



## JANUARY JUMPSTART 21- DAY “CAN DO” CHALLENGE

DAY	ACTIVITY	COMPLETED
1	<b>Walk for 30 minutes every day</b> (don't forget to time it). Walk 15 minutes away from your house & then the 15 minutes back. *Bring the dog with you – they need to be fit too!	<input type="checkbox"/>
2	<b>Eat 3-6 cups of leafy greens daily</b> (measure it). Swap out kale & replace with Romaine instead.	<input type="checkbox"/>
3	<b>Do 12 push-ups daily</b> (count them). Aim to do them in less than 5 minutes. Got rotator cuff or shoulder problems? You can do them using a door jam or a countertop.	<input type="checkbox"/>
4	<b>Drink 8 cups of water daily</b> (drink out of a measuring cup, if you must). Qualify it or it's a guess. No tea, and coffee doesn't count. Put your “big girl panties” on and do it. Whining only makes it worse!	<input type="checkbox"/>
5	<b>Stretch before you get out of bed each morning.</b> Your back will thank you.	<input type="checkbox"/>
6	<b>Drink your coffee black</b> or swap cream & sugar for Metabolic Froth instead.	<input type="checkbox"/>
7	<b>Do chair squats</b> on Monday, Wednesday & Friday. Try a 1-minute drill (set the timer & make sure your tush taps the chair each time or the repetition doesn't count). Use your heels to protect your knees.	<input type="checkbox"/>
8	<b>Take your WD40 supplement – Daily Joint Repair Liquid</b> – to keep your joints feeling good & protected from damage.	<input type="checkbox"/>
9	<b>Plank away your muffin top!</b> Plank for 1 minute every day. Belly hitting the floor? Email me – I'll help!	<input type="checkbox"/>
10	<b>Aim for 8 hours of sleep each night.</b> If you land at 7, you're perfect. All positive changes start here.	<input type="checkbox"/>
11	<b>Worry less &amp; pray more!</b> Saying a prayer (the serenity prayer works) strengthens our faith muscle & weakens the worry muscle that ages us & makes us live in fear, which is the unhealthiest place we can live.	<input type="checkbox"/>
12	<b>Perform pelvic tilts.</b> Aim for 2-3 sets of 15-20 pelvic tilts reps, done in strict form, meaning don't come up too high. Drive your body up using your heel. This moves flattens the stomach & protects the back.	<input type="checkbox"/>
13	<b>Have a Meatless Monday dinner.</b> Simply skip the meat in your dinner meal every Monday. If you're like me and need the protein, have a delicious protein shake.	<input type="checkbox"/>
14	<b>Hang tight... literally!</b> Hanging is one of the best exercises we can do to strengthen our grip, straighten us out, & allow our back to decompress from sitting too much. Keep your whole body tight, stomach in, & squeeze your butt!	<input type="checkbox"/>

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15	<b>Turn your nice switch on.</b> The Bible commands us to treat people the way we want to be treated. Think of some way to go out of your comfort zone to help someone else in need. Pay for someone's groceries, drive a sick friend to chemo, walk your friends' dog or pig. It's good for our soul!	<input type="checkbox"/>
16	<b>Walk your dog 3 times today.</b> Start walking your dog after breakfast, lunch, & dinner today. It's good for both of you.	<input type="checkbox"/>
17	<b>Eat more white fish and less chicken.</b> Not a fish lover yet? Seriously? Try something new like tuna made with mustard or salmon patties. It's worth it when it comes to your health.	<input type="checkbox"/>
18	<b>Perfect your posture.</b> Use the corner of a door jam to stand up against, making sure your head is aligned & against the door jam, pulling your stomach in tight while squeezing your shoulders around the door jam to really help offset poor posture & saggy muscles.	<input type="checkbox"/>
19	<b>Become a drinker &amp; do shots!</b> LynFit Daily Power Shot is the most delicious & nutritious way to start taking your vitamins & minerals. If you're over 30, your immune system begins to decline & the best way to prevent sickness & symptoms is PREVENTION IS THE BEST CURE!	<input type="checkbox"/>
20	<b>Play more!</b> Not a fan of gyms or formal indoor workouts? GOOD! Studies show they aren't the best when it comes to our health but getting outside and moving our body is. Hit your neighborhood playground instead, & when no one is watching, go on all the playground toys. You'll have fun, move your body, & you're off the couch = success!	<input type="checkbox"/>
21	<b>UPZIG on the weekends with your beloveds.</b> Yes, you heard correct. I'm suggesting that you go off your plan. Notice, I didn't say cheat - cheating has a negative connotation to it & can make us feel guilt & shame, causing us to eat even more. But, when it's an UPZIG (aka planned cheat), it's different. You're in control of the food versus it controlling you. Going off-plan for 1-2 meals per week is good for your metabolism & your mental muscle.	<input type="checkbox"/>
BONUS	<p><b>LIVE A GRATEFUL LIFESTYLE!</b> I saved the best for a bonus. Wanna feel better fast? Living a grateful lifestyle is by far the very best thing anyone can, &amp; should, do if they want to feel better fast. In life, there will always be something wrong, but you get to choose whether you see what's right or to only see what's wrong. Choose to see the good in everything each day, count your blessings, &amp; I promise <b>it will transform you</b> and everyone around you, in every way.</p> <p>Can't think of anything to be grateful for? That's proof you need work in this area. Got pain? Tell yourself how lucky you are to be alive (feeling means you're not dead). Got financial problems? Remind yourself that you &amp; your loved ones are all okay &amp; debt can be fixed. Sick? Look around, there is always someone worse off. Trust me, there is, &amp; you'll want to keep your problems, so be grateful. Overweight? There is more hope than you think &amp; you have more control than you think!</p>	<input type="checkbox"/>