

# 12 DAYS OF FITNESS

## CHALLENGE

Do the challenge to stay happy and FIT this holiday season!

Just like the song, this challenge is based on cumulative effort! On the first day you will foam roll. On the second day you will foam roll AND drink 16oz of water in the am... After 12 days we will be supercharged, looking and feeling great, ready for 2019!

### 1 Foam Roll

SMR (self-myofascial release) is a simple to do technique that delivers a bunch of positive results. It has been shown to be helpful in restoring lost range of motion, preventing injuries and speeding recovery. It can help you go harder, get stronger, and feel GREAT in less than 10 minutes a day. Handout will be sent for how-to!

### 2 Drink water

Drink 16oz of water as soon as you wake up (or at least within the first 15 minutes.)

### 3 Unsweeten your sips

Those who drank sugar-sweetened beverages daily gained 27 percent more dangerous visceral belly fat in one year than nondrinkers (Circulation Journal.) Sodas, juices, coffee drinks and smoothies are all culprits. Is water too boring? Get creative. Buy a 'fancy' tea! or Infuse your water with flavor. Cucumber, citrus fruits or strawberries are all great options.

### 4 Power down

Don't look at a your cell phone screen, iPad etc. for at least 60 minutes before bed. That blue light will prevent the release of melatonin, a hormone associated with quality nighttime sleep.

### 5 Sleep at least 7 hours a night

When you get more quality z's your motivation to workout and stick with healthy habits skyrockets. A 6 year study in the International Journal of Obesity found that people who got less than six hours of sleep a night gained more than double the body fat than those who went from sleeping too little to getting seven to eight hours per night.

### 6 MOVE

At home, at work, anywhere, don't sit for more than 20 minutes at a time. Set a timer on your phone or computer. Stand up, stretch, in only 20 seconds you cancel out all the 'bad' that sitting does to our muscles, minds and metabolism.

### 7 Eat an organic apple a day

A great go to snack. Keep them in the fridge, they taste better that way - crisp and cold. Apples are filled with soluble fiber, they control insulin levels by releasing sugar slowly into the bloodstream, eaten before a meal can help with weight loss, and are packed with vitamins C and A.

### 8 10,000 steps

Do it. This can be especially hard in an office setting; but you are smart, creative AND determined. And I'll be sending some extra motivation!

### 9 Quick kitchen organization

Spend 15 minutes organizing. Keep healthy stuff near you and convenient. Keep unhealthy stuff away from you and inconvenient (or get rid of entirely.)

### 10 Eat your veggies

Eat for your health - not for weight loss. The benefits will last longer and be far greater. Checkout the delicious soup recipe coming your way.

### 11 Strength Train

Of course not every day, but ideally 2-3 times a week. Benefits are too long to list, but building muscle increases metabolism and gives us that strong and fit appearance. Come to a Tailored Training Class :) or do the workout I will send!

### 12 Practice 20/20/20

If you stare at a screen all day try this: Take 20 seconds to look at something 20 feet away every 20 minutes. Extra credit - GET UP for 20 seconds and move! Yes, I know this one sounds familiar, but is important, and with huge benefits!