



You're busy... you have goals... and you don't want anything to stand in your way!

That's why we've created a challenge to help you thrive during the holidays and finish the year STRONG.

How are we going to make that happen?

By focusing on the simplest, most results-getting actions you can take — and putting them on REPEAT!

Inside, you'll even find a habit tracker to set you up for success during this challenge (and beyond).

Studies show that when you track your habits, you not only reach your goals faster — but you can blow right through them.



At Beyond Fitness, we believe"small steps add up to big results".

If you're ready to make significant changes in your health and fitness, I am here to help you with a proven plan.

Ready to get started? Great! Let's go!





*Michele* Beyond Fitness

The Holiday Hustle Challenge



### HOLIDAY HUSTLE CHALLENGE

How-t

Your goal: at least 5 days a week during December, you'll:

- Work out (or move that body!) for at least 20 minutes
  Eat 80% "clean" whole foods
  Cat 7-8 hours of clean
- ✓ Get 7-8 hours of sleep
- ✓ Drink 8-10 glasses of water
- Check off your daily actions on the Holiday Hustle Tracker!

You'll also be setting a REWARD for yourself to keep you motivated and inspired (we'll show you how).

You'll also set a CONSEQUENCE for NOT following through on your commitment to yourself.

It's going to be a GREAT month, so let's dive in and get started!

#### WHAT WORKOUTS SHOULD I DO?

It's important to do a mix of cardio, strength training, and flexibility to get the best results.

Also important: taking at least one "active recovery" day a week, like going for a walk or doing some light activity. The walk or activity will count as a workout for this challenge.

Recovery days are an important part of the process.

#### WHAT FOODS SHOULD I EAT?

For this challenge, focus on healthy whole foods (lean proteins, veggies, whole grains, fruits, and healthy fats).

Basically: unprocessed foods that are low in sugar.

Aim for eating these foods 80% of the time. You can open up your food choices for the remaining 20%.

Remember to keep it simple. This is a busy time of year! Enjoy your favorite treats, but don't overdo them.



#### WHAT ABOUT SLEEP?

#### Aim for 7-8 hours of quality sleep every night.

When you're asleep, your body repairs your muscles, balances your hormones (including those that regulate your hunger), and boosts your immune system.

Plus, being rested helps you stay focused, energized, and motivated so your body can perform at its best.



#### STAY HYDRATED

Drink 8-10 glasses of water every day.

There are so many benefits to drinking enough water every day.

It helps with digestion, keeps your skin healthy, can help with nighttime carb cravings, and helps raise your energy level.

# REWARDS & CONSEQUENCES



#### REWARDS

We recommend setting rewards that complement your goals – i.e., if you are focused on eating a healthy diet, don't "reward" yourself with a binge-fest on cake, chips, and ice cream!

Instead, treat yourself to a new pair of sneakers, a cookbook of healthy recipes, a massage, or a fitness tracker.

#### CONSEQUENCES

Choose something you REALLY don't want to do – like donating to a cause you don't believe in. This one might be even more motivating for you than the reward.

|                      | , successfully complete my<br>lenge goals, I will reward myself with |  |
|----------------------|--|--|
| If I,                | MY CONSEQUENCE 📩<br>, do not meet my goals for the                   |  |
| Holiday Hustle Chall | lenge, my consequence will be  |  |
|                      |  |  |



We've created a simple tracking system to help you crush your Holiday Hustle Challenge goals.

But first: It doesn't matter what day you start your Holiday Hustle Challenge. Just start! (Preferably today or tomorrow.)

- 1. Fill out your contract on the previous page.
- 2. Every day you complete an activity, cross its icon off the tracker.
- 3. EVERY WEEK, aim for crossing off at least:
  - ✓ 5 Dumbbells (for 20 minutes of activity)
  - ✓ 5 Broccoli (for eating 80% "clean" foods)
  - ✓ 5 Moons (for getting 7-8 hours of sleep)
  - ✓ 5 Glasses (for drinking 8-10 glasses of water)

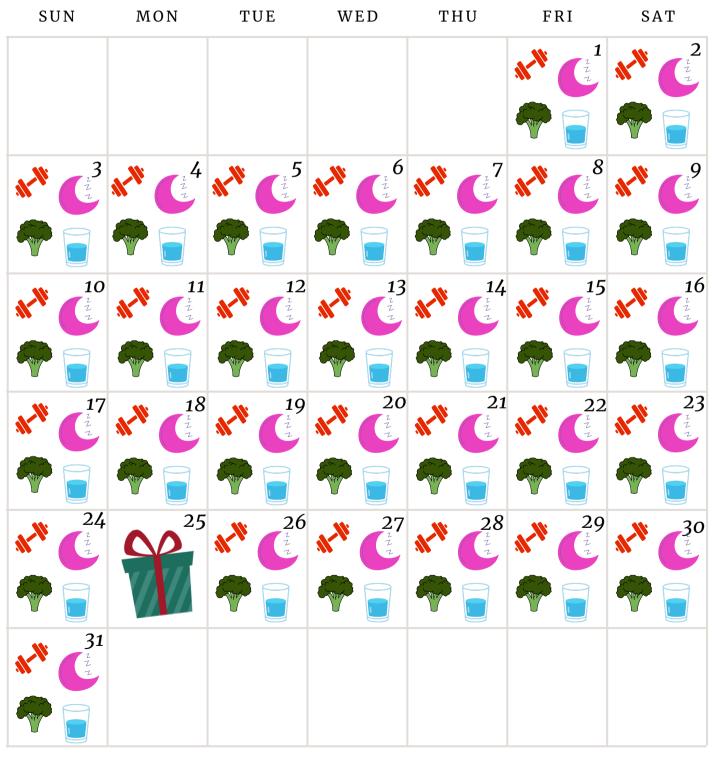
Then at the end of December, follow through on your commitment with the reward or consequence that you agreed to in your contract.



#### HOLIDAY HUSTLE TRACKER

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Put a sticker or a checkmark in each box after you complete your actions for that day!



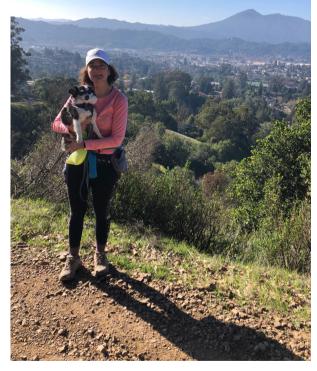
The Holiday Hustle Challenge

# WHEN YOU HAVE A PLAN You're Unstoppable



# Gina

Lost over 50 lbs and works out everyday!



# Linda

Hikes 4 days a week, and works out the other 3!

# READY TO TAKE YOUR ->

At Beyond Fitness, our mission is to help our clients feel fit, healthy, and strong in ways that work with their lifestyle.

If you're a busy person looking for a better way to get fit, so you can have more energy and enjoy life, we want to invite you to experience a simpler approach that's already gotten 100's of people amazing results.

## WAYS TO WORK WITH ME:

Personal Training Mobility Training Group Classes

<u>LEARN MORE HERE</u>

We'd love to be part of your fitness/wellness journey.



# MICHELE

Beyond Fitness

JANIE

Janie needs the energy totake care of her aging father and inlaws. She does Tai Chi regularly to keep her center.