

8 WEEK CHALLENGE

MIND FITNESS NUTRITION



Hello 8 Week Challengers!

CONGRATULATIONS for participating in your very own -

MIND FITNESS NUTRITION CHALLENGE

Use this Challenge to your full advantage and apply what you learn.

CONQUER and ACHIEVE!

Please read the outline below and all of our Terms and Conditions which can be found on our website before commencing the Challenge -

If you have any injuries / medical conditions / allergies / food allergies / any concerns- please speak to your healthcare professional before proceeding.

If you have any other questions after reading the outline, feel free to email us at mindfitnessnutrition@gmail.com

Your Week 1 to Week 8 Challenge consists of 3 sections per week- 1) MIND, 2) FITNESS and 3) NUTRITION

Complete all 3 parts of each week daily or as specified at an assigned time or assigned times that you schedule with yourself. Allocate time slots that you know will work well with your daily routines to complete all tasks where necessary! This is important in order to achieve your goals!

FITNESS SECTION OUTLINE

All the workouts within this Challenge may be performed without any equipment. If, however, you have any gym type equipment at home or access to a gym, you can use dumbbells or a Barbell where specified.

If you are at Beginner Level (i.e. never exercise or rarely exercise) – Use 1kg to 3kg weights only as you need to be able to activate your core and condition your muscles and body correctly before progressing- also, perform only 1 set of 20 repetitions (i.e. reps) per exercise prescribed, have breaks when needed and listen to your body! Exercise 3 or 4 Days per week.

If you are at an Intermediate Level (i.e. exercise on a regular basis) – Use 3kg to 5kg weights and follow the program as is. Have breaks when needed – activate your core throughout the whole workout and always listen to your body! Exercise up to 5 Days per week.

If you are at an Advanced Level (i.e. 1 year plus of exercising weekly up to 5 days/week) – Complete the whole program as is using weights that will Challenge you. Add Resistance to all exercises when necessary as well as challenging yourself to higher repetitions than outlined- such as till point of failure per exercise. Always activate your core and all muscles being used. Exercise up to 6 days per week.

You should never experience bad pain- If at any point throughout the workouts you do experience bad pain, you must always stop immediately.

If you are working out at home and without any equipment- you can use plastic water bottles filled with water for weights.

If you are unsure of how to perform any exercise- *please refer to our video workouts which are provided to demonstrate all the exercises in the Challenge for your benefit.*

If you have a particular goal that you would like to achieve and would like to track results- take your own before and after photos using side, front and back shots in your undergarments and also take your own Measurements (bust, waist, hips, arms and upper legs). Note down all results for Week One

of the Challenge, Week 4 and then at Week 8! Also, feel free to do a weigh in every Monday, if you find it motivating to use the scales... but remember scales are not always a true indication- It is the mirror, how your clothes fit and measurements that are a more reliable indicator of results.

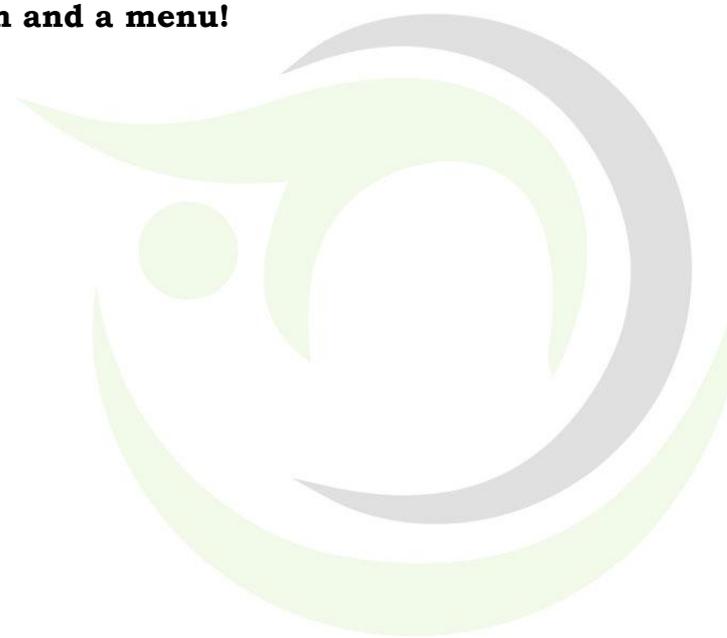
Once you have completed your 8 Week MFN Challenge, please share your results with us via email at mindfitnessnutrition@gmail.com and we will send out to you a set of 5 MFN RESISTANCE BANDS or a Coconut Coffee Scrub FOR FREE (worth \$25 each RRP*)- The choice is yours! If you share photos with us, it may be used on our website/Facebook/Instagram.

- We are so very EXCITED for you to be a part of this challenge! -

You will learn a lot! Although there may be points made within the Challenge that you may already know... the key is to make sure you apply the knowledge and **MAKE IT HAPPEN THIS TIME!**

GOOD LUCK AND HAVE FUN!

***MFN MEALS are not supplied for this 8 Week Challenge, but you are welcome to place an order for meal preps throughout the challenge to help you reach your goals faster and target fat loss / detox / muscle gain goals- email us at mindfitnessnutrition@gmail.com if you would like more information and a menu!**



WEEK 1 CHALLENGE

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WEEK ONE - Start Strong!

SECTION 1 - MIND CHALLENGE

First week is all about getting organised and setting yourself up for success! Your focus will be on GOAL SETTING!

Your week 1 Challenge- Every day, write down in your diary or a note book- 2 types of goals. What we mean by 2 types is long term and short terms goals! Each day, set one long term goal that you would like to achieve in your life time and a few or one short term goal/goals for the next day that you would like to achieve!

For example-

- 1) My long-term goal - I want to lose 20kgs

- 2) My short-term goals - Tomorrow I need to:
 - Go grocery shopping
 - Meditate 15 mins
 - 1-hour cardio and abs session

At the end of Week 1 you will have at least 7 LONG TERM GOALS and all your SHORT TERM GOALS written down. Aim to achieve all short-term goals by the end of Week One and all long-term Goals within 1 to 4 Years!

Goal setting is critical for true success and fulfillment in all areas of life. PRACTICE this concept as part of the challenge so that it is given value and importance in your life.

GET THINGS DONE, BE PRODUCTIVE, LIVE YOUR LIFE TO THE FULLEST & SET GOALS TO ULTIMATELY ACHIEVE YOUR TRUE HAPPINESS IN ALL THAT YOU WANT IN LIFE... Whether it be relationship goals, health goals, financial goals or personal goals... YOU CAN DO IT!

SECTION 2 - FITNESS CHALLENGE

CONDITION YOUR BODY TO PERFORM & BOOST YOUR METABOLISM!

We will start with a workout that combines both body weight resistance and cardio exercises. Basically, for most part of the workout you will be performing cardio exercises in between each body weight/weights exercise.

Remember to refer to our video demonstrations provided for this challenge to ensure correct technique.

Always modify the exercise if you are a beginner to suit your current ability.

WORKOUT 1

Begin with dynamic stretching of full body, followed by a warm up of jogging on the spot for 2 minutes and then 20 star jumps

1- Body Weight Squats- 3 sets of 30 reps

2- Skipping using a skipping rope or using the same motion as skipping without a skipping rope - 50 reps

3- Chest Push-ups (wide arms) - 3 sets of 12 reps

4- Incline Burpees using a chair or Burpees on the floor - 20 reps

5- Leg raises - 3 sets of 20 reps

6- Jump Squats - 40 reps

7- Bicep curl to shoulder press (use light dumbbells or anything weighted at home or perform without weights, just be sure to contract muscles used while performing the exercise) - 3 sets of 20 reps

8- Crunches - 3 sets of 20 reps

9- Alternating Lunges - 40 reps all up (20 reps each leg)

10- 100 reps of Skipping using a rope or without a rope following the same motion

11- Using light dumbbells (2kgs) / water bottles or no weights, laying on the floor chest press- 3 sets of 20 reps

Cool down by marching on the spot for 2 minutes followed by full body static stretching, holding each stretch for at least 10 seconds

Exercise is a major key for optimal health! Try to complete each and every workout. If you need to lower repetitions (reps) or adjust technique to suit your ability, feel free to do so as necessary in all 8 workouts.



SECTION 3 - NUTRITION CHALLENGE

Nutrition is medicine! Eat right and feel right!

The amount/type of food you consume daily plays a large role in how successful you are when it comes to reaching your goals and staying healthy.

Please complete the following 4 Nutrition tasks for Week 1-

1 - Start a Food Diary... Write down in your note book all that you are eating daily... this is important, as it will be used in the following week's challenge and also because it is important to be aware of what you are consuming daily

2- Aim to consume 2 Litres of water daily in the first week. HELP CLEAN & DETOX YOUR BODY... even if it means going to the bathroom so many times... JUST DO IT!

3- We would love for you to eat super healthy for breakfast, lunch and dinner and make good choices always, but at this stage a little flexibility is okay- as long as you try and cut out all fried foods, take out and limit sugar as much as possible....

- If you would like to go strict for fat loss this week, change your dinner option to white meat- (for example - *fish, chicken or turkey*), *half a plate of greens (can be any type of green veggies or salad as long as it is green) and 80g of sweet potato or 80g of beetroot. You can also use spices and lemon on your food!* – THIS IS ONLY AN EXAMPLE.

4 – For just one day in the week attempt to cut out/limit all dairy-

Have a look at the example below- THIS IS ONLY AN EXAMPLE-

Breakfast- 1 whole egg and 2 egg whites with cucumber and tomato

OR

Oats with silk almond milk or oat milk

Lunch- chicken/lean red meat/fish vegetable stir fry with half a cup basmati rice

OR

Tuna salad with lemon, cucumber, tomato, corn, chilli and spices to your liking

Dinner- as stated above in point number 3

Snack options - 10 almonds / small container of green veggies / small container of berries / half an avocado with a tea spoon of manuka honey / 1 green apple / 2 Kiwi Fruits

GOOD LUCK with your WEEK ONE CHALLENGE!



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WEEK 2 CHALLENGE

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WEEK TWO - Master your Mind!

SECTION 1 - MIND CHALLENGE

This week we will place our focus on the Art of Meditation. Meditating involves practicing concentrated attention upon a sound, an object, visualisation, breathing, one's movement, or even on attention itself; in aim to increase awareness of the present moment, reduce stress, promote relaxation and enhance personal growth. In some instances, the practice of meditation has also helped individuals recover from acute medical conditions.

Studies have shown that just 10 to 30 minutes of Meditating daily will improve your lifestyle, stress levels, anxiety and general well-being!

If you practice the Art of Meditation correctly and consistently- you will experience positive change in wellbeing, mindset and life. TRY IT FOR YOURSELF! All you need is 10 minutes a day! Make it apart of your daily routine.

You can find many meditation videos on YOUTUBE that you can browse and access for free. Day by day you will find one that you really like and can use daily! All you need to do is type into YOUTUBE - Meditation videos delta waves/Meditation music relaxing /Meditation sounds stress relief/ Meditation beach waves/ Guided Meditation etc... these are just a few examples! Your search will give you a lot of options and you can then choose your favourite video to adhere to.

This week's challenge - Find at least one NEW meditation video that you like and can listen to daily. If the video goes for an hour- you don't have to meditate for the whole hour, you can choose to use just 10 minutes of that video. If you don't want to use a video or don't have access to YOUTUBE- you can simply meditate by focussing on your own breathing or taking time out from your day to simply clear your mind and relax your mind.

Practice the Art of silencing your mind... Yes, it is difficult, extremely difficult, but once you master this... the benefits are enormous!

STRONG MIND = A STRONG BODY, STRONG HEALTH & STRONG HAPPINESS!

MASTER YOUR MIND! MASTER YOUR LIFE!

SECTION 2 – FITNESS CHALLENGE

This week's fitness challenge is focussed on CORE work... ABS, ABS AND MORE ABS. You will still be completing a full body workout but the main focus will be on CORE this week!

Complete the Workout below and aim to go for a 30 minute outdoor fast paced walk/jog/run for 2 days of this week!

WORKOUT 2 -

Dynamic stretching of all muscle groups, followed by incline burpees using a chair or bench for 2 minutes and then 1 minute of star jumps!

ACTIVATE YOUR ABS throughout the whole workout, go slow and control movement for all ab specific exercises -

- 1- Leg raises - 3 sets of 20 reps
- 2- Crunches with feet up off the floor - 3 sets of 20 reps
- 3- Leg raises - 3 sets of 20 reps
- 4- Crunches with feet off the floor - 3 sets of 20 reps
- 5- Jumping Squats - 2 sets of 30 reps
- 6- Legs up in and out, laying down at a range where you are using abs most - 3 sets of 20 reps

7- Sitting up position punching up with both arms parallel - 3 sets of 25 reps

8- Legs up in and out - 3 sets of 30 reps

9- In sitting up position punching up with both arms parallel- 3 sets of 30 reps

10- Incline/Floor burpees - 30 reps

11- Punching up in sitting up position using one arm at a time- 3 sets of 20 reps

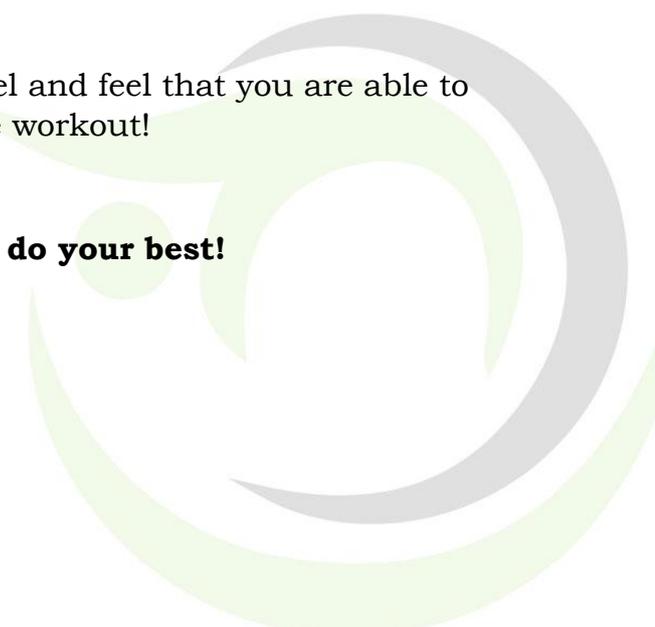
12- Star jumps - 100 reps

13- High Knees – 100 reps

Cool down by marching on the spot for 2 minutes followed by full body static stretching, holding each stretch for at least 10 seconds

-If you are at an Intermediate to advanced level and feel that you are able to do more, repeat the whole workout!

CHALLENGE YOURSELF and do your best!



SECTION 3 - NUTRITION

This week lets focus on Detoxing the body...

The acid-alkaline balance is critical for achieving and maintaining good health. Acidic bodies due to eating processed foods- 'fake' foods etc... can lead to disease and cancer.

According to a source- the acid-alkaline balance can refer to the balance between the amount of acids and non-acids that are found in your body's blood, saliva, urine and tissues.

This week's challenge is directly related to helping you alkalise and detox your body naturally. This will in turn help promote fat metabolism and optimal bodily functions in order for you to achieve your goals effectively!

There are 4 Nutrition challenges this week -

1) Go shopping and buy a bunch of parsley (organic if possible). Include it every day in your diet for 7 days in any way that you can and eat it raw! What you can do if you really want a challenge... is to grab a handful and have it first thing in the morning... Literally just eat it raw and plain! Then have 2 glasses of warm water after it!

2) Review your food diary from week one and check to see that you have eaten greens every single day! If you haven't, aim to achieve that goal this week! Eat greens in every meal- if possible!

3) Lemon water- although lemon is acidic in nature... when it is consumed internally, it is highly alkalising and beneficial to your body... aim to put lemon wedges in your water bottle every day!

5) For this week aim to have a vegetarian only type dinner – include a lot of greens and mixed veggies of your choice. Even a soup type dinner loaded with veggies. For example – THIS IS ONLY AN EXAMPLE -

- Spinach soup... all you need to do is boil the following ingredients together in water- no stock, just water... spinach/silverbeet as much as you want,

1/2 carrots, 50g Lentils, 2/3 lemons squeezed, 6 cloves of garlic diced, pink salt and chilli to your liking! Add more or less of the ingredients depending on what you prefer!

**JUST DO IT! PLEASE TAKE ACTION AND ACCOMPLISH YOUR GOALS
WEEK BY WEEK! -SET YOURSELF UP FOR TRUE SUCCESS AND
HEALTH!**

MIND

FITNESS NUTRITION



WEEK 3 CHALLENGE

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WEEK THREE - Gratitude & Positivity!

We are now at Week 3 of your 8 WEEK CHALLENGE...

STAY FOCUSSED AND DON'T LOSE TRACK! Yes, you may have times or days where you start to 'slack off' a little... and that's okay... just get back on track the next hour or even the next day! STAY FOCUSSED ON YOUR GOALS and the results that you want to achieve!

SECTION 1 - MIND

This week is all about GRATITUDE! Train your mind to see the good in your life... ATTRACT POSITIVITY!

If you start realising how good you have it and you purposely look for the positives in your life with gratitude... you will be happier, healthier and successful in all that you put your mind to!

TRAIN YOUR BRAIN!

This week is the lead up to next week's Mind Challenge which will focus on Physiology Change and Changing your State to optimal state as Tony Robbins puts it! You will come to know that it is possible to directly change the mood you're in and it's so simple! Here, we will start by using gratitude as a tool to improve our life!

We all experience self-limiting beliefs at times and we doubt our true potential! It is this negative self-talk that sabotages our path to success... Stop this and gain full control of your life... It all simply starts by consciously being aware of everything that you can be grateful for daily!

YOU have the power to totally change your life! Whether it be to transform your body or to find your purpose in life... this is where it all starts! Simple steps create that big picture that you are after!

The task of giving gratitude is so simple and extremely effective... It all starts with- I AM THANKFUL FOR....

Such a little task can improve your mindset, strengthen your immune system, allow you to experience less aches and pains in your body, lower blood pressure, experience compassion & generosity... it creates optimism, happiness and alertness in your life!

Your Week 3 Mind Challenge- Write down 1 to 3 dot points on what you are grateful for daily. It can be about absolutely anything, past or present events/people/experiences/opportunities! Furthermore, experience the positive images of the events in your mind!

The most successful people of their industry/field practice the Act of Gratitude as a daily HABIT!

DO IT! AND YOU TOO WILL SEE THE CHANGE THAT YOU CAN CREATE IN YOUR OWN LIFE...



SECTION 2 - FITNESS

This week's workout focus will be on legs! Remember to activate your abs throughout the whole workout as well.... and in all workouts that you do! Again, you will still be completing a full body workout but the focus will be placed on legs (and abs if you activate throughout).

WORKOUT 3

Dynamic stretching of all muscle groups followed by a 5 minute jog on the spot... incorporate arm circles forwards and backwards in the warm up.

- 1- Squats holding a 5kg plate/something heavy at home or just body weight- 40 reps, 10 sec rest, 30 reps, 10 sec rest, 20 reps
- 2- Glute kick-backs - 3 sets of 20 reps each leg
- 3- Standing lateral leg raises - 3 sets of 20 reps each leg
- 4- Burpees on an incline or try floor Burpees - 30 reps
- 5- Alternating body weight lunges or jump lunges on the spot using dumbbells or no dumbbells - 40 reps (20 each side... again... REMEMBER TO ACTIVATE)
- 6- Body weight sumo squats (wide legs) 30 reps, then 20 reps, then 10 reps with a 10 second break to recover in between each set
- 7- Laying down on your side... lateral leg raises - 2 sets of 30 reps each side
- 8- Push-ups on toes or on knees if you need the easier version - 2 sets of 20 reps

9- Laying on your back, feet off the floor to work abs- knees extend and back to chest - 30 reps

10- Sitting up crunches - 60 reps

11) Burpees on the floor / incline burpees- 30 reps

Repeat the whole Workout again if you want to really push yourself...

Cool down by marching on the spot for 2 minutes followed by full body static stretching, holding each stretch for at least 10 seconds

CHALLENGE YOURSELF!



SECTION 3 - NUTRITION

This week's goal is to learn a little more on the concept of calories and macros.

Calories – A calorie can be described as a unit of energy. It is often used when trying to achieve a health and fitness goal and can play a critical role in how successful an individual will be. Most, if not all food labels contain this unit and it is designed to help you track how much 'energy' you are having per day. A nutritionist can help you calculate the number of calories you need to be having daily to reach your goals- whether it be for fat loss, maintenance, muscle gains or weight gain.

Macros/Macronutrients refer to a type of food, i.e. the fat, protein or carbohydrates content in a particular dish or a whole food.

If you visit the website eatforhealth.gov.au and Download the app My Fitness Pal and follow the prompts through... you will receive a lot more insight on what is discussed above!

Your challenge this week will be-

- Using the Website eatforhealth.gov.au -Read up on the concept of calories, macronutrients and all else that interests you in regards to your nutrition goals. **Knowledge is power!**
- Go back to your first week of food tracking and calculate your approximate calories for each day using the website eatforhealth.gov.au, so that you can get an idea of how many calories you are consuming daily.
- Using the website eatforhealth.gov.au or the app- My Fitness Pal, search the approximate number of calories in other foods that you enjoy for future reference. Write it all down in your note book.

It's all about 'CALORIES IN versus CALORIES OUT'

WEEK 3 IS YOURS TO OWN!

WEEK 4 CHALLENGE

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WEEK FOUR - Change your Physiology to directly Change your State!

SECTION 1 - MIND

This week's focus will be taken from parts of a Tony Robbins seminar... as well as our background in the field of Psychology.

This week we will focus on CHANGING your PHYSIOLOGY to directly CHANGE your STATE!

Your perception and experience of everything in life is largely dependent upon your mental and emotional state.

For example, if you feel like a million dollars, you will be ready to conquer the world... if you are feeling insecure or afraid- generally you will be in a negative state.

In order to put yourself in a strong, determined and empowered state... You need to change/optimize your state and physiology! For example, change your stance, change your posture & SMILE! Even if you force a smile, you are subconsciously sending a signal which can alter your state in an instant... your nervous system is impacted directly when you change your physiology! Harvard Research shows that adopting “power poses” alters your biochemistry, making you feel more confident and less stressed.

If you are feeling down and you make a radical change to your body's physiology by adjusting your body language to match someone who is happy... you will be so surprised to notice that your state can improve and change optimally right away. It's incredible! Feel it from within!

TRAIN YOUR BODY FOR CHANGE- MENTALLY AND PHYSICALLY!

If you are feeling unmotivated, sluggish and uncertain of your life... and you adopt a daily or weekly habit of going for a brisk walk/jog/run... you will start to notice an automatic shift and change in your life... simply because

you have changed your physiology! Ideas will start to come to you and you won't even know how! One thing to know is that your mind is so powerful and works best when you are in optimal state- **MASTER YOUR MIND!** Determination kicks in when you change your physiology... and if you are constantly allowing yourself to be in such positive states... amazing things start to happen and you will find your purpose and goals in life! This has been shown in many studies!

Simply just putting on some music and dancing in your room on your own when you are feeling down will alter your mood/state and your perspective on whatever the troubling situation was can change! 'The story that you tell yourself about a situation can change from one of defeat to one of victory!'

Sports psychology is adopted and used by many athletes where they purposely alter their nervous system through the concepts discussed above... leading them to PURPOSELY succeed and win!

YOUR CHALLENGE FOR THIS WEEK IS- Whenever you notice that you are feeling down or in a state that you do not want to be in, try something different... dance, go for a run, smile, change your body posture, do a workout!

Your mind is the most powerful tool and resource that you have... YOU can choose to use it wisely!



SECTION 2 - FITNESS

This week we are focusing on INTERVAL TRAINING!

Incorporate the INTERVAL TRAINING CONCEPT in your cardio and body weight/weights workout this week.

INTERVAL TRAINING consists of alternating periods of intensity/duration/volume during physical activity.

WORKOUT 4

Dynamic stretching of all muscle groups followed by 1 minute of squats and then 20 arm circles forward and 20 arm circles backwards... followed by 40 star-jumps

1- Bicep curls using dumbbells at 4kgs each hand or something about 4kgs heavy at home - 20 reps

2- Bicep curls using dumbbells at 2kgs each hand or a lighter weighted object- 20 reps

3- Bicep curls using 4kg dumbbells or an object that is around 4kgs each hand- 20 reps

4- Bicep curls using dumbbells at 2kgs each hand or an object approximately that weight - 20 reps

CAN YOU SEE HOW WE ARE USING THE INTERVAL TRAINING CONCEPT?

You can use this concept in many ways within your workouts. Learn as much as you can from all set challenges!

5- Star jumps - 50 reps fast

6- Walking out Star jumps - 15 reps

7- Star jumps - 50 reps fast

8- Walking out Star jumps - 15 reps

9- Weighted/Body weight squats – 20 reps

10- Jumping squats - 40 reps

11- Weighted/Body weight squats - 20 reps

12- Jumping squats - 40 reps

13- V hold – lean back and hold in a sitting up position - 1 min

14- Burpees incline or on the floor- 20 reps

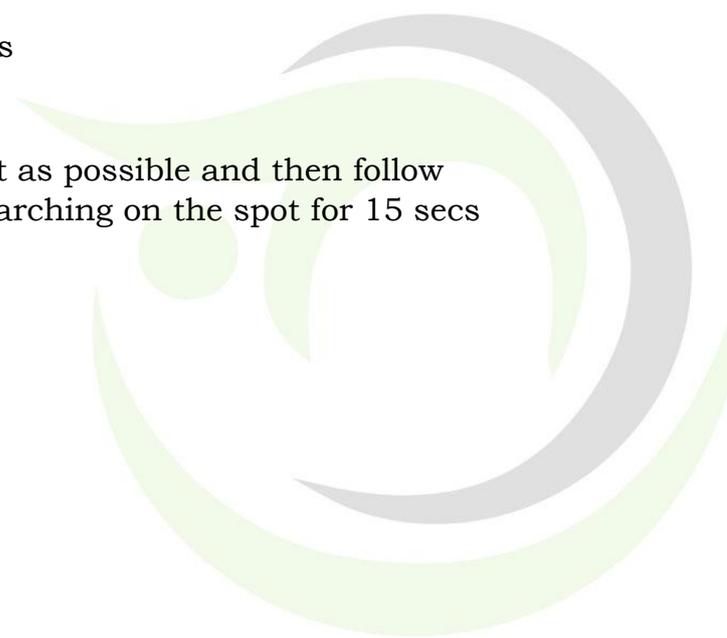
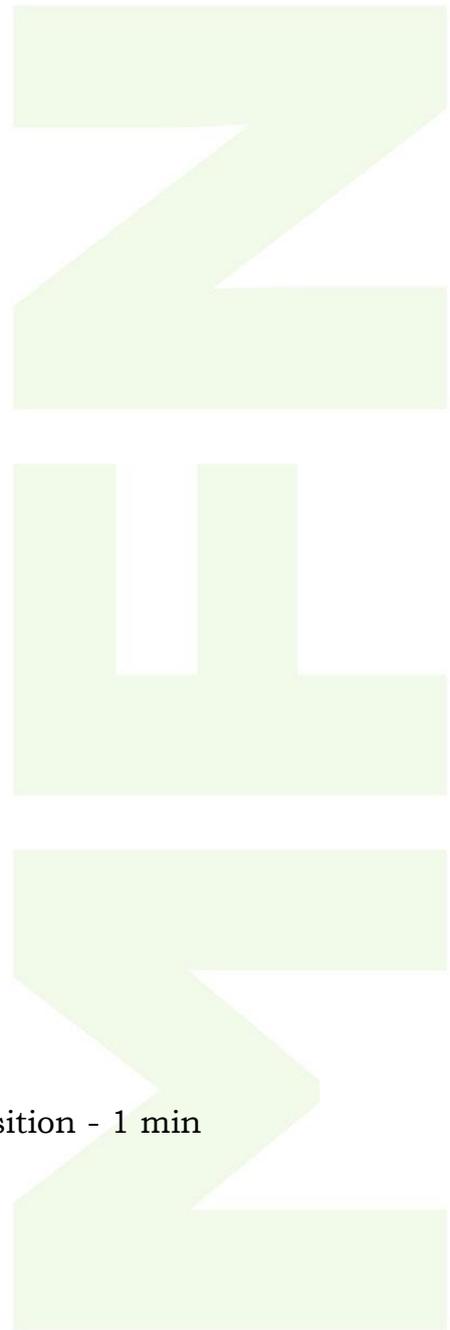
15- V hold - 1 min

16- Burpees incline or on the floor- 20 reps

17- Jog/run on the spot for 45 secs as fast as possible and then follow straight away with an active recovery of marching on the spot for 15 secs

(Complete 8 rounds)

18- Wide leg raises - 30 reps



19- Crunches with feet off the floor - 20 reps

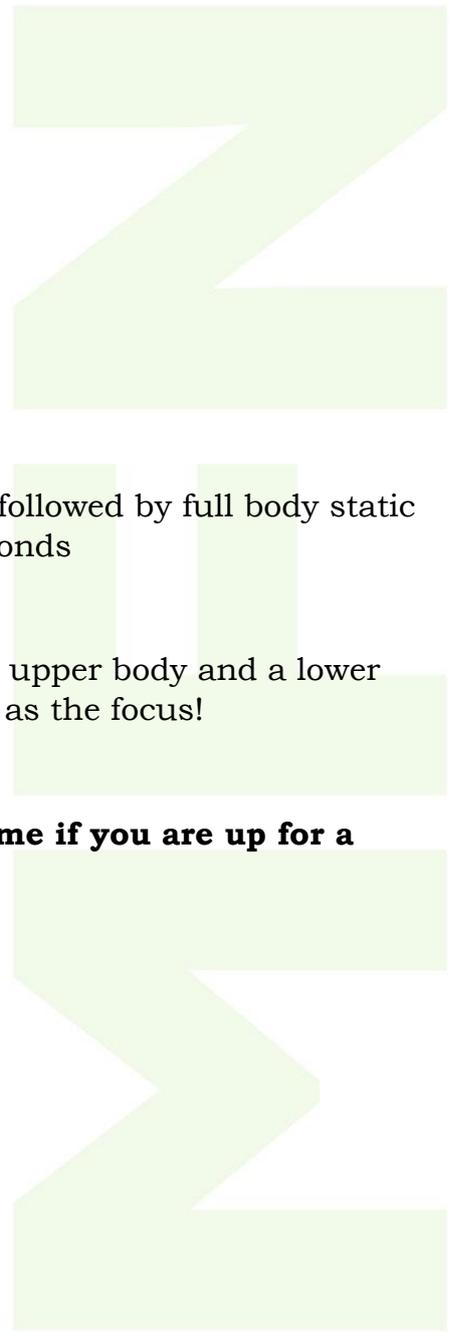
20- Wide leg raises - 30 reps

21- Crunches with feet off the floor - 20 reps

Cool down by marching on the spot for 2 minutes followed by full body static stretching, holding each stretch for at least 10 seconds

This workout incorporates, cardio, weights, abs, upper body and a lower body workout using interval training as the focus!

ENJOY and repeat the workout one more time if you are up for a challenge!



SECTION 3 - NUTRITION

This week's focus will be on Superfoods!

Superfoods can be defined as nutrient-rich type foods which are considered to be very beneficial for health and general well-being. These natural foods contain a high concentration of phytochemicals and antioxidants which have health benefits beyond those of 'common' foods.

Antioxidants are known for their ability to fight against the harmful effects of free radicals which cause cell damage and DNA damage contributing to the process of ageing, the development of heart disease and cancer.

Below is a list of superfoods to read over which will lead to your week 4 nutrition challenge!

Acai - These berries are full of antioxidants, amino acids and omega fatty acids. Amazing for overall health and general well-being.

Kiwi Fruit - Naturally high in Vitamin C and Vitamin K to promote healthy skin, improved immune system performance and cardiovascular health. Kiwi Fruit is also high in fibre to aid in digestive health.

Goji - Goji berries contain fibre and a lot of essential vitamins and minerals, including antioxidants. Goji berries contain vitamin C, calcium, potassium, iron, zinc, selenium and carotenoids which help support eye health.

Nuts - An energy snack packed with heart-healthy fats, protein, vitamins and minerals. Activate your nuts by soaking them in water to increase their nutrient value.

Maca Powder - comes from a root and has traditionally been used to improve energy and stamina.

Wild Salmon - very high in Omega-3 fatty acids, amino acids and protein. Great for supporting heart health and joint health as well as improving the appearance of skin and hair.

Raw Cacao Powder - Cacao contains antioxidants, potassium, calcium and magnesium, which aid in bone health.

Chia Seeds - Very high in Omega-3 fatty acids, they help to reduce food cravings due to their high soluble fibre content.

Avocado - Naturally nutrient-dense, containing good fats as well as dietary fibre. They contain heaps of vitamins, minerals and phytonutrients- all beneficial to your well-being!

Virgin Coconut Oil - made up of medium chain triglycerides – used for eating, cooking, skin care and is a great source of energy. Coconut oil can be used as a moisturiser for both your skin and hair. Choose virgin or extra virgin coconut oil instead of refined oils.

Low-Fat Probiotic Yoghurt - Yoghurt contains calcium & high probiotic bacteria. Choose yoghurt without the added sugars for the maximum benefit to your digestive system.

Spirulina - A plant-based supplement that is a natural powerhouse of nutrients. It supplies Vitamin B, C and E, betacarotene and the minerals calcium, phosphorus, potassium, magnesium and zinc. It also contains high protein and so much more to benefit your health.

Flaxseed - Also known as linseed, is one of the world's best plant-based sources of omega-3, it is high in fibre, protein and rich in antioxidants.

Organic Berries - blueberries, cranberries, raspberries, blackberries and strawberries contain high levels of antioxidants and many vitamins essential for your body's optimal functions.

Your challenge this week- choose 1 or 2 superfoods that you haven't tried before.. and incorporate them each day in your diet for week 4

NEXT WEEK WE WILL DISCUSS METABOLIC BOOSTING!

HAVE FUN WITH WEEK 4! LEARN AND CHALLENGE YOUR LIMITS!

WEEK 4

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WEEK 5 CHALLENGE

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WEEK FIVE - Challenge yourself!

SECTION 1 - MIND

This week's focus will be on setting a CHALLENGE for YOURSELF! Very simple yeah?! But there is a slight twist!

Your challenge can involve absolutely anything, under one condition... it has to be something that requires you to step out of your comfort zone!

THE CHALLENGE YOU SET YOURSELF HAS TO BE CHALLENGING AND SOMETHING YOU WOULDN'T NORMALLY DO! PERHAPS IT IS SOMETHING YOU ARE WANTING TO DO AND HAVE BEEN AVOIDING... IT CAN BE ANYTHING... AS LONG AS IT'S SOMETHING THAT WILL SCARE YOU A LITTLE, IN A GOOD WAY THAT IS!

We grow when we shift from our comfort zone to a place where we are not so comfortable and challenged...This is how true growth happens - mentally, physically and emotionally.

You want to make a shift from a fixed mindset to a growth mindset!

Growing as a person enables you to live a very fulfilling life! It will give you great satisfaction and empowerment!

This week's Challenge- set ONE challenge for yourself and WRITE IT DOWN! This challenge needs to be something out of your comfort zone... it can be as random as going rock climbing / sky diving or even speaking to a complete stranger... you may be thinking to yourself- how will this be helping me grow?! Let us explain... when you do something out of the ordinary that you wouldn't usually do... even if it's unrelated to your own self goals... you are automatically training, empowering your mind and setting precedence... you are allowing for mindset growth! You have done something out of your comfort zone!

Do something out of the ordinary!

Have fun with it!

MIND

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SECTION 2 - FITNESS

This week's fitness challenge will focus more on upper body exercises!

In between the sets- aim for minimum rest time... no more than a 30 second break if possible!

WORKOUT 5

Dynamic stretching of all muscle groups followed by 30 walking out star jumps! Feel every muscle working!

1- Back rows using dumbbells at 5kgs each hand or using something at home at a similar weight - 3 sets of 20 reps

2- Chest wide hands push-ups- 3 sets of 20 reps

3- Bicep curls using 5kg dumbbells each hand or something similar to that weight- 3 sets of 20 reps

4- Triceps extension using a 5kg dumbbell or a water bottle at a similar weight- 3 sets of 20 reps

5- Shoulder press using 4 kg dumbbells in each hand or something similar in weight- 3 sets of 20 reps

6- Lateral raises using 4kg dumbbells in each hand or water bottles - 3 sets of 20 reps

7- Front raises using 4 kg dumbbells in each hand or water bottles - 3 sets of 20 reps

8- Abs -Leg raises to extend knees and raise again - 3 sets of 20 reps (see video demonstration)

9- Crunches with feet off the floor - 100 reps

10- Laying down- In and out with legs - 3 sets of 20 reps

11- Squat to lunge and squat to reverse lunge (body weight) - 30 reps

12- Laying down on your side- lateral leg raises - 30 raises each side

13- 100 to 150 star jumps as fast as possible

Cool down by marching on the spot for 2 minutes followed by full body static stretching, holding each stretch for at least 10 seconds

If you are at an Advanced level and up for a challenge- repeat this whole workout!



SECTION 3 - NUTRITION

This week is all about boosting your metabolism!

Certain body types burn calories faster than others... If you feel that a slow metabolism is holding you back from losing weight... there's good news- YOU CAN HELP CHANGE THAT AND BOOST YOUR METABOLIC ACTIVITY!

Case studies have shown that although we cannot change our genetics which can largely influence our basal metabolic rate (also known as BMR- the amount of energy we expend while at rest), we do have control over some factors which allow us to improve our metabolism and burn fat! Factors such as building lean muscle, staying active, increasing the quality of the food we eat & sleeping... just to name a few.

-Increasing lean muscle through resistance training will do wonders for your metabolism. Muscle burns calories at rest; fat does not. Muscle is eight times more metabolically demanding than fat cells. This is why people with lean, toned bodies are able to eat so much more than the average individual without gaining weight.

-As you get older, your BMR decreases... hence why it is always critical to incorporate Resistance Training to combat weight gain as you get older.

-At MFN we believe that you should always listen to your body... If you are unwell or stressed ... sleeping in 8 hour blocks, meditating or doing a yoga class will help boost your BMR! A study by Yale University researchers found that women who were not over weight but were 'stressed' were likely to have excess abdominal fat. Therefore, rest/relaxation when required will help improve metabolic rate in many instances.

-Performing the right exercise in the morning (such as a fat burning walk) will also lift your metabolic rate by 10 per cent for four hours post training.

-Furthermore, eating smaller, regular meals to get the maximum thermal effect allows for the increase in metabolic rate during digestion.

-Some Sources state that you should refrain from fasting when trying to boost BMR as fasting reduces BMR by 30% because your body starts to prepare itself for starvation... However, this point may vary from one individual to another... as sometimes it can be very beneficial to the client to use the intermittent fasting concept... YOU need to find out what works best for you and seek advice from a healthcare professional in regards to your goals.

-The quality of the food you consume is very important... BMR is raised when body temperature is raised with thermic effect. Fat is easy to process and has little thermic effect, while protein is hard to process and has a large thermic effect. Your body works harder to break down the fibre and complex carbohydrates in wholegrains and vegetables than it does to break down refined flours or simple carbohydrates like sugar.

-Drinking 2 and a half Litres of water daily has also shown to help raise your BMR

-Vitamins such as B2, B3, B5, B6 and Vitamin C can also boost your metabolism.

-Generally your metabolism slows down during the afternoon/evening. This means that food has less of a thermogenic effect when eaten late in the day. If you are eating really late... go for lean protein and veggies (complex carbs).

-Other points to consider are... Improving the function of your thyroid, drinking green tea and simply including more Omega 3 in your diet.

IMPROVE YOUR METABOLISM SO THAT YOU ARE BURNING MORE CALORIES WHILE YOU ARE AT REST!

Your Challenge this week- Is to improve your metabolic rate by choosing some points from above and applying them each day for Week 5.

NOTICE IF ANY CHANGES OCCUR... AND TRY TO ADOPT SUCH PRACTICES FOR THE LONG TERM FOR MAXIMUM BENEFITS!

WEEK 6 CHALLENGE

MIND FITNESS NUTRITION



WEEK SIX - Love Yourself!

SECTION 1 - MIND

Week 6 is all about the LOVE! - Our main focus will be on Self Love!

Look inside yourself, love yourself and find yourself! When you feel good on the INSIDE... it shows on the OUTSIDE!

Self-love can be described as taking ownership of your own power and acting from a place of kindness towards yourself.

WHEN YOU LOVE YOURSELF, YOU INVITE ABUNDANCE INTO YOUR LIFE AND SO MUCH MORE... TAKE SOME TIME TO REFLECT ON THE ATTRIBUTES LISTED BELOW:

When we love ourselves....

-We invite ownership, creation, inspiration and power into our life and we let go of blame and anger

-We feel, hear and believe in ourselves... and when you truly love yourself, it won't matter what others think or say... what matters is how you feel about yourself.

-We feel at peace & unconditionally accept our weaknesses and strengths.

-We take responsibility for our lives and recognise that we have the power to change our future, career and relationships. We feel passion, compassion, empathy and authenticity.

-We embrace a deeper connection and sense of oneness with the world and let go of negativity.

- We allow ourselves to live our purpose and spread joy and love.
- The more we look at ourselves with love, the more we practice love and acceptance towards other people.
- We accept mistakes and failures and move past hardship
- We don't feel the need to prove our self to others because we know that we are enough.
- When we know that love is the strongest power of all... we are no longer ruled by fear and we accept reality.
- We don't compare our self to others and we let go of competition as we believe in our self truly.
- We attract harmony, peace and significance in our day to day relationships
- We accept failure and understand that it is a stepping stone to personal growth and self-development.
- When we love our self, we are aware of our thoughts, our stressors and how we react when we think about them. We question our negative thoughts and we choose to allow stillness and peace in our lives.
- We feel safe within our self knowing that we are always here for our own self.

YOUR CHALLENGE THIS WEEK- Every day write down 1 or 2 things that you love about yourself... ponder on that note for some time and acknowledge that true sense of happiness and self-love!

LOVE YOURSELF AND YOUR LIFE WILL CHANGE SIGNIFICANTLY!

SECTION 2 - FITNESS

This week we will focus on timed workout stations!

WORKOUT 6

Dynamic stretching of all muscle groups... followed by arm circles forwards and backwards for 1 minute, 1 minute of squats and then 1 minute of Star jumps..

Complete each stage at your full potential and give your 100% at each exercise station

- 1- 2 minutes of crunches with feet off the floor
- 2- 1 minute of push-ups
- 3- 2 minutes of leg raises
- 4- 1 minute of laying down lateral leg raises (swapping legs at 30 seconds)
- 5- 2 minutes of scissors vertical as you raise opposite leg to opposite arm
- 6- 1 minute of back rows with no weights (be sure to activate)
- 7- 2 minutes of opposite knee to opposite elbow extensions laying down
- 8- 1 minute of pulsing squats
- 9- 2 minutes of sitting up and punching up diagonally using one arm at a time

10- 1 minute of star jumps

11- 1 minute of high knees

12- 1 minute of mountain climbers

13- 1 minute of burpees

14- 1 minute of butt kicks

Repeat this whole workout 3 to 4 times if you are at Advanced Level!

Cool down by marching on the spot for 2 minutes followed by full body static stretching, holding each stretch for at least 10 seconds

TRAIN HARD & HAVE FUN!



MIND FITNESS NUTRITION



SECTION 3 - NUTRITION

This week is all about PORTION CONTROL – Always be mindful of how much food you are consuming in one sitting.

Below are some points to consider...

- Correct portion control is important for weight management and many other personal health & well-being goals!
- When buying packaged food products... it is always important to check the nutrition label and adhere to serving size recommendations.
- When you practice the concept of portion control, you are choosing the correct amount of food to consume in one sitting.
- If you want to be accurate and precise when it comes to controlling your portion sizes... you should use a measuring cup, tablespoon, teaspoon, or food scale.

Here are a few tips to get you started -

- Eat smaller regular portion sized meals rather than eating fewer but larger sized meals.
- Pick out and use the smaller plates, bowls, cups, and glassware in your kitchen.
- Dish out your servings separately from the stove into separate plates rather than having big bowls at the table which encourage second servings.
- Re-portion large quantities of your favourite foods into separate containers.

-Measure oil carefully as even the good/healthy oils have so many calories.

-When eating out control your portions by eating half the meal or sharing a plate and even asking for sauces/dressings on the side.

-Add vegetables to your meals or eat veggies before a meal so that you are filling up on the good stuff to reduce calories.

-Listen to your body and eat when you are hungry and stop when you are satisfied or comfortably full.

YOUR CHALLENGE THIS WEEK- Each day of Week 6, use the tips above and adhere to appropriate serving sizes suited to your body type and goals... Be sure to portion control! **MAKE THIS A HABIT!** Each individual is different and we cannot specify particular portion sizes because of this factor (i.e. differences in weight, height and activity level)... If you would like more information on portion sizes and control... there is a great website we found to assist you...

Please visit- www.eatforhealth.gov.au

ENJOY AND LEARN AS MUCH AS YOU CAN FROM THE CHALLENGE-
What you learn today, you will apply for life!



WEEK 7 CHALLENGE

MIND FITNESS NUTRITION



WEEK SEVEN - Get Organised & Get Tidy!

SECTION 1 - MIND

This week is all about getting rid of the mess and clutter in your life... We will be focussing on organisation and tidiness! Whether it be your bedroom/handbag/car or anything that is untidy in your life... IT'S TIME TO SORT IT OUT AND THROW IT OUT! If you are living in a messy/unorganised manner, it generally means that your life is a stress and your state of mind is 'messy & unorganised'. **CHANGE THE STATE OF YOUR SURROUNDINGS/POSSESSIONS TO CHANGE THE STATE OF YOUR MIND- BE THE BEST YOU CAN BE!**

GET ORGANISED! Try to plan your days in advance so that you avoid unnecessary time consuming activities and have time for what's important and what needs to get done.

GET TIDY! Live in tidiness and your thoughts will become clear/tidy. You will gain control of your life and become so much more productive. This is a major self-improvement idea that is often overlooked.

Cleaning can be an outlet for negative thoughts and emotions. Studies have stated that you generally feel happier in a tidy environment... it can also boost your mental health significantly.

When you are surrounded with clutter... your brain will generally crave comfort food to cope with the stress that is associated with such environments. Studies have shown a link between poor nutrition and an untidy/unorganised environment.

YOUR WEEK 7 MIND CHALLENGE- clean your room/handbag/car or anything that you feel needs to be sorted in your life... Organise, Tidy and throw out what you don't need or want in your life and this will POSITIVELY affect your state of mind, your stress levels and your general well-being.

SECTION 2 - FITNESS

Workout 7 is all to do with self-improvement!

WORKOUT 7

This week is about challenging yourself to do TWO ROUNDS of the workout below at high intensity/high volume... Your aim will be to complete as many reps as possible of each exercise prescribed - you only have 2 minutes for each exercise with no rest or as little rest as possible.

Aim to improve your rep count of each exercise in ROUND 2!

Challenge your limits and have fun!

-Dynamic stretching of all muscle groups followed by butt kicks- 100 reps and star jumps- 50 reps to warm up

COMPLETE TWO ROUNDS-

2 minutes each exercise!

MAKE SURE YOU DO AS MANY REPS AS YOU CAN WITHOUT REST & MOST IMPORTANTLY RECORD YOUR COUNT FOR EACH EXERCISE!

- 1- Pulsing Sumo squats
- 2- Knee/Toe Triceps push-ups- close hands
- 3- Plank position on Forearms to Hands and keep alternating
- 4- Mountain climbers
- 5- Butt kicks
- 6- High knees

7- Glute kick-backs- aim for 20 each leg and keep swapping legs till time runs out

8- Toe/knee chest push-ups, wide hands

9- Sitting up position and punch up-down with both arms parallel

10- Star jumps

11- Burpees/Incline Burpees

12- Side to side jumps

NOW REPEAT THE SAME EXERCISES IN THE SAME ORDER AND AIM TO IMPROVE YOUR REP COUNTS OF EACH EXERCISE IN ROUND 2!

Cool down by marching on the spot for 2 minutes followed by full body static stretching, holding each stretch for at least 10 seconds

PUSH IT TO THE LIMIT!



SECTION 3 - NUTRITION

WEEK 7 is all about FIBER!

Fiber can be classified as both soluble or insoluble. Basically, Fiber is a fundamental in all diet types and Nutrition!

It increases bowel movement. It binds to toxins and helps remove them from your body. It also helps reduce cholesterol levels, lowers blood glucose levels and it promotes feelings of fullness.

Skipping your daily Fiber intake can lead to constipation!

The Institute of Medicine recommends a daily intake of 38 grams of fiber for men under 50 years of age & 25 grams for women under the age of 50 years old. Adults over the age of 50 require less fiber (30 grams for males and 21 grams for females). This is only an indication and does not take into account a person's weight, height etc. Please ask your healthcare professional about what your daily fiber intake requirement should be.

Food types that are particularly high in Fiber include -

Quinoa,
All Bran,
Barley,
Rye,
Apples with skin,
Avocado,
Sweet potato with skin,
Kale,
Psyllium Husk,
Beta Glucan,
Whole Fruits,
Bran,
Cabbage,



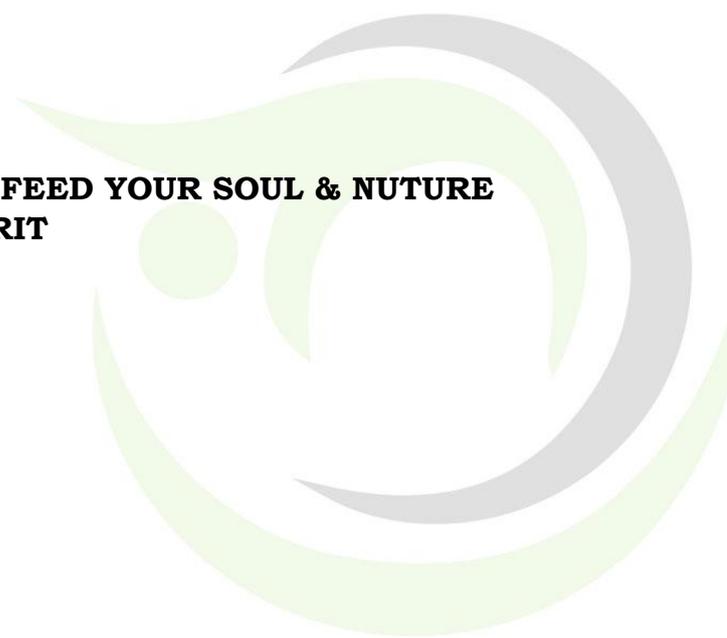
Cauliflower,
Broccoli,
Berries,
Leafy greens,
Celery,
Squash,
Kidney Beans,
Mushrooms,
Oranges,
Lentils,
Artichokes,
Peas,
Brussels Sprouts,
Pears,
Oatmeal,
Flaxseed meal,
Chia seeds,
Spinach

YOUR WEEK 7 NUTRITION CHALLENGE - Choose 2 to 4 choices from the list above and be sure to include at least one of these fiber sources every day for breakfast and dinner!

**ENJOY THE WEEK 7 CHALLENGE! - FEED YOUR SOUL & NUTURE
YOUR SPIRIT**

WEEK 7

MIND FITNESS NUTRITION



WEEK 8 CHALLENGE

WEEK 8

MIND FITNESS NUTRITION



WEEK EIGHT - Live to Give!

SECTION 1 - MIND

This week is all about the Act of Giving!

At MFN we believe that the act of Giving will bring you great happiness and fulfilment- This act of kindness will bring to you so much good Karma and feelings of joy and reward!

According to a Harvard University Study- Being kind to another person, activates your brain's pleasure and rewards centre... it releases endorphins i.e. the feel-good chemicals. A 2010 Harvard Business School Survey of Happiness in 136 countries, found that people who donated to charities or were generous in their acts of kindness were the happiest people overall in comparison to those who were rich but were non-giving in nature.

Part of why we feel so good when we 'give' is because we know that we are lifting someone else's spirits. It makes us feel better... it's a hard phenomenon to explain but it's so easy to feel the pleasure that comes from giving.

The vibe that you send out and 'give' is exactly what you will receive... so GIVE and you will RECEIVE!

Something as simple as a compliment/smile to another person or even a helping hand or a gift to let someone know that you appreciate them will make a huge difference in their life/day as well as your state of mind!

YOUR WEEK 8 MIND CHALLENGE - This week challenge yourself to practice the Act of Giving each day in any way you can... **what you give, you will receive & more!**

SECTION 2 - FITNESS

ABS, ABS, ABS AND MORE ABS!

WORKOUT 8

Dynamic stretching of all muscle groups followed by high knees- 100 reps and then walking out star jumps- 20 reps and finally 100 reps of butt kicks.

- 1- Opposite elbow to opposite knee crunches - 3 sets of 30 reps
- 2- Plank position as knees go up and down- touching the floor slightly - 40 reps
- 3- Leg raises (wide legs) - 3 sets of 20 reps
- 4- Plank position as knees go up and down- touching the floor slightly - 40 reps
- 5- Sitting up position and punching up both arms together parallel- 100 reps
- 6- Plank position as knees go up and down- touching the floor slightly - 40 reps
- 7- Scissors vertical – opposite arm to opposite leg, laying down- 100 reps
- 8- Plank position as knees go up and down- touching the floor slightly - 40 reps
- 9- Legs up in and out - 3 sets of 30 reps

10- Plank position as knees go up and down- touching the floor slightly - 40 reps

11- Sitting up crunches - 100 reps

12- Plank position as knees go up and down- touching the floor slightly - 40 reps

13- Laying down feet off the floor- knee extensions out and in to chest - 3 sets of 20 reps

14- Plank position as knees go up and down- touching the floor slightly - 40 reps

15- V hold with feet off the floor (put one leg at a time if you can't do both) - 1-minute hold

16- Plank position as knees go up and down- touching the floor slightly - 40 reps

17- Incline/floor burpee to push-up and then squat as you come up and back down to burpee position - 30 reps

18- Butt kicks - 100 reps

AND NOW TO FINISH OFF WITH ABS!

19- Crunches with feet off the floor- 100 reps

20- Close leg -leg raises - 2 sets of 30 reps



Cool down by marching on the spot for 2 minutes followed by full body static stretching, holding each stretch for at least 10 seconds

THAT IS ALL! HAVE FUN!

MIND

MIND FITNESS NUTRITION



SECTION 3 - NUTRITION

Your week 8 Nutrition Challenge will be to cut out or limit sugar from your diet for one week! It will be the best thing that you do for your body! We know it's going to be hard, but really try and complete this Challenge!

You can have natural sugars... i.e. fruits... but no food products that have added sugars... for example most yoghurt and bread options are a no, as they are all quite high in added sugars!

SUGAR IS NOT GOOD FOR YOU!

THE NEGATIVES OF INCLUDING SUGAR IN YOUR DIET ARE -

- It raises your insulin levels.
- Sugar promotes glycation.
- Sugar can stop the release of the human growth hormone.
- Sugar can suppresses your immune system.
- Sugar causes inflammation in the body.
- It is high in calories and promotes weight gain.
- It causes tooth decay.
- It can increase your risk of hypertension, diabetes, depression, heart disease, cholesterol and certain types of cancer.
- It can cause a crash in energy levels

- Sugar is a high GI carbohydrate which means you will feel really hungry soon after consuming it

- It can cause headaches and migraines

NOW LET'S GET TO some of the BENEFITS OF QUITTING SUGAR!

- Weight loss

- Clearer skin

- Increased and sustained energy

- Motivation to eat clean and healthy

- Your Willpower becomes Stronger

- Reduces anxiety

- Less Cravings for bad/sugary food

YOUR WEEK 8 NUTRITION CHALLENGE- Eliminate/Limit all sugar and added sugars from your diet this week! STICK TO IT FOR A WEEK ATLEAST AND YOU WILL FIND THAT YOUR BODY WILL START TO REJECT HIGH SUGAR INTAKE AFTER NOT HAVING IT FOR SOME TIME- as your body starts to realise how bad it is for your cells and your optimal state of being.

**CONGRATULATIONS ON COMPLETING YOUR VERY OWN MIND FITNESS
NUTRITION CHALLENGE!**

MIND

FITNESS NUTRITION

