



# FIT OVER 40 CHALLENGE

*2 WEEKS TO RE-DEFINE & RE-ENERGIZE*



# KATHY SMITH

# Follow these 3 EASY STEPS to get started with your 14-Day Fit Over 40 Challenge!

## STEP 1

### **SIGN UP FOR DAILY WORKOUT EMAILS**

Let's get started by signing up for daily workout emails. From walking to yoga to barre, your workouts will be delivered straight to your email bright and early every morning.

If you click the link to sign up, and then DO NOT receive your Welcome Kit email, make sure to check your spam or promotions folder....especially if you

have a Hotmail, Outlook, Live, or MSN email address, as these providers can sometimes misplace our emails.

[SIGN UP FOR WORKOUT EMAILS](#)

## STEP 2

### **FILL OUT THE "START THE CHALLENGE" SURVEY!**

In order to set yourself up for success, fill out the "Start The Challenge" survey! This will help you get clear about your intentions and shift your mindset so you can flip the "reset" button and be on the road to a healthier, more vibrant life. And don't worry, I'm the only one that will see this information.

COMPLETE THE CHALLENGE APPLICATION

### STEP 3

#### **JOIN THE FACEBOOK GROUP!**

The "Fit Over 40 with Kathy Smith" Facebook group is a place where you can...

- ★ Ask ANY "Fit Over 40" question 😊
- ★ Connect with thousands of other challengers for support and accountability Celebrate your progress and victories with all of us so we can motivate each other.
- ★ Come say hi! We can't wait to meet you. Actually, go introduce yourself right now

[JOIN THE "FIT OVER 40" FACEBOOK GROUP](#)



# 2-Week Fit Over — 40 Challenge

Welcome to the 2-Week Fit Over 40 Challenge! Whether you want to reach your ideal weight, regain vibrant energy, or contour your entire body, keep this in mind:

Weight loss is the side benefit of Fit Over 40. Follow this daily program and you're sure to look the best you have in years. But the true reward is the feeling you'll gain – and hold onto – by simply following its exercise plan.

Follow the 2-Week Fit Over 40 Challenge plan and you'll change your life in a meaningful way. And if you can beat belly fat at the same time? Well, how's that for motivation?

Here are some of the benefits people are experiencing with Fit Over 40:

- Higher and more consistent energy levels
- A boost in well-being
- A more positive outlook
- Better quality sleep
- A positive shift in your relationship to food
- Ongoing motivation to exercise on a regular basis
- A reduction in stress levels
- Greater mental focus
- The ability to perform at your peak – at work, at home, and in your community

Here's what's included in the 2-Week Fit Over 40 Challenge:

## **WORKOUT ANYTIME, ANYWHERE WITH KATHY**

The Fit Over 40 Challenge includes UNLIMITED access to a new workout every single day for 14 days. Because your workouts are available 24-hours a day, you get to choose the best time to get moving and fit exercise into your busy schedule. Watch award-winning workouts anywhere...on your laptop, desktop, smartphones or TV.

**NOW IS YOUR TIME TO LOOK AND FEEL BETTER THAN EVER!**

# SUCCESS STORIES

"After using the 2-Week Fit Over 40 Challenge, I have more energy, and my self-confidence has gotten a tremendous boost!"

– CAROL

"My energy level and attitude improved after following Kathy's program! What's more, I feel good about myself, even when I look in the mirror. You can't beat that ... can you?"

– MARION

"The 2-Week Fit Over 40 Challenge helped me exercise in a way that kept my energy up all day, which became a way of life."

– BECKY

I have more energy than ever before, and I love the way I look."

– JULIE

# workout —— calendar

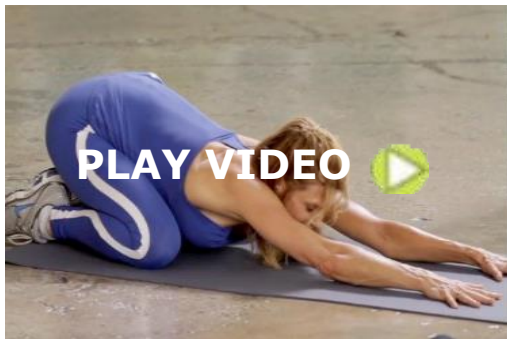
There's a certain mix of workout styles that can help you look great and feel vital whether you're 30 or 70. Cardio alone isn't enough. Strength training can't do it all. Put your body in motion, fire up your metabolism and target-train with a variety of strength, cardio, flexibility, balance, and coordination training. When you put all of these styles into action, you can reclaim your flexibility, accelerate fat loss, and injury-proof your body.

Don't know where to start? Don't worry. Just follow along with the workout calendar below. The good news is, I've given you enough variety so you can select the exercise styles that feel best for your body and fitness goals. Repeat for two weeks!

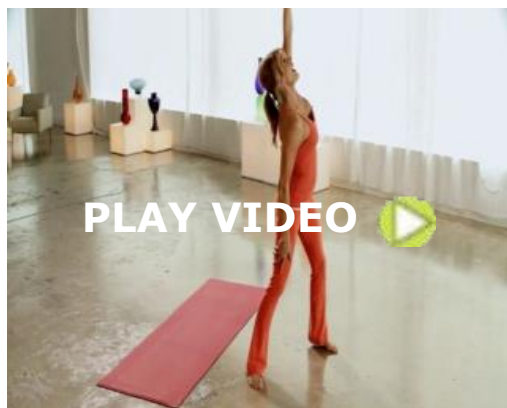




**DAYS 1 and 8**  
**Pump Up  
The Pace  
Walking Audio**  
45- MIN



**DAYS 2 and 9**  
**Staying Strong  
Stretch**  
15-MIN



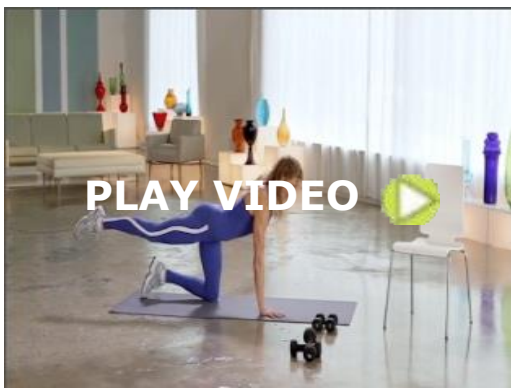
**DAYS 3 and 10**  
**Total Body  
Turnaround  
Circuit**  
20-MIN



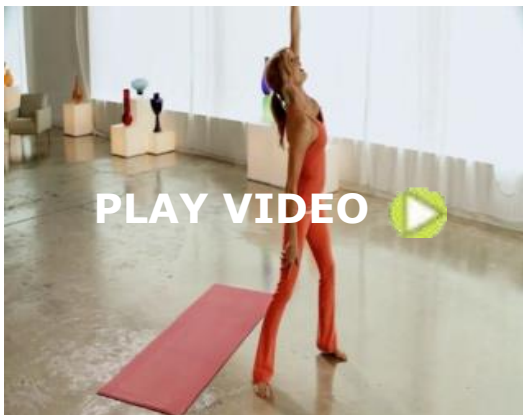
**DAYS 4 and 11**  
**Barre Body Lift  
Abs**  
15-MIN



**DAYS 5 and 12**  
**Lift Weights To**  
**Lose Weight**  
**Upper Body**  
20-MIN



**DAYS 6 and 13**  
**Staying Strong**  
**Legs**  
15-MIN



**DAYS 7 and 14**  
**Total Body**  
**Turnaround**  
**Circuit**  
20-MIN

If you're looking some variety or short on time,  
try these two...



**Cardio  
Fat Burner  
Part 1**  
20-MIN



**FastFit  
Fat  
Burning  
Blast**  
10- MIN

## DAILY RECHARGE VIDEO: GET INSTANT ENERGY



It's no secret that stress is an energy zapper. Cortisol is a hormone that's triggered when we experience stress. So anytime we're in a situation that activates our stress response, cortisol floods our bloodstream. And it's bad news for several reasons. It's a domino effect: High stress equals high cortisol levels, and high cortisol levels can lead to a whole host of issues, including anxiety, brain fog, and weight gain.

Our bodies require the freely circulating flow of movement and energy and fluids for us to feel 100 percent alive. From the synovial fluid that lubricates our joints, to our spinal fluid, to the water passing through our system and cleansing it of waste products, to lymph fluid and blood—**anything that promotes circulation, promotes vitality.**

When stress leaves you feeling mentally and physically exhausted, the best thing you can do is reboot with the **15-minute** daily recharge video above.