



8 WAYS TO FEEL GREAT IN 8 DAYS

Thanks for downloading your tip sheet and scorecard. This is how you do it:

- ✓ **Read your 8 things to do list below**
- ✓ **Print out your PDF scorecard to track your progress**
- ✓ **Fill out the top section of your scorecard to set your intentions**
- ✓ **Aim to tick 4 of your boxes every day for the 8 days**

P.S The more boxes you tick, the more clear you will feel!

Choose your 4 ways for day one, stick your check list on the fridge & you're on your way!

I'd love to hear how you go with the challenge and which boxes you tick as you go.

Please email me and feel free to send me a photo of your scorecard.

Ready to get into it?

1. RESET YOUR WAKE CYCLE & INCREASE ENDORPHIN RELEASE

Choose a waking time this week that is going to allow you to exercise when you first wake. If you normally "don't have time to" this week you are making time. It may mean setting your alarm 45 minutes earlier than your usual, but it is only 8 days! If you don't normally set an alarm, introduce yourself to your alarm clock! I don't want you to feel overwhelmed thinking you need to spend 2 hours working out, all you need to do is set out for 10 mins if that feels reasonable for you. You can walking around the block, walk along the beach, go to the gym, do sit ups and push ups in your lounge room, whatever this looks like for you, do it every day this week!

2. REHYDRATE & KICK START YOUR METABOLISM

Commence the day with 500ml of water with juice of half a lemon. This will kick start your digestion process for the day and fire up your metabolism. The citric acid in lemons also helps maximise enzyme function, which stimulates the liver and aids in detoxification. Aim to drink minimum of 2 litres of water throughout the rest of your day (additional to the 500ml you start with).

3. ADRENAL REBOOT!

If you are a one a day coffee drinker, you are going to be just fine here. However if you drink double shots, and/or multiple coffees, this week we are cutting back to one (single shot) per day. Studies show you get all of your health benefits and antioxidants from your first coffee. Any additional to this will start to compromise your adrenals (fight or flight hormone) and will have you holding on to body fat through the production of adrenaline. Replace your second or third coffee with herbal tea! Green tea is an ideal substitute with natural caffeine and antioxidant benefits to boot. Dandelion & peppermint tea are two other great cuppas!

4. BALANCE BLOOD SUGAR LEVELS

Protein is the secret to stabilised blood sugar levels and keeping sugar cravings at bay! Therefore eggs and/or protein shakes are ideal for breakfast. If you are eating at home, whip up 2 eggs however you fancy them, add spinach, tomato, avocado, mushrooms etc. SKIP any bread you would normally have for breakfast!! You are focusing on minimal sugar spikes this week and bread contains gluten, wheat and plenty of carbohydrates (which your body reads as sugar). You may feel deprived at first, but it will do you a WORLD of good, I promise!

5. GIVE YOUR PANCREAS A HOLIDAY

Let's eliminate any added sugar in your food. In modern society we are exposed constantly to sugar, hidden in so many forms, and this can be very detrimental to our health. What we don't realise is that we get enough sugar from fruit and vegetable sources throughout the day (provided you eat fruit and veges). Yes this means in your coffee, in your sweet chilli sauce, cereals and other packaged foods where it may be hiding in disguise.... How to spot sugar on a food label: look out for cane sugar, dextrose, fructose, maltodextrin, malt syrup, evaporated cane juice, corn sweetener, corn syrup, palm sugar, molasses, treacle, honey, barley malt syrup, agave, brown rice syrup, dextrin, high fructose corn syrup, xylose, maltose, galactose, maple syrup.

6. MAKE FRIENDS WITH YOUR LIVER

This time of year, you may have become quite partial to having a drink or two most days of the week. Not only is most alcohol full of sugar (therefore off limits) a few days off booze and you will see the benefits, increasing your hydration levels, improving the quality of your sleep. Your skin will look clearer and you will feel more relaxed. Your liver (and maybe your lover) will thank you for this step. Got social events on? San Pelegrino is your friend!!!! Or perhaps sit the event out. It's only 8 days, and your friends aren't going to disown you for missing one occasion, I promise! Instead you could treat yourself to a night in on the couch, watching a movie with a delicious home cooked meal.

7. STRETCH FOR STILLNESS

Take 15 minutes of quiet stretching before bed each evening. Roll out your yoga mat and find a quiet place in the house. This can be done when the kids go to bed, or when you are about to hit the hay yourself. What we all know is that stretching increases flexibility and range of motion in our joints.. However, the benefits stretch (pardon the pun) further than that. Stretching has proven to produce the same stress-releasing hormone that we release when we exercise. It can also reduce lower back pain, improve your quality of sleep, and increase your circulation. Finish with 5 minute massaging your feet; it sends me right to sleep.

8. REBOOT YOUR SLEEP CYCLE

Turn off your electronic goods (ipad, tablet, smartphone, laptop, television etc.) one hour prior to sleeping (before midnight) and aim for the same bed time each evening. Watching television, using your mobile phone and sending emails into the wee hours of the night/morning may be stopping your melatonin production (the sleep hormone released by your pineal gland when it's time to go to sleep) dead in its tracks, depriving you of this hormone's many health benefits... Melatonin is important for the proper functioning of your immune system, scavenging free radicals, reducing inflammation and helping your body to rid itself of cancer cells! Dimming the lights of an evening and blocking out all electrical lights that may be flashing in the night is a good idea for a undisturbed sleep also.

MY 8 DAY RESET SCORECARD

I commit to looking after my health for 8 days.
Doing so will help me feel:

Signed: _____ Date: _____

✓
Tick each box
that you accomplish
each day.

Do that and you'll
be well on your
way to feeling
fit & fabulous!

Your goal is to
get a minimum of
4 boxes ticked
each day

	RISE & SHINE Get up early and get moving.	REHYDRATE 500 mls of water with lemon juice then 2L plus per day.	MAX OF ONE COFFEE PER DAY Then herbal tea after that	MORE PROTEIN, FEWER CARBS Eggs (without bread) or protein shakes for breakfast	SWEET ENOUGH ALREADY No processed sugars (added or otherwise) Check the packet!	ALCOHOL FREE It's easier than some may think	SHUT DOWN EARLY Early to bed, early to rise...	STRETCH IT OUT 15 minutes of gentle stretching before bed
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Day 8								