

YR 28DAY

COMMIT TO YOU CHALLENGE



ORIGINALLY RUN FEB'22

INTERMEDIATE/FREQUENT MOVER PROGRAM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Level 1 Full Body 11 (31:23 Mins)	Arms & Back 3 (15:55 Mins) + Core Workout 2* (13:16 Mins)	Level 2 Full Body 13 (33:17 Mins) + Core Finisher 1* (15:14 Mins)	Lower Body Burn 5 (19:20 Mins) + Stretch And Meditate 2* (17:54 Mins)	Athletic 7 (30:22 Mins)	Live Reformer Class with Emma (Available on App)	Rest or Slow Flow Yoga (28:02 Mins)
Week 2	Level 1 Full Body 15 (40:58 Mins)	Lower Body Burn 7 (27:19 Mins) + Circuit Finisher 1* (12:08 Mins)	Level 2 Full Body 3 (28:18 Mins)	Cardio Blast 1 (14:59 Mins) + Stretch & Meditate 3* (20:18 Mins)	Level 2 Full Body 5 (23:26 Mins)	Live Reformer Class with Emma (Available on App)	Rest or Vinyasa Flow Yoga (39:35 Mins)
Week 3	Level 1 Full Body 10 (31:50 Mins)	Arms & Back 9 (13:27 Mins) + Core Workout 1* (16:43 Mins)	Level 2 Full Body 2 (32:37 Mins) + Lower Body Finisher 1* (22:20 Mins)	Lower Body Burn 10 (19:06 Mins) + Stretch & Meditate 1* (19:56 Mins)	Athletic 8 (33:27 Mins)	Live Reformer Class with Emma (Available on App)	Rest or Vinyasa Flow Yoga (39:35 Mins)
Week 4	Level 1 Full Body 9 (28:15 Mins)	Lower Body 9 (28:05 Mins)	Level 2 Full Body 9 (43:54 Mins) + Core Finisher 3* (13:41 Mins)	Cardio Blast 5 (14:43 Mins) + Stretch & Meditate 4*	Level 2 Full Body 15 (39:29 Mins)		Rest or Slow Flow Yoga (28:02 Mins)

*Optional



28 DAY CHALLENGE

Nutrition Goals

1. Implement a sustainable (and enjoyable) workout routine that encompasses regular reformer pilates sessions.



2. Support your reformer sessions and active lifestyle with adequate nutrition. Don't worry, NO DIETS here.

3. Understand how to fuel and move your body appropriately so that you can live a full-filled and energetic life.



4. Learn how to track your progress AWAY from the scales.

5. Join a community of like-minded incredible women and learn how to set and achieve your goals.

Focus For Reducing Stress or Anxiety

GRATITUDE

What are you thankful for? Do you consciously think about these things regularly and take stock of the positives that surround you?

Whether the things you're grateful for are big or small it's all valid and worth noting. Evidence shows being aware of the positives in our lives makes us more likely to take more notice and find more and more positives to be able to focus on.

The Resilience Project has some amazing information and tools to help us accomplish this, like this activity from founder Hugh van Cuylenburg.

Give it a go for yourself. Write your own Gratitude Journal for 7 days answering these questions:

1. What are the 3 things that went well today?
2. Who am I most grateful for today and why?
3. What am I looking forward to most about tomorrow?



Tips For Increasing Hydration

We all know that staying hydrated has many health benefits - but do we actually drink enough? Increasing your water intake helps increase energy levels, and lubricates your joints. Even minor dehydration levels will impact your performance both mentally and physically.



Do you carry a bottle of water around with you? If the answer is 'No' then it's time to change that.

Having a cool and stylish re-usable water bottle by your side will mean it's easier to choose to drink that over something else (or nothing at all). It also acts as a visual reminder to take that drink before you feel thirsty.

If you do carry a water bottle with you, try setting a timer to remind you to drink at regular intervals. Or have an extra drink before you start each meal during the day.

Tip For Moving More Frequently

Incidental exercise... it's the movement that helps us get through the day, literally. It's the bits and pieces that we don't necessarily count as exercise because they aren't us intentionally going for a run, or heading to the gym (or hopping on to your reformer).



Little bursts of movement add up to big things. So thinking about how to add more incidental exercise in to your day can be really impactful to achieving your movement goals.

Try it out for yourself

Here are a couple of ideas for you to try - but don't stop there, the sky is the limit for adding these in to your day.

- Walk or cycle to the supermarket rather than jumping in the car
 - Place your laundry basket a distance away from the washing line and walk between the two when you're hanging out your washing
 - Choose the stairs instead of getting the lift or escalator
 - Put on some tunes and dance as you vacuum or dust (plus it makes that task more fun too!)
 - Try a standing desk instead of having a seated position if you're at a computer for long periods of time
 - Play games with the kids
 - Pay attention to your activity tracker on your watch/ phone and increase your step limit. Try to beat it each day or have a weekly goal to smash
-

Fuelling Your Body

WHY IT'S IMPORTANT

Fuelling your body appropriately can help you to meet your nutritional requirements. We all need to make sure that we are meeting our requirements in order to function optimally.

Consuming the right types of foods and nutrients will ensure you are reaping the maximum benefits from your workout.

Failing to eat the right types and quantities of foods can significantly impair your physical performance, increase your risk of injury and negatively impact your gut health, mental health and disease risk.

Let's get Back to Basics

1

The amount of food we eat depends on our gender, height, health goals, activity levels and medical history.



This is why 'generic' meal plans don't work. No two people are the same, EVER!

2

Our nutritional requirements are broken down into 4 categories: macronutrients, vitamins, minerals and water.



Macronutrients provide us with energy and these include protein, carbohydrates and fat

3

You don't need to count calories or track your food to lead a healthy life. I actually discourage it.



Instead, I will show you how to set small achievable goals and adopt a mindful approach to eating.

Let's talk about Dieting

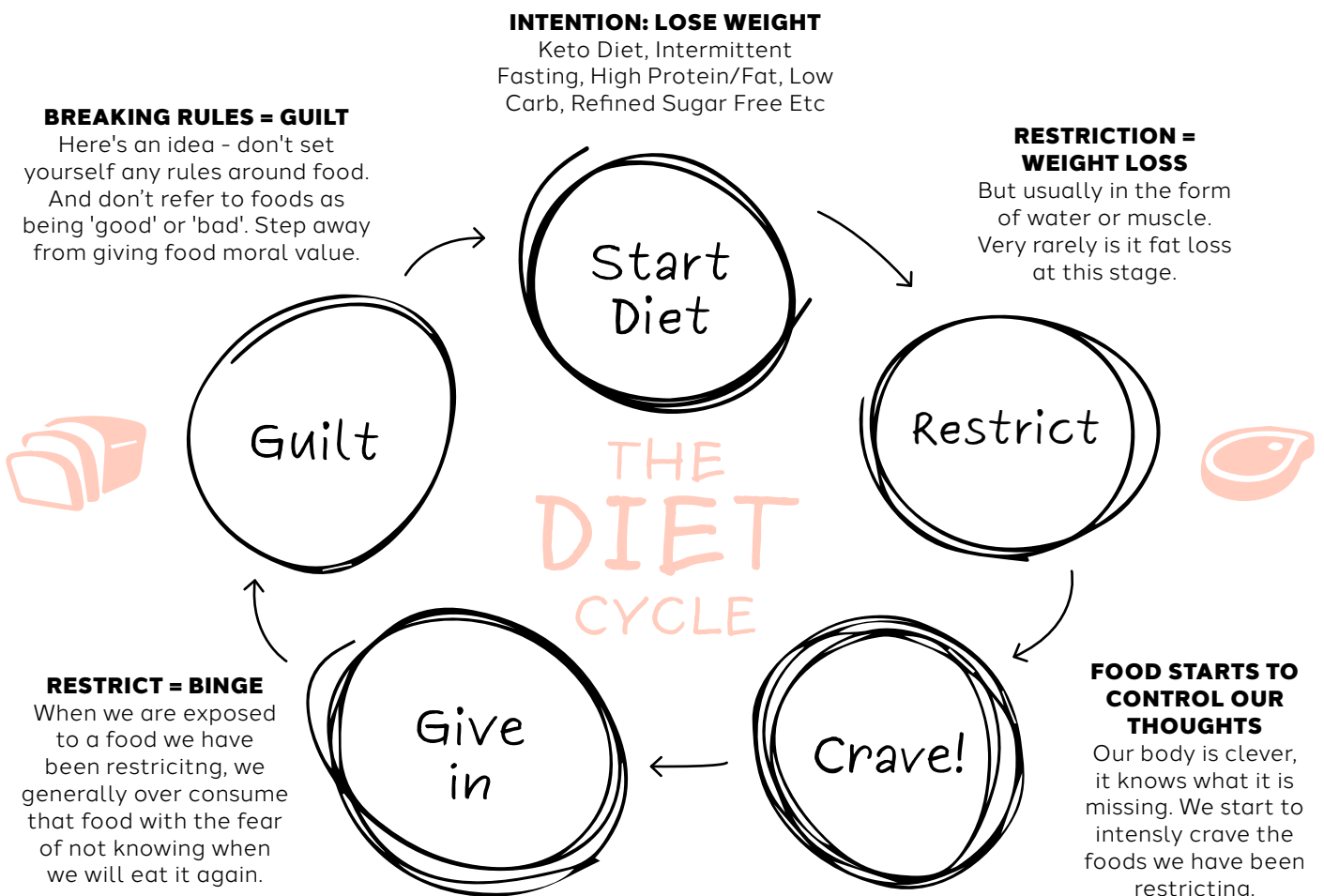
AND WHY I'M NOT PUTTING YOU ON ONE, EVER!

Dieting refers to restricting your food intake (cutting calories, avoiding certain foods or whole food groups).

→ 97% of diets fail long-term! →

Diets are hard and they are unenjoyable, hence why they are not sustainable.

Does this sound familiar?



If anyone ever asks me if they should do 'x' diet, I ask them if they could sustain it for the rest of their life and most of the time it's a 'no' - there is your answer!

The Roadmap Out of Dieting

HOW TO FIND FOOD FREEDOM AND LIVE A HEALTHY LIFE FREE FROM RESTRICTION AND DIETING

1. Come to terms with the fact that dieting doesn't work. This may not happen overnight for you, and if you have struggled with dieting or disordered eating in the past, please seek guidance from a dietitian, doctor and/or psychologist.

2. A life without your favourite foods is not enjoyable. Start giving yourself permission to enjoy ALL foods. Remember, no foods are 'good' or 'bad', some are just more nutrient-dense, others more nutrient-poor but there is a place for both in a healthy balanced diet.

I'm a Dietitian and I eat a portion of chocolate every single day. Because I enjoy a small amount and give myself permission to eat it, it stops me from overeating or over indulging. I know that if I feel like more chocolate tomorrow, I can have it. I don't have to wait 2 months because I'm on a restrictive diet. Try this trick for yourself, its actually life-changing!

4. Start listening to your body. This might seem like a foreign concept if you've been stuck in the diet cycle for sometime, but your body is incredibly clever in that it tells you when you are hungry and when you are full. It also notifies you on how it is feeling and what type of food it needs to feel nourished and energised.

3. Let's talk about calorie counting. Some people find it useful because it allows them to understand the energy density of certain foods. In my opinion, I would avoid the practise if you can because it's very easy to become obsessed with. Tracking your food intake is tedious and can increase your risk of disordered eating.

5. Become familiar with how it feels to be hungry and how it feels to be full. How do you feel at both of these points? It is also important to recognise actual hunger in comparison to emotional hunger or eating as the result of being stressed or bored. Physical hunger comes on relatively slow and gradual where as emotional hunger is rapid and comes on much quicker.

6. Practise eating when you are hungry and stopping when you are full. Before you eat, rank your hunger from 0-10, 0 being so hungry you can barely function and 10 being so full you feel physically ill. Aim to commence eating at a '3' and stop eating at a '7'. This is a good habit to get into and will become second nature in no time.



The
Hunger
Scale

A Sustainable 'Diet'



WHAT IS IT?

- A sustainable diet is a diet or style of eating that you can maintain for the rest of your life
- If you have a goal weight and in order to achieve that 'goal weight' you need to significantly reduce your food intake to a level that is unsustainable, that goal weight is not right for you
- We've all been in a position where we just want to 'move that last 5kg'. Sure, you can achieve that at the cost of drinks with the girls, an almond croissant on Sunday morning, pizza with your husband on a Friday night, no cake at your nan's birthday or no dessert at that fancy restaurant you've been dying to go to - is it worth it?
- I'm not here to say that you don't have to throw 'nutrition out the window', but it's really (and I mean really) important to understand that you can be a happy and healthy version of yourself without having to remove all the pleasure in life.

A Sustainable Diet



HOW DO I DO IT?

- Start with trying to **eat more vegetables**. Here in Australia, just 7% of us consume the recommended amount of vegetables. We all need 5 serves per day which is the equivalent to 2.5 cups of cooked vegetables or 5 cups of salad vegetables. To help you eat more vegetables, try your best to fill half of your plate at most meals with vegetables.
- **Variety is the spice of life**, in all aspects. It is really important to eat a variety of foods across the 5 different food groups (fruits, vegetables, whole-grains, meat/alternatives and dairy/alternatives). This is because different colours in each category contain different nutrients. Additionally, research has shown that those who eat at least 30 different plantfoods (fruits, vegetables, grains, nuts, seeds, lentils and legumes) have greater gut health. Aim to try something new every single week - keep a diary of the new foods you try so you can hold yourself accountable.
- Don't go from 0-100. What I mean by this is **don't try and 'overhaul'** your lifestyle overnight. Pick one or two habits, for example that that might be to exercise three times per week, drink an extra 500ml of water per day, eat 3 different varieties of vegetables each day, walk for 3km each day or increase your iron intake etc. Once you have achieved that habit and it feels like second nature, pick something else and work towards that.
- Understand that no supplement, powder or pill **will be superior to a healthy** and balanced diet. Sure - collagen powder might be useful for your joint health, and greens powder might be great to get in some for Vitamin K and protein powder could be useful if you struggle to get in enough protein through your diet, but all in all - its what you eat MOST OF THE TIME that matters and will have the greatest impact on your health.

Pre Pilates Nutrition

WHAT?

Before you partake in any type of exercise, it's important to ensure you are fuelling yourself appropriately to get the most benefit from your workout. If you exercise really early in the morning, you may not have the appetite to eat something. My solution, make sure your dinner the night before contains all the nutrients you need. Otherwise, you should aim to eat carbohydrates before you exercise!

WHY?

As I mentioned previously, carbohydrates are the bodies main source of energy, so it makes sense that we need to include them in our preworkout meal or snack. Refer to page 4 for examples of carbohydrate containing foods. My favourite pre-workout meals and snacks are fruit, muesli & yoghurt, a chicken and salad sandwich or a mixed smoothie.

WHEN?

It's recommended to consume a pre-workout meal (not a snack) roughly 3-4 hours before your train. It is then encouraged that you top up your energy stores with a carbohydrate snack 1-2 hours before your workout. If you workout at 5pm, your lunch at 1pm can account for your pre-workout meal, and a snack such as a muesli bar or slice of banana bread can be your pre-workout snack around 3pm.

Post Pilates Nutrition

WHAT?

After you exercise you want to consume a meal that contains carbohydrates to refuel your energy stores AND protein to repair your muscles. My favourite post workout snacks are eggs and avocado on toast, homemade burrito bowl, big smoothie with greek yoghurt, milk and fruit or a bowl of porridge with peanut butter.

WHY?

Your body uses glucose (the broken down components of carbohydrates) as energy, so it's really important that we top up our energy stores after our workout so we aren't running off empty. Protein is important to repair and strengthen your muscles after an intense reformer pilates session.

WHEN?

Despite popular belief, you don't have to rush to consume your nutrients as soon as possible. If you are heading home to a balanced breakfast/lunch/dinner then that timing is more than acceptable, as long as you focus on consuming a source of carbohydrates and protein (refer to page 4 for examples)

DON'T FORGET TO TOP UP YOUR FLUIDS TOO. A SPORTS DRINK OR ELECTROLYTE REPLACEMENT ISN'T NECESSARY UNLESS YOU'VE BEEN EXERCISING FOR > 90 MINUTES. OTHERWISE, SIPPING ON WATER IS JUST FINE.

Recipes

BREAKFAST

BUILD A BALANCED SMOOTHIE

PICK 1 SOURCE OF FAT (CHOOSE ONE OF THE FOLLOWING)

- ¼ of An Avocado
- 1 tsp of Nut Butter
- 1 tsp of Hemp Seeds or any other seed you like
- 1 tsp of Chia Seeds

PICK 1 SERVE OF FRUIT (CHOOSE ONE OF THE FOLLOWING)

- 1 Whole Banana
- 1 Cup of Berries
- ½ Banana + ½ Cup of Berries
- Any piece of fruit that you enjoy

PICK YOUR LIQUID

Choose One or A Combination, E.g. ½ Cup of Milk and ½ Cup of Water)

- 1 Cup of Water
- 1 Cup of Cows Milk
- 1 Cup of Plant-Based Milk (Oat, Soy, Almond).
- Ensure your plant-based milks are fortified with calcium. Look for at least 120mg of calcium per serve on the nutrition information panel.

PICK A SOURCE OF PROTEIN

- 1 Cup of Greek Yoghurt
- 1 Scoop of Protein Powder (If Required)

OPTIONAL EXTRA'S

- Spinach
- Kale
- Zucchini (adds a creamy texture but is fairly tasteless)
- Cacao Powder (If wanting a chocolate flavour)
- Honey (You should get enough sweetness from the fruit itself but feel free to add 1 tsp of honey if you require)



Recipes

LUNCH



BUILD A BALANCED BOWL

STEP 1 – START BASIC WITH YOUR BASE

- Spinach
- Lettuce: Cos, Iceberg, Butter
- Silver Beet
- Kale

STEP 2 – GET IN THOSE GRAINS

- Rice
- Quinoa
- Buckwheat
- Barley

Aim for a palm sized amount.

STEP 3 – PACK IN SOME PROTEIN

Animal Sources:

- Chicken
- Turkey
- Kangaroo
- Fish
- Red Meat (The Australian Cancer Council recommends no more than 500g/week)

Plant Sources:

- Tempeh
 - Tofu
 - Edamame
 - Quinoa And Other Grains
 - Legumes Such As; Beans, Lentils, Chickpeas
- Aim for a palm sized amount of protein.

STEP 4 – CREATE THE RAINBOW, TASTE THE RAINBOW!

The list here is nearly endless, but here are some of my top picks:

- Tomatoes + Cucumbers
- Roasted Pumpkin/ Roast Sweet Potato
- Onion
- Bok Choy
- Carrot
- Zucchini
- Asparagus
- Sprouts
- Broccoli/Broccolini
- Cauliflower
- Blueberries
- Pomegranate
- Cranberries

Recipes

LUNCH



SMOKEY BEANS ON SOURDOUGH TOAST WITH FETA

INGREDIENTS

- 1 Can of Chickpeas, Drained and Rinse
- 1 Can of 4 Bean Mix, Drained and Rinse
- 1 Brown Onion, Diced
- 2 Cloves of Garlic, Crushed
- 1 tsp of Paprika
- 1 tsp of Cumin
- 1 tsp of Turmeric
- 1 tbsp of Apple Cider Vinegar
- 1 Medium Sweet Potato, Cubed
- 1 Cup of Vegetable Stock
- 1/2 Diced Capsicum
- 400g of Tomato Passata
- Optional: Chilli Flakes
- 2 tbsp of Feta
- 1-2 Slices of Wholegrain Sourdough Toast

METHOD

1. Combine ingredients in a large saucepan. Cook for 30 -40 minutes or until the potato has softened and the liquid has reduced.
2. Serve with toasted sourdough and fresh feta

Recipes

DINNER



ONE TRAY MEDITERRANEAN CHICKEN BAKE

SERVES 4-6

INGREDIENTS

- 1kg of Chicken Thighs (Or Swap Your Choice of Protein - Tofu, Fish, Chickpeas)
- 3-4 Medium Sized Potatoes, Cubed
- 1 Punnet of Cherry Tomatoes
- 2 Large Roma Tomatoes, Chopped
- 1/4 Cup of Pitted Olives
- 1/2 Red Capsicum, Chopped
- 1 Cup of Chicken Stock
- 2 tbsp of Dried Italian Herbs
- 1 Sprig of Fresh Rosemary
- 1 Red Onion, Roughly Chopped
- Optional: Chilli Flakes
- Salt And Pepper to Taste

METHOD

1. Pre-heat the oven to 180°C.
2. Place the potatoes, onion and chicken thighs into the tray. Season the chicken with dried italian herbs, salt and pepper.
3. Pour over the chicken stock and place into the oven for 30 minutes.
4. Remove the tray from the oven and add in the tomatoes, olives and capsicum.
5. Place into the oven for an additional 30-40 minutes or until potatoes have cooked.
6. Serve with a side of your favourite greens.

Recipes

SNACKS

ALMOND BUTTER, DATE & DARK CHOCOLATE COOKIES

INGREDIENTS

- 1 Cup of Wholemeal Flour
- ¾ Cup of Almond Meal
- 10 Pitted Dates
- 2 Heaped tbsp of Almond Butter
- 1 Cup of Plant Milk
- 2 tbsp of Olive Oil
- 1 tsp of Vanilla Extract
- 1 tbsp of Rice Malt Syrup
- Pinch of Cinnamon
- ⅓ Cup of Chocolate Chips
- 2 tsp of Baking Powder

METHOD

1. Preheat the oven to 180°C.
2. Line a baking tray with baking paper.
3. Add the flour, almond meal and dates to a high speed blender, combine well.
4. Add the remaining ingredients excluding the chocolate chips and blitz until a sticky dough is formed.
5. Fold through the chocolate chips
6. Roll the mixture into balls and place them onto the baking tray. Flatten each ball with the back of a spoon.
7. Bake for 10-12 minutes and enjoy fresh out of the oven with a cup of tea



Recipes



ADDITIONAL HEALTHY SNACKS

- Fresh Fruit + Yoghurt
- A Handful of Nuts
- 2 x Boiled Eggs
- Fresh Smoothie With Fruit, Milk & Yoghurt
- Wholegrain Crackers With Cheese
- Roasted Chickpeas
- Peanut Butter on Wholegrain Toast
- Wholegrain Crackers with Avocado
- Small Tub of Yoghurt with Muesli/Granola
- Mini Meze Plate (Olives, Cheese, Dip & Crackers)
- Vegetable Sticks with Hummus
- Small Handful of Dried Fruit (Apricots, Sultana's, Cranberries Etc)
- Small Tin of Tuna
- Small Tin of Flavoured Chickpeas/Beans Etc
- Milk-Based Coffee (If you regularly drink plant based milk such as Oat Milk, Soy Milk or Almond Milk ensure it is calcium fortified)
- Peanut Butter & Banana Wholegrain Wrap
- Cup of Home-Made Vegetable Soup
- Home-Made Muffin/Slice/Bliss Ball Etc
- Store-Brought Nut/Oat/Muesli Bar

