactive as possible so we act confidently without any overthinking that may hinder our success. This is the number one factor in staying healthy and making good choices, so if there is one habit you need to adopt, this is it.

# Your Weekly To-Do List

Three

Take action and have fun



This program is built on helping you make small, consistent changes over the long run.

The last thing we want you to do is to try to go from 0 to 100 when you're motivated, and then in a couple of weeks, you're burnt out.

That's why the first week's education section covers what mindset you should take going into the challenge, but for now, just try your best.

And most importantly, if you have a bad day, remember to just move on. We're in this for the long run and honestly, those little things just don't matter.

Tomorrow will always be another day, so just regroup and focus on that.

It really can be that simple!





# Let's Begin

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Finally.....



# Let's Begin

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Yay! I think we have covered absolutely everything you need to get going! I really appreciate you going through the Getting Started Guide and I promise the rest of the program is much easier to get through. Last two things below:

01

## Get started with your first week



Once you're done with everything above you're good to get going with your first weeks content. You'll need around 30 minutes to go through everything and another 30 minutes to plan.

02

## Use the support group and message me when needed

The Facebook support group is another one of the best aspects of the program.

The group is there for you anytime you feel like you need a little support, or have a quick question that needs answering or maybe you just want to share a recipe you made.

I'll be in there everyday to help you out and so will other like minded ladies, so please make sure you use the group when possible.

Who knows, you might even make some new friends!

If, however, you're not comfortable messaging in there, please feel free to email me at any time.

I'm here to help and am always just a quick message away.

Goodluck, and I look forward to seeing your progress over the next 12 weeks and beyond!

Goodluck, and I look forward to seeing your progress over the next 12 weeks and beyond!



# Mindset & Self Acceptance

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Week 1





# Part 1

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## Self Acceptance



## Create a positive mindset with your self

The first step to creating a positive mindset is to learn how to accept yourself. Having a negative attitude along with discouraging thoughts about yourself, will only lead you further into your downwards spiral.

Switching this mindset and creating a healthy confidence in your body, is vital to achieving your goals and feeling great. This is what I want to help you with here today by giving you the tools you need to create a positive body image so that you can start nourishing your body with both food and thoughts!

## Self-hate is not a long term motivator

If you are currently driven to become healthier by the negative thoughts in your mind, you won't be able to make the long term changes you desire.

This criticism is a destructive mindset and will only set you up for failure. When we don't like our body and are trying to fix it, this is when we start to punish ourselves. Eating only salads, restricting all carbohydrates and going to the gym every day are common examples. But this can't last long. Self-hate and punishment cannot drive us long term and eventually, we'll burn out.

However, shifting this negative mindset to a more positive one of self-kindness and acceptance is where the long-term permanent physical changes start to happen. And before you know it, by focusing on how great you are feeling and how much energy you have, those favourite jeans of yours will no longer be that tight.

### TIP One Make your goals health focused

For a lot of us when we think of our goals, we think of our body weight, and quite often it is to lose weight. Don't let the number on the scales dictate how you feel about yourself. Usually, if the number is low, you feel good, if the number has gone up, you will feel bad. You have to realise that this number isn't the most significant indicator of your health.

The goals you wrote down in the questionnaire were quite general and quite possibly, about your weight or changing the physical aspects of your body. I want you now to set some health-related goals. Forget about your weight and the physical aspects of your body and focus purely on your health.



Now it is your turn, please list 3 HEALTH goals below, that you would like to achieve.



## Always be kind to yourself

Quite often we can be very critical of ourselves. It is very easy to compare yourself to others, set very high standards and then judge yourself when you don't quite meet those standards. For example, you tell yourself you have been slack lately with your food, so this week your diet needs to be 100% perfect - which by the way is pretty near impossible. Come Wednesday, you have a treat and then mentally beat yourself up over it. Telling yourself you failed, how you are not good enough and that you will never succeed.

This type of negative self-talk needs to stop today!

Stop the negative talk, start speaking to yourself the way you talk to your best friend and just be more kind to yourself. Being kind to yourself means, no more judging, no more setting impossibly high standards, compliment yourself and don't beat yourself up if something doesn't go quite right.

Being kind to yourself doesn't mean you should allow yourself to eat whatever you want, it also means that you need to look after yourself, you need to respect your body, and you are responsible for taking care of it. You can look after your body through things like getting enough sleep, eating loads of healthy foods and exercising regularly. Essentially by following the '5 Pillars of Healthy Living' we've set.

So start to focus on all the things that you love about yourself - they could be both physical or personality traits. These thoughts are going to fuel you and motivate you through your healthy journey.

Now it's your turn, write down 3 personality traits and 3 physical traits that you love about yourself. I then encourage you to read them every single morning when you wake up. This may feel silly to begin with but trust me on this one, over time it really does work.



Write down 3 personality traits you love about yourself



Write down 3 physical traits that you love about yourself

## TIP Three

### Learn to forgive yourself and move on

We all have days or even weeks where our food hasn't been that great, and our exercise routine goes out the window. This is part of life, and we can't be perfect every day. But, our success is determined by how we bounce back from these moments, so don't let this bad day make you give up on your healthy habits and journey. Accept what you have eaten or your actions over the past week, forgive yourself and forget. Don't let guilt fuel your fire to get you back on track; let the positives move you forward. Remember, small positive steps forward over the long term. This one day just doesn't matter.

## TIP Four

### Stop looking at triggering social media accounts

I believe social media can be good and it can also be bad. You may follow people who motivate and encourage you to make healthy changes, which is awesome. But you may also follow people who portray such a perfect image and life that you may start to compare your self to that person! This can be so disheartening and make you feel as though you're so far behind.



I encourage you to go through your social media accounts and delete the ones that you feel are not supportive of your health goals. Start following body-positive role models that you find inspiring or helpful. Save positive images or quotes that inspire you and read or look at them when you need to.

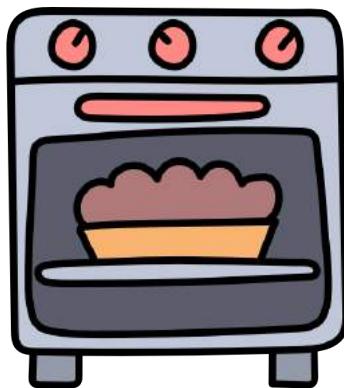
From today focus on yourself, and love who you are. We are each put on this earth for a purpose and you only live once, so why not make it a positive one! Love every damn piece of your self - you deserve it!



# Part 2

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## Food for Thought



# Change the way you think of food

Your mindset and the way you think about food plays a massive role in the choices you make as well as your food habits. You need to shift your focus away from diets and restricting certain foods and focus more on eating to nourish your body.



## Stop labeling foods as good and bad

If you label certain foods as bad and ones you must avoid then the mind will naturally become fixated on it and you will most likely start to want it more than ever. When you do finally give in to these cravings, feelings of guilt and binge eating can result.



## View all food as neutral and listen to your body

Consider making all food neutral. Rather than labelling certain foods, focus on how your body reacts to these foods instead. How does your body feel when you eat fried food for lunch? Chances are you will feel lethargic and uncomfortable afterwards. How does your body feel when you drink a smoothie filled with nourishing ingredients? You will likely feel very different.



## Focus on the nutrients that the food will provide you

Try to focus on what nutrients are in the foods that you eat. Your goal is to provide your body with as many nutrients as possible. When you eat something, ask yourself what nutrients is this providing me? Will pasta or oats provide your body with more vitamins and minerals?

For example, if you want a meal with pasta in it, keep in mind that the pasta itself won't be providing you with a lot of nutrients apart from carbohydrates and fibre. So it will be vital that you also add to this meal a whole bunch of veggies and protein to make sure your body is feeling nourished and balanced after the meal.



## Forget calories!

Leading on from tip number 3, forget how many calories are in specific foods as these are not as important as we have been lead to believe.

For example, a low-fat muffin is going to have fewer calories than a handful of raw almonds. However, the almonds are going to provide your body with healthy fats, protein and loads of vitamins and minerals.

They will also stabilise your blood sugar levels, which will encourage your body to burn fat, as well as help you feel fuller for longer. This means you'll snack less and have better control of your portion sizes at your next meal.

The muffin on the other hand, while it is low in calories, is high in sugar and processed carbohydrates. It's also extremely low in protein and healthy fats.

The muffin will spike your blood sugar levels, which will cause your body to produce insulin. Insulin will encourage your body to store fat and lead to sugar cravings. Then, an hour after you have eaten that muffin, you will most likely reach for another high sugar food because you are hungry, low in energy and craving sugar.

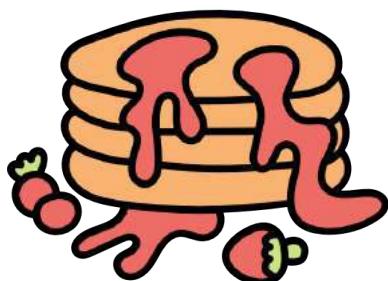
So focus on eating fewer foods that are diet or weight loss targeted (low fat this and that) and instead increase your meals with ingredients that are nutrient dense and are going to satisfy your body.



## Part 3

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# Visualising Your Success



"Whether you think you can or you think you can't, you're right" - Henry Ford

The mind is a powerful tool. What you focus on, you attract. Visualization is an effective technique that is used to help focus and direct your thoughts on achieving your goal. Athletes successfully use visualization techniques when training for events. They mentally rehearse the event in their minds and 'see' themselves succeeding. Doing this over and over again creates neural pathways in the brain which draw you to the end goal and stimulates the feeling of success in the body.



I want you to use this visualization technique on yourself. Focus on what you want and create a clear vision in your mind, moving towards your goal, quickly and effortlessly. I want you now to imagine yourself in 6 months. You have made the positive lifestyle changes you wanted, and now you have achieved your goal.....

How do you feel:

How do you look:

What clothes do you wear:

What compliments do people say to you:

What do you enjoy doing now that you didn't before:

What do you think when you now look in the mirror:

How has your health improved:

What does your family think:

In what other ways has your life improved:



# Healthy Habit

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Week 1



# Nutrition

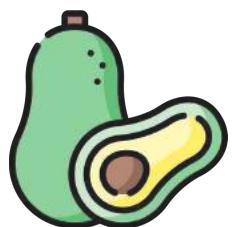
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## Philosophy

The first healthy habit for the Mind Body Challenge is all about your nutrition and the recipes you'll be learning to make over the next 12 weeks.

As mentioned before, my goal is to help you focus on finding meals you'll enjoy so that you can live the healthy life you want.

So, your only goal for the first week and every week after that is to try as many different healthy recipes as you can while making sure that the nutrients you eat throughout the day are as nourishing and as beneficial to your body as possible.



Of course, finding replacements for the foods you love will be a slow process, and that's ok! We just need to make sure that you're sampling as many healthy alternatives as you can and that you're making the right decisions when you're out and about during the day.

And yes, there definitely will be bad days where you binge and go off track. But, stay strong and just move onto the next day. Changing our habits and finding new, healthier alternatives is a process, but eventually, we'll get there.

So, with that said, over the next few pages, I want to touch base on our overall food philosophy and what our thoughts on what eating healthy are.

And by the end, you should be comfortable knowing what healthy eating means, how simple it can be, and that all you need to focus on is finding recipes you can enjoy.



# Nutrition Philosophy

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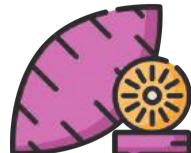
## Eat wholefoods

Our food philosophy and approach to nutrition is pretty simple.

Eat a nutritious diet rich in foods that are from the earth, are unrefined and unprocessed.

This means a diet full of vegetables and fruits, nuts and seeds, meat and eggs (if you're not a vegetarian), and everything else in between that is from the earth.

Remember, food is fuel. We need all the essential vitamins and minerals it provides to survive and to keep our bodies functioning at their best, so it's crucial we eat the right balance and avoid any nasty man-made products.



## Avoid artificial ingredients

Part of eating healthy does then mean that we need to try our best to avoid all artificial chemicals as well as any packaged or processed goods.

Yes, there are exceptions to a few packaged and processed goods which we'll learn about later, but the less something has been processed, the better it is for you.

We'll learn a lot more about these nasty chemicals and numbers that are added to our food in week 8, but for now, try to keep an eye out for them and avoid them when possible.



# Nutrition Philosophy

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## Eat organic & free range only when possible



We also need to try our best to buy free-range and organic spray free produce when possible. However, I do understand it's not always an easy or cheap option, and that's ok.

I think in today's society, we are often unfairly judged and guilt-tripped by brands or people if we don't buy organic etc, and that's not ok. But, try your best to buy local when possible and try and get your fruit & veg from your local farmers market. By doing this, you'll help support and encourage better, more sustainable farming methods which will improve the quality of our food for generations to come.

## Keto or vegan, it does not matter



I love how different all of us are as human beings and all the different beliefs we have. It's what makes the world such an incredible place.

However, I think something that gets super confusing for a lot of people is the differences between being "Keto", Vegetarian", "Pescatarian" "Vegan" and "Paleo" etc and I'm here to tell you it does not matter one bit!

They're all just fine when it comes to being healthy and do no matter as much as you think!

At the end of the day, they are all just beliefs that people choose to stick by and follow. If you want to be Vegan, then be Vegan. If you want to follow a more Paleo based diet, then do that.

They're all great and share the same philosophies of eating natural earth grown food vs foods that are man-made and full of chemicals etc.

# Nutrition Philosophy

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The problem has come when mainstream media needs something to talk about it as they always do and all of a sudden they push one diet, "Vegan" for example, over another, say "paleo" and now they have the controversy they wanted resulting in the publicity they needed to function as a business.

Anyways, I could go on forever about this subject as its become out of hand but that's perhaps a video for another day.

For now, just know that all the recipes in the program have vegetarian alternatives if you don't like meat and for the ones that contain eggs and anything else you don't want to eat, just leave it out and choose another recipe.

I'm more concerned about your habits, and finding a lifestyle you'd enjoy.

## Counting calories & tracking your food is not essential



The below might be a little controversial, and yes, tracking and counting the calories we consume has its place, but for most of us looking to be happy and healthy, it is entirely unnecessary.

Firstly, I don't believe that counting calories and keeping track of everything we eat is sustainable. We really cannot track and count everything we eat forever, especially when we're on the go.

Secondly, having to always count and track our calories not only causes us to stress about every little thing we eat, but worse, when we slip up, we end up being very negative towards ourselves for no valid reason.

Both these things are not healthy for our day to day mindset and are just not helpful or sustainable.



# Nutrition Philosophy



But, I do agree that we need to balance the amount of food we consume with the amount of energy we output. That's why in week 7 we'll introduce you to a more straightforward approach to measuring your portion sizes.

What makes the most significant difference in the end, is making sure we are eating foods that are full of the right nutrients our bodies need while perhaps most importantly, making sure we can enjoy and look forward to the foods we eat.

As a result of eating more nutritious food, you'll quickly find yourself feeling "full" a lot quicker and for a lot longer than eating those packaged, sugary, processed foods you might be used too.

Either way, focusing on what we eat versus the amount we eat is far more important if we want to live a sustainable healthy life, long term.

## Healthy treats are amazing and encouraged



Awwww sugar and the wonderful world of desserts. I don't know about you, but living in a world without our favourite treats is not something I could cope with.

Food is exciting, delicious and can bring us a lot of happiness!

Of course, moderation is essential if we want to be healthy and avoid all the nasty side effects of excessive sugar consumption.

So, I would recommend aiming to make or have your treat of choice, either every fortnight or once a week, but no more than that.

It should be a treat which will give you something to look forward to and when you do have it, you can enjoy it guilt-free knowing you worked hard during the week.

# Nutrition Philosophy

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I know this might seem to go against the whole 'not restricting what you eat' concept, but, remember, you'll start to find that you'll look forward to all your meals because they're not part of a diet (like chicken & broccoli), but instead are meals you've chosen to love.

You'll be amazed at how delicious the "healthier" alternatives to your favourite desserts are and how great you'll feel after having them. And you won't feel like finishing an entire healthy cheesecake as just one slice will be more than enough!

Either way, healthy treats are effortless to prepare once you've made it a couple of times and can be quite a fun activity to do over the weekend with the kids or your loved ones.

So, I'd highly recommend you get in the kitchen over the weekend to make the recommended healthy treat of the week or you can rather find any other recipe online and make that!



## Fun Side Note

As a bonus to eating healthy treats, you'll quickly start to notice how sweet your old favourite desserts become, which means you'll probably begin to crave the healthier alternatives anyway!



# Nutrition Philosophy

## Always make sure you have healthy snacks on hand



No matter if we are looking to have something to carry us over until our next meal or if we are super busy and on the go, having healthy snacks on hand can save us from grabbing the quick deli or takeout option.

This means that planning ahead and making sure you always have your meals and snacks prepared is essential to avoiding this common pitfall.

When choosing snacks, it's important to go for something natural that is going to keep you satisfied until your next meal.

This means going for snacks that are higher in fat and protein and have little to no carbohydrates or refined sugar in them.

To make things easy for you, I've compiled a massive list of approved healthy snacks at the end of this guide that you can print out and refer to when you're planning your day.

## Limit your alcohol intake



Bottom line, alcohol can sabotage our goals. In week 12, we go over alcohol a little more, but you'll be amazed at how many calories your favourite drink includes.

So, for now, I'd recommend you limit consumption as much as possible and even better yet, cut it out entirely if you can.

Ultimately, this is a decision that you are in control of, so I'll leave that up to you.

# Summary

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I hope the above has given you some insight into our general approach to nutrition and the food we eat.

In the end, there is no right or wrong approach as long as it works for you.

I've just found over the last decade with working with clients that the most success has come from keeping it incredibly simple, and making sure you enjoy the new meals and life you are living.

That's my goal for you by the end of the 12 weeks and I can't wait to see your progress as we go.



## Goal of the Week

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This week your only goal is to get in the kitchen and make just 1 new healthy recipe that we've recommended. If you can manage more, then great! But if not, that's ok too! Small steps each and everyday for the rest of your life is what it's all about.



# Healthy



## Snack List

### Snack list to be prepared at home before work

- Handful of Mixed Nuts
- Avocado/Guacamole & Vegetables
- Plant Protein Powder with Water
- Buckwheat Crackers with Avocado
- Hard Boiled Eggs
- Handful of Chickpeas & an Orange
- Sliced Chicken Breast & Cherry Tomatoes
- Sliced Apple & Almond Butter
- Sweet Potato Chips & Guacamole
- Fresh Shredded Coconut
- Handful of Nut & Coconut Muesli
- Green Smoothie
- Spiced Pumpkin Seeds
- Sliced Smoked Salmon & Tomato
- Greek Yoghurt with Berries or Nuts
- Seed Crackers
- Celery with Almond Butter
- Hummus with Vegetables
- Chia Seed Bircher Muesli
- Kale Chips
- Handful of Pumpkin Seeds & Berries
- Small Portion of Leftover Dinner
- Veggie or Lentil Soup
- Sliced Omelette or Mini Frittatas
- Frozen Berry Smoothie
- Olives & Sliced Capsicum
- Roasted Chickpeas
- Superfood Raw Balls
- Homemade Snack Bars
- Chia Seed Pudding

### Emergency supermarket snack list

- Cherry Tomatoes or Carrot Sticks
- Small Packet of Raw Nuts
- Tin of Sardines
- Buckwheat or Brown Rice Crackers
- Roo Snack Bars
- Fresh Fruit
- Tin of Tuna with Avocado
- Small Tub of Greek Yoghurt
- 30g of Lindt Dark Chocolate (70-85%)
- Oats with Blueberries or Banana



# Mindfulness, Challenge

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Week 1



# Practice

## Mindful Eating

This first week's mindfulness challenge is to practice eating mindfully which plays an essential role in preventing us from overeating or overindulging with foods that comfort us.

Now more than ever, when we eat, we do so mindlessly.



For example, this might be in front of the TV, or just standing in the kitchen with a snack and eating for the sake of eating versus sitting down without distractions and thinking about what you are nourishing your body with.

I know the concept of eating mindfully can be quite strange and different to some, but once you master the practice of mindful eating, you can make better decisions when it comes to your food, and you can have more discipline when it comes to your portion sizes.

And by eating only to nourish your body, you can finally feel in control of your food, rather than letting food control you.

I used to struggle a lot with chocolate which I think almost everyone can relate to. If someone put a block of Cadbury milk chocolate in front of me, I would quite happily eat the whole block without a thought in the world.

But, now that I am a lot more mindful of my eating habits when I do eat chocolate, I savour every mouthful and feel satisfied after just 2 pieces of dark chocolate.

So, let's get into a couple of examples below and then go over some tips you can try to better practice mindful eating this week.



# Examples & Tips



## Mindless Eating

1. Eating past the feeling of fullness and not listening to how your body is feeling and the signals it gives you.
2. Eating for emotional reasons (sad, bored, habit, lonely, stress)
3. Eating alone and at random times.
4. Eating emotionally comforting foods.
5. Eating while doing other tasks, scrolling through Instagram, watching TV etc.
6. Thinking only about a meal as an end product.



## Mindful Eating

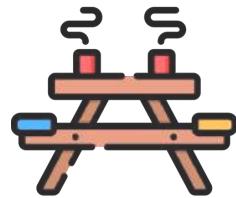
1. Listening to your body when it is hungry and when you are feeling full.
2. Eating when your body is giving you signals (stomach growling, hunger pains, low energy).
3. Eating with others in enjoyment.
4. Eating nutritionally healthy foods.
5. When you eat, just eat. No distractions.
6. Thinking about where your food comes from and how it got to your plate.

## How to practice mindful eating

1. Ask yourself before you eat; What are my body's hunger signals right now? Am I really hungry?
2. When you start to eat, give your full attention to the food. How does it smell? What is the texture like? What temperature is it?
3. Did you know that have over 10,000 taste buds in your mouth? So, take the time to think about the different flavours you're experiencing and what ingredients are included in your meal.

# Examples & Tips

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## How to practice mindful eating

4. Pay attention to the process of how you eat your food by slowing down and making sure you chew each mouthful at least 30-40 times. By doing this, you'll not only help your body digest more efficiently but you'll also feel like eating less.
5. Finally, don't distract yourself with technology. That means no TV or mobile device while you eat. Instead, why not make it a bit more social oriented by getting together the family together or a loved one.

## Goal of the Week

This week I want you to practice eating mindfully. That means no technology and no mindless snacking or overindulging. Instead, remind yourself of everything above before each meal and just focus on being more aware of your food and what and why you're eating.





# Recipes & Meal Planner

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## Week 1





# Summer Berry Smoothie



1

## Ingredients:

- 150ml coconut water
- 1 orange
- 1 small carrot
- 1 cup of kale
- 2 Tbsp lemon juice
- 1 tsp maca powder
- 1/2 cup frozen berries

## Instructions:

- Place all the ingredients into a blender in the order listed.
- Blend until smooth.



Maca powder contains energy boosting properties, it improves stamina as well as increasing fertility and libido.



# Breakfast Hash with Poached Eggs



1

## Breakfast Hash Ingredients:

- 1 tsp coconut oil
- 1/4 red onion
- 1/2 a red capsicum
- 1 large mushroom
- 1/4 eggplant
- 1 tomato
- 1 handful of kale
- 1 tsp tamari sauce
- 1/4 tsp garlic powder
- 1/2 tsp paprika

## Poached Eggs Ingredients:

- 4 cups boiling water
- 2 Tbsp apple cider vinegar
- 2 eggs

## Instructions:

- In a pan, cook the onion in coconut oil until brown.
- Add the rest of the ingredients together with the tamari sauce, garlic powder and paprika. Season to taste and set aside once cooked.
- Bring to a gentle simmer (not boiling) the water and apple cider vinegar.
- Crack both eggs into a bowl. Stir the water in the pot and carefully place the eggs into the middle of the whirlpool you have created.
- Leave your eggs to cook for around 4 minutes. Using a wooden spoon gently press the egg yolk to check if it has cooked to your liking. If it feels too soft leave it in for longer.
- Serve the poached eggs with the hash and avocado.



## Easy Everyday Salad



2

### Salad Ingredients:

- 2 handfuls of mesclun lettuce
- 1 carrot, grated or shredded
- 1 x tomato
- 2cm sized piece of cucumber
- $\frac{1}{2}$  an avocado
- 2 Tbsp mixed nuts and seeds
- 1 Tbsp tahini
- 2 Tbsp coconut or Greek yoghurt
- 1 Tbsp balsamic vinegar
- Salt to season
- Feta cheese (optional)

### Instructions:

- Wash and finely chop all the vegetables.
- Place everything in a large bowl in the order listed and mix well to spread the dressing throughout the salad.



## Bun-less Beef Burgers



2

### Beef Patties Ingredients:

- 240g grass-fed beef mince
- 1 carrot, grated
- 1/2 a red onion, sliced
- 1/2 tsp paprika
- 1 tsp dried mixed herbs
- 1 Tbsp of tomato paste
- 1 egg
- 2 tablespoon of flour (e.g. buckwheat rice/rye/wholegrain)
- 1/4 tsp salt and pepper to season

### Salad Ingredients:

- 4-6 leaves of iceberg lettuce
- 2 tomatoes, sliced
- 4cm sized piece of cucumber, sliced
- 1 avocado

# Bun-less Beef Burgers

## Instructions:

- To make the beef patties mix together the beef, carrot, onion, paprika, herbs, egg, flour, tomato paste, salt and pepper.
- Heat a teaspoon of coconut oil in a pan on medium heat. Using your hands, shape the meat mixture into 2 patties and cook for approximately 3 minutes on each side or until cooked through.
- Serve with salad, avocado and as an option a yoghurt and tahini dressing.



## Black Bean & Beetroot Burger Patties



6

### Veg Patties Ingredients:

- 2 tins of black beans, rinsed
- 1 tsp coconut oil
- 1 red onion, finely chopped
- 1 large beetroot, grated (approx 1 & 1/2 cups grated)
- 3 garlic cloves crushed
- 1 tsp smoked paprika
- 1 tsp mixed herbs
- 1/2 tsp ground coriander
- 1/2 tsp Himalayan salt
- 1 egg
- 3/4 cup of ground almonds
- 1/4 cup pumpkin seeds

### Salad Ingredients:

- 4-6 leaves of iceberg lettuce
- 2 tomatoes, sliced
- 4cm sized piece of cucumber, sliced
- 1 avocado
- Dressing or sauce of your choice.

# Black Bean & Beetroot Burger Patties

## Instructions:

- Pre-heat the oven to 180 degrees. Place the black beans on a baking paper lined tray and bake for 20 minutes. The beans should dry out and the skin start to peel.
- In a large pan heat the coconut oil and cook the onion until soft. Add the grated beetroot and continue cooking for another 5 minutes until the beetroot is soft and most of the water evaporated out.
- Add the garlic, paprika, mixed herbs, coriander and cook for 2 minutes.
- Tip the beetroot mixture into a large bowl and add the black beans. Mash with a potato masher or alternatively blend in a food processor until the beans have blended into a 'chunky paste'.
- Add the ground almonds, egg, salt and pumpkin seeds and mix until well combined.
- Shape the mixture into 6 patties and place on a baking tray. Bake in the oven for 30 minutes. Alternatively you can fry these in a pan using coconut oil.
- Serve with a salad, avocado and tahini yoghurt dressing.



## Roast Chickpeas 4 Ways



4

### Curry Spice Ingredients:

- 1/2 tin of chickpeas
- 1/2 tsp paprika
- 1/2 curry powder
- 1/4 tsp Himalayan salt
- 1/2 tsp coconut oil

### Garlic Herb Ingredients:

- 1/2 tin of chickpeas
- 1 tsp mixed herbs
- 1/2 tsp garlic powder
- 1/4 tsp Himalayan salt
- 1/2 tsp coconut oil

### Cheesey Ingredients:

- 1/2 tin of chickpeas
- 1 & 1/2 Tbsp nutritional yeast
- Pinch of Himalayan salt
- 1/2 tsp coconut oil

### Cinnamon & Maple Ingredients:

- 1/2 tin of chickpeas
- 1 tsp cinnamon
- 1/2 tsp maple syrup
- Pinch of Himalayan salt
- 1/2 tsp coconut oil

# Roast Chickpeas 4 Ways

## Instructions:

- Rinse the chickpeas under running water and dry well using a clean tea towel.
- Place the chickpeas on a lined baking tray and mix with the flavourings.
- Fan bake at 200 degrees for approximately 40 minutes or until crunchy.



## Apricot & Cashew Raw Balls



15

### Ingredients:

- 1 cup of roasted almonds
- 1 cup of roasted cashews
- 1 cup of organic apricots
- ½ cup of dates
- 2 Tbsp coconut oil
- 1 tsp vanilla extract
- 1/2 tsp of sea salt
- ¼ cup desiccated coconut.

### Instructions:

- Place the dates and apricots into a bowl and cover with boiling water. Leave to soften for 5 minutes then drain all the water out.
- Place the cashews, almonds and salt in a blender or food processor and blend into fine crumbs.
- Add the dates, apricots, coconut oil and vanilla to the blender or food processor and blend into a paste.
- Pour the desiccated coconut into a medium sized bowl. Take a tablespoon of mixture roll it into a ball and coat it in the desiccated coconut.
- Leave the balls in the freezer to set for an hour.
- Store in the fridge or freezer.

# Meal Planner

## Week 1

	Breakfast	Snack	Lunch	Dinner	Dessert
Monday					-
Tuesday					-
Wednesday					-
Thursday					-
Friday					-
Saturday					
Sunday					



Remember that the goal each week is to try each new recipe at least once but to also include any other recipes you've enjoyed so far.

# Shopping List

Week 1

Meats

Vegetables & Fruits

Herbs & Spices

Pantry Staples

Toiletries

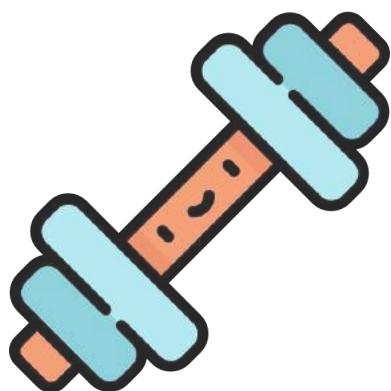
Other



# Workout Plan

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## Week 1



# Workout Overview

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Exercise and staying active is super important if you are looking to live a healthier lifestyle.

However, exercise doesn't have to be boring or feel like a chore.

I really believe once you make exercise a fun part of the day where we get to escape our busy lives, release stress and have a little "me time". And one of the best parts is how happy and accomplished we feel afterwards

Either way, your only goal by the end of the 12 weeks is to try and make exercise part of your daily routine but for now, depending on where you currently at, you can simply start slowly and build from there.

In week 2, we'll go in depth with your exercise to help you figure out what type of exercise you might enjoy and what would work for you but for now, we've included some info about our workout program below for you.

## What's Included?



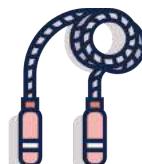
In this simple and easy to follow along program you will have a total of 3 full body workouts , 1 core workout and 2 optional cardio days each week.

## What do I do on the cardio days?

On your optional cardio days I'd recommend you just do one of the below nice and slowly and easily. If you have another activity you like to do, then do that.

- ➔ A 30 minute walk or slow run
- ➔ A 30 minutes swim
- ➔ A 30 minute bike ride

## What if I am not currently active or a total beginner?



It's important to note that if you are not currently active I would recommend easing into the program and only training 2-3 days a week. I'd also just half the amount of reps/sets required so that you build your self up. If you are new to exercise I'd highly recommend seeing a qualified personal trainer to go through the exercises to develop better technique and confidence in the program.

# The Warm-Up

01

## Start with a little bit of cardio work

5 minutes of steady state cardio, e.g. running, rower, biking, will do just fine.

02

## Dynamic movements for your joints

Complete until you feel warm and comfortable to begin.



Arm Circles

Chest Open Arms



Hip Hinge

Sumo Strides



Hamstring Kicks

Mobility Lunge

# Cooldown Yoga

Hold the following stretches for 20-30 seconds each.



Downward Dog



Hamstrings



Hip/Hamstring



Glutes



Shoulders



Tri-ceps



Quads

# Workout Schedule

WEEK 1

	WEEKDAYS					WEEKEND	
	Mon	Tues	Weds	Thurs	Friday	Sat	Sun
WEEK 1	FULL BODY A	CARDIO	FULL BODY B	CORE	FULL BODY C	CARDIO	REST
WEEK 2	FULL BODY A	CARDIO	FULL BODY B	CORE	FULL BODY C	CARDIO	REST
WEEK 3	FULL BODY A	CARDIO	FULL BODY B	CORE	FULL BODY C	CARDIO	REST
WEEK 4	FULL BODY A	CARDIO	FULL BODY B	CORE	FULL BODY C	CARDIO	REST

# Full Body

## Workout A

Complete as many rounds as possible  
in 20 minutes – Test Workout

1. Push-Ups x 5
2. Air Squats x 10
3. Sit-Ups x 15



STEP  
One

Start by lying down on your stomach with your feet hip width apart. Now place your hands in line with your chest and keep your elbows tucked in.



STEP  
Two

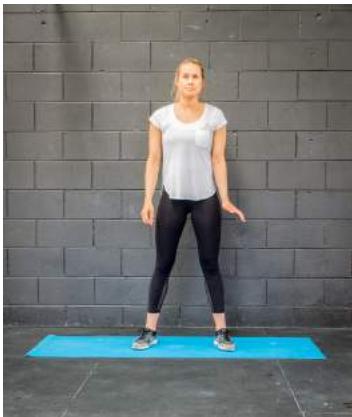
Now, push yourself up and away from the ground, keeping your elbows tucked in the whole way up.

STEP  
Three

Depending on your strength level, start from either your knees or your toes.

STEP  
Four

Make sure you start each rep from the ground as this is the most effective way to get stronger.



**STEP  
One**

Start by standing with your feet shoulder width apart and your feet pointing slightly to the side at about 10 o'clock and 2 o'clock.



**STEP  
Two**

Now, with your arms up and out in front and your glutes squeezed nice and tight, slowly sit back and down while driving your knees out and over your toes.

**STEP  
Three**

Once you reach your limit, drive through your heels back to the top starting position.

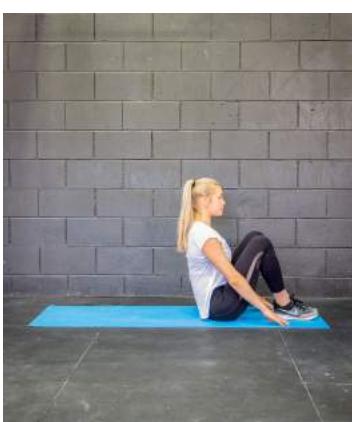
**STEP  
Four**

Only sit back and down as far your current flexibility will allow, and before your back starts to round. Practice in front of the mirror if need be.



**STEP  
One**

Start by lying flat on your back with your feet flat on the floor, hip width apart and your arms above your head.



**STEP  
Two**

Now, focus on driving your heels and glutes into the ground while you slowly lift your chest towards your knees and place your hands by your side.

**STEP  
Three**

Really focus on your abs doing the work, trying to use as little momentum from your arms as possible.

**STEP  
Four**

If need be, place weights on your feet or lock your feet under a bench to assist you.

# Full Body

## Workout B

Complete the following every minute on the minute for 20 minutes:

1. Burpees x 10
2. Lunges x 10
3. KB Single Arm Row x 8 each side
4. Side Raises x 10 each side



STEP  
One

Start by lying down on your stomach with your feet hip width apart. Now place your hands in line with your chest and keep your elbows tucked in.



STEP  
Two

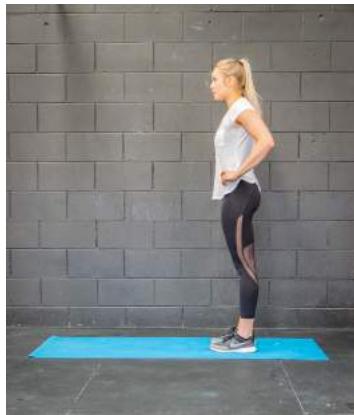
Now, push yourself up and away from the ground, keeping your elbows tucked and jump up landing with your feet at shoulder width apart beneath you.

STEP  
Three

To complete the movement, jump up off the ground and raise your hands above your head.

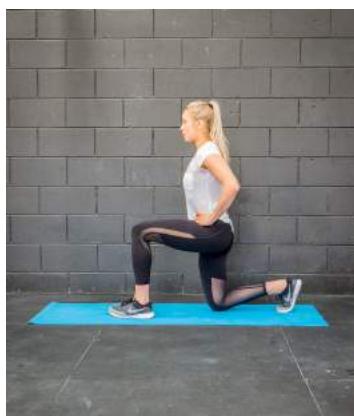
STEP  
Four

Enjoy! Burpees are never fun but they are so so good for you ;)



**STEP  
One**

Start by standing with your feet hip width apart, glutes squeezed nice and tight and your hands on your hips.



**STEP  
Two**

Now, step forward with one leg and slowly lower your back knee to the ground making sure to keep your torso upright.

**STEP  
Three**

Then, from the ground, drive through the heel of your front foot and stand back up to your starting position.

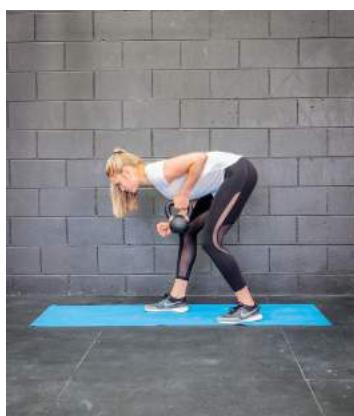
**STEP  
Four**

Make sure your front knee never goes over your foot.



**STEP  
One**

Start by standing upright, with your left hand holding the kettlebell and your glutes squeezed nice and tight.



**STEP  
Two**

Now, stagger your stance by stepping your right foot out in front. The distance depends on how comfortable you are so adjust accordingly.

**STEP  
Three**

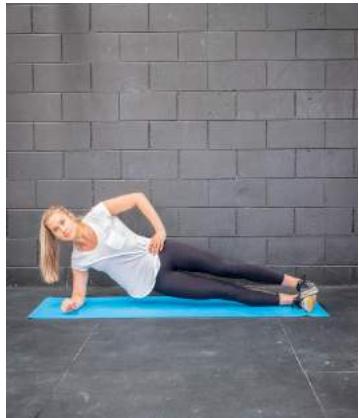
Then, like your deadlift, push your hips back and sit down slightly resting your right elbow on your right knee and having your left arm straight out hanging down underneath you.

**STEP  
Four**

Lastly, using your left arm only, focus on pulling the kettlebell up with your left shoulder blade and towards your stomach. Make sure to keep your elbow tucked in the entire way. Return to starting position and repeat.

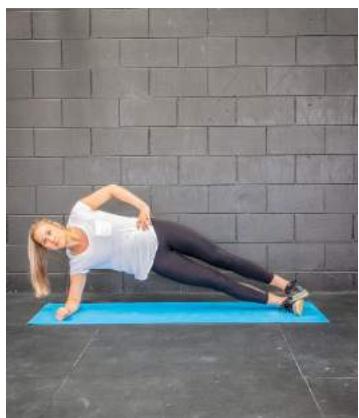
# Lunges

# Side Raises



STEP  
**One**

Start by lying down on your side, with your elbow underneath and aligned with your chest and your legs stacked vertically on top of each other.



STEP  
**Two**

Now, starting from the bottom and remembering to squeeze your glutes, raise your hips up and away from the ground as high as you can.

STEP  
**Three**

Focus on not twisting your body; use your obliques as much as possible.

STEP  
**Four**

Lastly, once you reach the top, hold for a second and then slowly lower yourself back down.

# Full Body

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## Workout C

Complete as many rounds as possible  
in 20 minutes:

1. Deadbugs x 10
2. Box Step-Ups x 10
3. Box Push-Ups x 10
4. Double Glute Raises x 10



## Deadbugs,

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**STEP One**  
Start by lying down flat on your back, with your arms straight out in front of you and in-line with your chest. Do the same with your legs, keep them squeezed together and have them as straight as possible up and in-line with your hips.

**STEP Two**  
Then, using the opposite arm and leg combination, you are going to lower both the arm and leg (at the same time) until you are about a shoe's length away from the ground.

**STEP Three**  
Once you reach the bottom, raise both your arm and leg back to the starting position using your abdominals, making sure to keep nice and tight in the glutes, arm and legs throughout the movement.

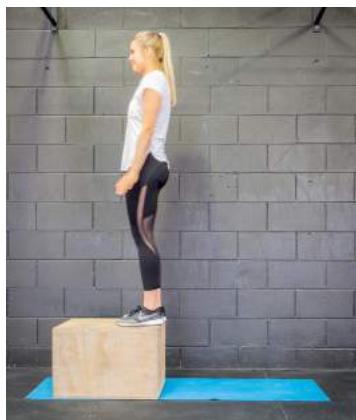
**STEP Four**  
Switch sides and repeat, alternating as you build up towards the required rep count. Remember to also focus on squeezing your glutes and pushing your lower back into the ground throughout the movement.





**STEP  
One**

Start by standing in front of your box/bench with your feet hip width apart and your hands by your side.



**STEP  
Two**

Then, remembering to squeeze your glutes, place your left foot onto the box while keeping your torso vertical.

**STEP  
Three**

Lastly, focus on driving through your left heel and left glute, step up on the box/bench till you're standing vertically with both feet on top.

**STEP  
Four**

Step back down and repeat as needed for the required reps alternating between each leg.



**STEP  
One**

Similar to our push-up from the ground, we'll be starting with our chest on the box with our back straight



**STEP  
Two**

Now place both hands on top of the box in line with your chest, remembering to keep your elbows tucked into your side and your feet hip width apart.

**STEP  
Three**

Then, while keeping your glutes squeezed tight and your back straight, push yourself away from the box remembering to keep your elbows tucked in on the way up and your hips in line with your chest as you raise up.

**STEP  
Four**

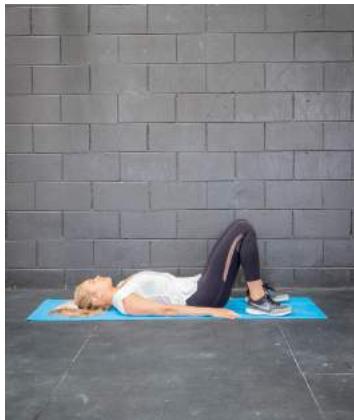
Once you reach the top, slowly lower yourself down and repeat as needed.

# Box

## Step-Ups

# Box

## Push-Ups



# Double Leg

## Glute Bridges

**STEP  
One**

Start by lying down flat on your back with your arms by your side and your feet hip width apart and tucked in close to your glutes.

**STEP  
Two**

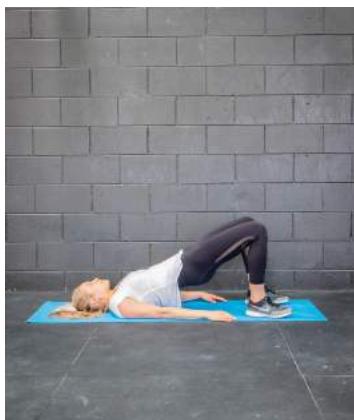
Now, driving through your hands and heels, squeeze your glutes as tight as you can and raise your hips as high as you can.

**STEP  
Three**

Once you reach the top, hold for a couple seconds, continuing to squeeze your glutes the entire time. They should be burning!

**STEP  
Four**

Lastly, slowly lower yourself back down to the start position and repeat.



# Core

## Workout

Complete 3 Rounds:

1. 10 x Opposite Knee Sit-Ups
2. 5 + 5 x Side Plank with Twist
3. 10-20 x Russian Twists

### Opposite Knee Sit-Ups



STEP  
One

Start by lying down on the ground with your back flat on the ground, arms straight overhead, and your feet together while tucking in your knees as shown.

STEP  
Two

Now, while driving your heels and glutes into the ground, reach toward your right knee and slowly go back down. Repeat on the opposite side as many times as required.

# Side Plank

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## with Twist



STEP  
One

Start by lying down on your side, with your elbow underneath and aligned with your chest, your left arm above your body and your legs stacked vertically on top of each other.

STEP  
Two

Now, slowly reach your left arm down and underneath your chest, twisting while you attempt to reach as far as you can. Once you reach your limit return to the start and repeat.

# Russian

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## Twists



STEP  
One

Start in a seated position on your glutes with your knees slightly tucked into your chest. You'll need to balance a little for this one.

STEP  
Two

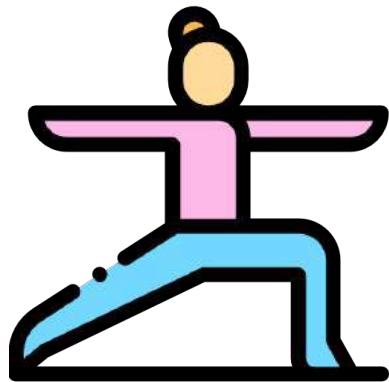
Now, slowly begin to twist to the right touching the floor next to you. Then twist to the opposite side alternating as you go for the required amount of reps.



# Stretching Routine

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## Week 1



# Stretching

## Routine

Complete 2-3 rounds, hold for 45-60 secs

1. Hanging Hamstring Stretch
2. Child's Pose Stretch
3. External Shoulder Stretch – (Both Sides)
4. Lying Down Crossing-Leg Stretch – (Both Sides)

### Hanging Hamstring



STEP  
**One**

Standing with your feet together, gently fold over at the hips and hang (do not bounce up and down).

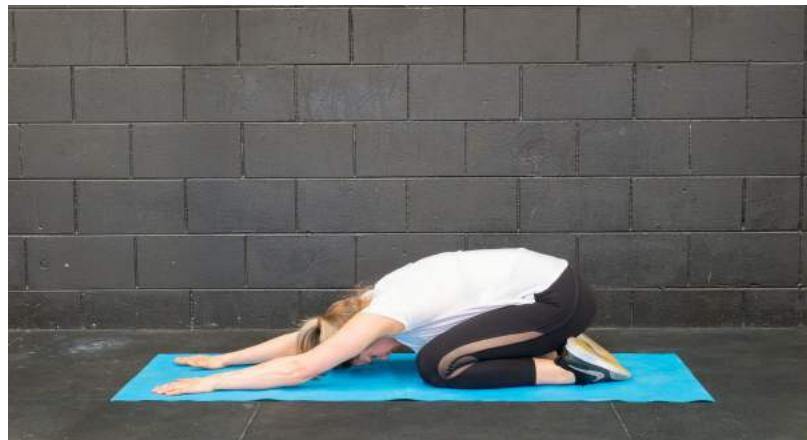
STEP  
**Two**

If you are super flexible, reach your hands behind your heels.

STEP  
**Three**

Try relax by focusing on your breathing through the stretch.

## Child's Pose



STEP  
**One**

Starting on your hands and knees, gently place your big toes together and open your knees slightly outward.

STEP  
**Two**

Then, reach your hands out as far as you can out in front, slowly reaching further and further as you go.

## External Shoulder Stretch



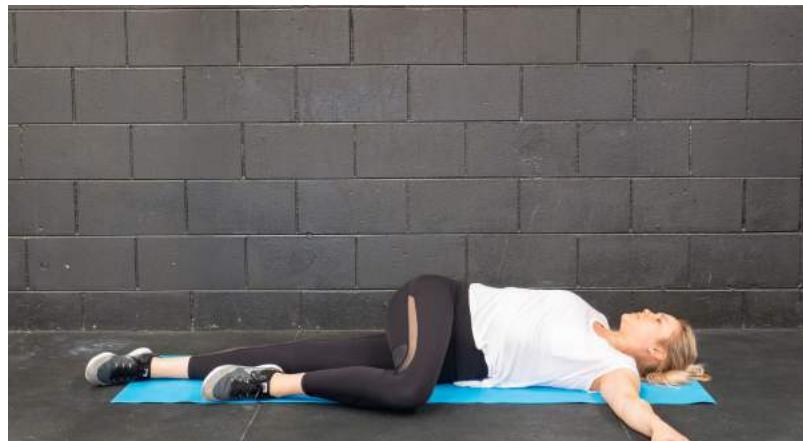
STEP  
**One**

While sitting down cross-legged, grab your elbow and gently pull your opposite arm across your chest.

STEP  
**Two**

You should feel this across the outside of your shoulder.

## Reclined Spinal Twist



STEP  
**One**

Start by lying down flat on your back with your legs together.

STEP  
**Two**

Now place both arms straight out to your side and cross your right leg over your left leg.

STEP  
**Three**

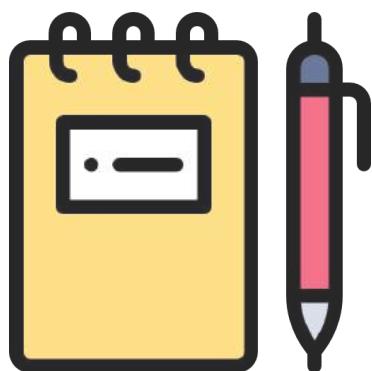
Your right leg should be bent while your left leg should be straight. As much as possible, try keep both shoulders on the ground.



# Checklist

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## Week 1



# Program Checklist

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## Daily Healthy Habits

-  Eat healthy meals & snacks
-  Be active for at least 20 minutes
-  Drink at least 2 litres of water
-  Complete the daily stretch routine
-  Sleep for 7½ hours or until rested

## Weekly Challenges

-  Be kind to yourself
-  Make 1 healthy meal
-  Practice eating mindfully

## Daily Tracker

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
						
						
						
						
						
						
						