



WEEK 1

Theme: Nutrition and Exercise 101

Nutrition Lessons	Understanding nutrients Are carbs making me fat? Is fat making me fat? How much water should I have? Caffeine guidelines Meal gap recommendations from wake-up time to bedtime
Exercise Lessons	Basics of exercise I hate going to the gym! When should I exercise? I tried to exercise & I hated it! What happens now? What happens to my exercise routine when I travel? Two workouts a day and yet no weight-loss!
Happy Foods	6 Happy Foods - one each day
Recipes	5 Recipes - one each day

WEEK 2

Theme: Nutrition and Exercise Intermediate concepts

Nutrition Lessons	2 meals/day? 5 meals/day? 8 meals/day? 12 meals/day? Kitchen cleanse Logistical preparations for behaviour change Could eating 1 fruit/day change my health? Why should I be trying out 1 new fruit + 1 new vegetable each week? Training the palette
Exercise Lessons	Should I exercise alone? Or with a buddy? Should I exercise alone? Or with a trainer? Should cardio be done outdoors? Or on a treadmill? How do I know which exercise is good for me? Connecting with my workout Investing in exercise
Happy Foods	6 Happy Foods - one each day
Recipes	5 Recipes - one each day



WEEK 3

Theme: Nutrition deep-dive | Food & exercise connection

Nutrition Lessons	Recommended consumption patterns (few times a year) Recommended consumption patterns (weekly/bi-weekly/monthly) Recommended consumption patterns (always and never) Supplements or no supplements? Protein powders - Yay or nay? Branched chain amino acids
Exercise Lessons	Pre and post workout meals Should I be doing yoga on an empty stomach? Should I be sipping on water during workouts? Supplements or no supplements? Protein powders - Yay or nay? Branched chain amino acids
Happy Foods	6 Happy Foods - one each day
Recipes	5 Recipes - one each day

WEEK 4

Theme: Mindfulness and advanced concepts in nutrition | Exercise science - filling the gaps

Nutrition Lessons	Leaving 1/4th out Visualization Meal management at restaurants Meal management on vacations Meal management at weddings Folded legs & fingertips
Exercise Lessons	Tracking exercise performance Interval training The talk test + The sit test Knowing optimal exercise form + technique Sleep Breathe
Happy Foods	6 Happy Foods - one each day
Recipes	5 Recipes - one each day

WEEK 5

Theme: Evolution in thought process | Exercise plans

Nutrition Lessons	Looking beyond the weighing scale Saying no to negative self talk Goodbye guilt, hello sound decisions Eating when you're hungry Portion sizes - why YOU choose The greater good
Exercise Lessons	Why choose to strength train? Why choose yoga? Why choose CrossFit? Why choose running? Exercise management through vacations Flight and desk stretches
Happy Foods	6 Happy Foods - one each day
Recipes	5 Recipes - one each day

WEEK 6

Theme: Decoding diets | Staying committed to exercise

Nutrition Lessons	The Ketogenic Diet The Intermittent Fasting Diet The Detox Diet The blood group + genetics Diet The self prescribed Diet Fixating on one food
Exercise Lessons	Consistency Imperfect actions Logistical arrangements for exercise success Finding an exercise you love Changing it up ever so often Commitment mindset
Happy Foods	6 Happy Foods - one each day
Recipes	5 Recipes - one each day

WEEK 7

Theme: A new YOU!

Nutrition Lessons	Am I eating too much? Tangible and intangible changes Listing out the changes Making life-long intelligent choices Surprise lesson!
Exercise Lessons	Am I exercising too much? Or too less? Tangible and intangible changes Listing out the changes Making life-long intelligent choices Surprise lesson!
Happy Foods	6 Happy Foods - one each day
Recipes	5 Recipes - one each day

Don't miss
this opportunity

If you'd like 2020 to be the LAST time you ever go on a diet, this program is the perfect solution for you. This is the time to shed those bad habits for good and refocus simply with a lens of chasing the healthiest, fittest version of yourself - for the rest of your life!

ENROLL NOW

