



THE 6 WEEK
2014 YOUR BEST BODY
CHALLENGE
TRANSFORMATION
GUIDE



A Personal Welcome From Dale Ringin

Your Best Body Transformation Begins here!

Dear Geelong Resident,

Hi I'm Dale Ringin—Managing Director, Lead Trainer and Head Weight Loss Coach at Peak Fitness Challenge/Geelong Boot Camps For Women. I have a Bachelor in Education, Diploma of Teaching and a Certificate IIV in Fitness. I also have Advanced Boot Camp and Thump Boxing instructor qualifications, Gymstick Muscle and Gymstick for PT's accreditations, Level 1 Kettlebell and Suspension training accreditations and am a registered Fitness Australia member. My business, Peak Fitness Challenge, has been operating since 2002, providing a variety of fitness, wellbeing and weight loss services to the Geelong community.



But here's why I'm writing to you. Have you ever heard this before? "If you don't quit, you can't fail". It's a statement that rings true for this challenge and particularly at this time of year as the journey ahead of you will not be easy, but if you stick with this and complete the 6-week **Your Best Body Challenge**... I guarantee the most rewarding experience of your life!

After all, if you don't have your health you have nothing. But on the flipside, with excellent health you really do have **everything**, and in just 6 short weeks from now you will see momentum starting to build for you and your health improves.

The point of this Transformation Guide is so you can find out more about the **Your Best Body Challenge**... how to track your results, how to get the most from the challenge, how to access more tools for success etc. You will also notice photos and testimonials scattered throughout this report of other Geelong residents who have either worked with me in the past or entered one of my previous challenges. Let these reassure you, and inspire you... if they can do it, so can you. Absolutely you can!

The trick is just to get started, take it one day at a time with the bigger picture in mind and stay committed to your goals.

I wish you the best of success.

For Your Better Body

Dale Ringin

Peak Fitness Challenge/Geelong Boot Camps for Women

P.S. Call me on 0411 158 972 if you have any questions, obstacles or want to gain more from the challenge.

"I'm happy with my overall fitness (minus a knee injury at the moment!). I'm comfortable in my clothes again and managed to beat last years 12km run Geelong time by 3 minutes. Now the focus is to keep it up. Maintain healthy eating habits and continue to work on my running times. Having some good friends do the challenge was a huge help, we kept pushing one another and kept each other motivated. Thanks to Peak Fitness Challenge and all the challengers for the encouragement and drive to keep going!" Belinda Randall, 2011 Beach Body Challenge

THE CHALLENGE SCHEDULE

Monday 16th June 7.30pm for an 7.45pm start @ Montpellier PS (Mt Pleasant Road, Highton) Out of Hours School Room —

Induction session includes meet & greet your fellow challengers, goal setting mini seminar, assessments, fitness testing, before photos, Transformation Guide reviewed and more

Monday 23rd June —The 2014 Your Best Body Challenge begins!
Remember to check the Facebook group page for your weekly mini challenges.

Saturday 28th June - Live Blood Screening with Naturopath, \$90 per person, 2 people only, 1 hour consultation, contact Dale if interested

Saturday 5th July - Mystery Session, check Facebook for details closer to the date

Monday 7th to Saturday 12th March—testing week for Peak Fitness Challenge/
Geelong Boot Camps for Women sessions

Thursday 17th July— Health Talk in Coburg presented by Dale, see what others have achieved

Tuesday 22nd July—start Weight Stabilisation phase of HealthPointe

Saturday 2nd August - Mystery Session, check Facebook for details closer to the date

Sunday 3rd August —The Your Best Body Challenge officially ends

Monday 4th August 7.30pm for 7.45pm start @ Montpellier PS (Mt Pleasant Road, Highton) Out of Hours School Room — after photos, fitness testing, final assessments, reviews

Tuesday 5th August —Your Best Body Challenge essay due by 5pm via email

Friday 8th August —celebratory dinner and winners announced/presentations.
Start time and venue to be confirmed

N.B. Dates and times may change during the challenge, all challengers will be notified via Facebook group, email or HeyTell for any changes and additions



“If buying clothes from the menswear big guy stand wasn’t bad enough then 16 hours in an economy seat on a plane is a real game changer. I decided that it was time to stop the excuses and put my health and wellbeing in the driver’s seat and get help to get on the right track. The first important step was to find a venue or organisation that was not just going to pay lip service and collect the cash from the vulnerable amongst the community. Low self-esteem and good bullshit spinners are a

combination bound for disaster and end up as a Today Tonight expose on how the overweight/unfit are a good target to fleece. I felt after seeing and hearing Dale and his information that the support, knowledge and accountability would be forth coming. The initial measurement and weighing was beyond scary and embarrassing and when the first test was beyond me I thought I had made the wrong decision! However results quickly showed on the scales and the eating approach certainly suited so I didn’t feel so bad being slower, weaker and less coordinated than the others involved in the training sessions. I made a commitment to 4 sessions a week and maintained it throughout the time and even began adding further sessions to the week’s program which I am very proud of. The activity has become part of a better life and not the thing that’s put aside because it’s hot, cold, or I am tired or busy. There has been and still are plenty of tired sore body parts but when I get up the next day and head off to work with more energy and confidence the experience has been even more worthwhile. Individual challenges and the support of others has provided some fun and comradeship that lifts you to try harder and that makes it more than just a 6 week get in get out activity. There is plenty of work to go but I feel better in control of improving my health and fitness and living a more active and fulfilling life.”

Jenny Picone, 2013 New Year Revolution Grand Champion.

Jenny lost 12.5kgs in 6 weeks during the challenge and has gone on to lose 46kgs, 227cms, 40 years off her metabolic age and now is a weight loss coach!

“6 weeks down the track and here I am. 10kg lighter, feeling better, much less tired, running to the loo every hour after my cup of water every hour and determined to continue. I had to buy a new pair of black suit pants to wear to work as my other ones were falling off and looked ridiculous. All my more lose fitting trousers look ridiculous. I can’t wear them, Yay! People are now starting to notice I’m looking a bit smaller (still a long way to go though). The exercise has continued to be fun, particularly our workout sessions. I love the group sessions and the people who attend. 10,000 steps has been difficult for me but I find I now go for walks without be forced to do so, walk where I can or ride my bike. Changed mindset, slightly changed body, changed eating and drinking habits. Hallelujah! Bring on the next 6 wks and the next 10kg loss. I am determined!” Eva Jaworski, runner up 2013 New Year Revolution Challenge. Eva lost 10.5kgs and 31cms in 6 weeks.

Mindset—The Tools You'll Need For Success

The "Other Part" Of Wellness

Mindset is the FIRST part of wellness you need to conquer (then nutrition and then exercise). We're going to provide you with tools to help in this area but also want you to understand the simple yet powerful concept of The Slight Edge. "Motivation is what gets you started, habit is what keeps you going". And to help with this we'll be running weekly mini challenges to stimulate, engage and motivate you via our challenger only Facebook group....make sure you request to join <https://www.facebook.com/groups/378233875569491/>



The 7 simple principles below are the ones we want you to burn into your brain and remember for the challenge entirety do so and success is coming your way!

- 1. Show Up—more than half the battle is over just by getting there**
- 2. Be Consistent—must show up consistently though and form daily habits**
- 3. Have a Good Attitude— no good showing up consistently if you're not there to learn, grow and give it all you've got**
- 4. Be Committed For A Long Period of Time— you need to look at this challenge as a starting point to something bigger, a lifestyle improvement**
- 5. Have Faith and A Burning Desire— you've got to want it and believe that the decisions you make are the right ones for you**
- 6. Be Willing To Pay The Price— anything worth having requires sacrifice and work**
- 7. Practice Slight Edge Integrity— you need to do the things you said you would, even when no-one is around or looking**

8.

"I'm the fittest I've been in a long time. Having just recently started back at footy pre-season, I was able to keep up with the group much more easily than I would've 8 weeks ago. The difference between this time last year and now is incredible. I have noticeably lost a few inches around the waist – I've even had to poke new holes in my belt just to keep my jeans up! Whilst the challenge for me was never about a simple target of losing 'x' amount of weight, I think that admittedly vague goals I set myself at the start of the challenge have been met. That is, change my behaviours in both exercise and diet in such a way that I can stay healthy and feel great – and I have definitely done that!" Anthony Barritt, 2011 Beach Body Challenge

GOAL DESIGNING

GUIDELINES

Subtle and seemingly inconsequential adjustments transform wishes and aspirations into results.

1. Don't Just Think It—INK IT

The weakest ink is stronger than the strongest mind. Unless you write down your goals, they are often lost in the

shuffle and excitement of new problems, challenges and decisions. Eliminate outside interruptions.

"Reduce your plan to writing.... The moment you complete this, you will have definitely given concrete form to the intangible desire." —Napoleon Hill

2. Suspend Reality

Pretend it is only a game; play in fantasy for a while. Let the giant that lay dormant inside you out to play. If you had every skill, resource or ability in the world, what would you do? What would you set out to accomplish? Don't filter, qualify or judge.

"The same thinking that has led you to where you are is not going to lead you to where you want to go." —Albert Einstein

Remember: Do not prejudge your ability or worthiness to have and achieve whatever your mind conceives. Let your thoughts flow.

****Understand**—you are not committing yourself to everything, or anything, you write down at first. You are brainstorming, letting your imagination take a stroll. There will be time to separate out the outrageous and absurd, but to start, just play with reckless abandon. If a genie popped out of a lamp and could grant you 10 wishes in every one of these categories, what would you write down? Go for it, play full out!

3. Think Big

Give yourself permission to dream big, risk big. What would you go for if you knew success was guaranteed? If you could write the script for your character's role in life—and it could be *anything*—what role would you write for yourself? What's your secret ambition? What have you always wanted to do, have, be, experience, but have been too afraid?

What is your BHAG? Your Big Hairy Audacious Goal. What is that one thing that even the thought of it makes your palms sweat a little?

Expect little and, as a result, receive little.

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it." —Michelangelo

"A ship in harbor is safe, but that is not what ships are built for." —John A. Shedd

"Don't set your goals too low. If you don't need much, you won't become much." —Jim Rohn

"Dream no small dreams for they have no power to move the hearts of men." —Johann von Goethe

4. State in the Positive

Decide what you want to move toward, not away from.

Examples:

"I am my ideal weight of X lbs. by X date," versus "I want to lose 20 kgs."

Or, "I have a positive net worth of X by X date," versus "I want to get out of debt."

Or, "I have a loving, respectful and intimate relationship with my wife," versus "I want to repair my marriage."

5. State in the “I am”

State in the present first person. I am X, versus I want X. The latter only reinforces the wanting versus the *having*.

If you write a goal like, “I want to be a millionaire,” your creative energy will only produce exactly more of that outcome—the *wanting* of being a millionaire. If you say, “I am a millionaire by December 31, 2014,” your creative power will go to work on producing what you have declared to be true.

6. Be Sure They Are YOUR Goals

Many people set goals that they think they “should” have, rather than what they truly want for themselves. Don’t let your family’s, colleagues’ or society’s ideals or expectations dictate your ambitions. In fact, if your written goals are not from your true heart and inner ambition, your creative spirit will not work to produce them anyway.

All it will do is frustrate you and give you the illusion that you are a failure and not capable, when in actuality you successfully avoided (didn’t achieve) what your inner spirit didn’t really want anyway.

GOAL DESIGNING SYSTEM

We are now going to list goals in each of the priority areas for the challenge. Again, you are not held accountable for what you write below. We will filter later. Write everything that comes to mind. Don’t just think through this, check your gut and listen to your heart. Whatever comes up, write it down.

M—MINDSET	
Thought starters: Read 30 minutes every day, organise my schedule, learn relaxation techniques, improve my outlook of my situation, listen to instructional audio, go to seminars, hire a coach, join a supportive organization	
1.	5.
2.	6.
3.	7.
4.	8.

L—LIFESTYLE	
Thought starters: Travel, adventure, hobbies, relationships with like minded people, time with family, how you want to live, time freedoms, who you want to meet, etc.	
1.	5.
2.	6.
3.	7.
4.	8.

GOAL DESIGNING SYSTEM

N—NUTRITION

Eat 3 meals a day, get more colour on my plate, have more protein in my diet, take supplements every day, reduce sugar, eat recommended serves of fruit and vegetables daily, drink more water, etc.

1.	5.
2.	6.
3.	7.
4.	8.

H—HEALTH

Start meditating, reduce body fat, improve cholesterol, increase energy, improve skin quality, sleep better, go to bed earlier, see doctor regularly for health check ups, etc.

1.	5.
2.	6.
3.	7.
4.	8.

F—FITNESS

Thought starters run non stop 20 mins, get stronger in upper body, reduce injury pain, become flexible, increase stamina, get up earlier to train, strengthen core muscles, do push ups on toes etc.

1.	5.
2.	6.
3.	7.
4.	8.

SCRUBBING—SMART and BALANCED

Now we have to check in and be sure what we decided on passes the due diligence. First of all, are the goals above completely S.M.A.R.T.? Let's check and adjust accordingly.

S—Specific. Specific means well defined, something that would be clear to anyone else.

Ex. Not specific—Become debt free. Specific—cut up my credit cards and pay off \$27,000 bills and pay off \$33,000 student loans.

Adjust the above goals so that they are specific.

M—Measurable. This is where we *quantify our objectives* so that we can measure our achievements against them.

When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal. To determine if your goal is measurable, ask questions such as, How much? How many? How will I know when it is accomplished?

Ex. Not measurable—Get fit. Measurable—lose 10kgs, BMI of 20, cholesterol of less than 200 mg/dL, able to run 5 miles regularly.

Adjust the above goals so that they are measurable.

A—Attainable. This is the time to pull your head out of the clouds and put your feet back on the ground. The ground may be significantly elevated, but it's solid ground nonetheless. You can't have world peace tomorrow, solve hunger this month or become a millionaire in a year if that is 20 times your current net worth. Your goals need to stretch you, push you to go farther and faster than you ever thought possible. At the same time, you don't want them to debilitate you because you know in your heart of hearts it is only a fantasy and not really possible even if you operated at your highest and best for the duration. Don't rely on any extraordinary external luck having to happen in order for you to reach your goal. What could you do and control the outcome to if you played at world class level?

Adjust the above goals so that they are attainable.

R—Relevant. This is one of the most important criteria to scrub against. Are the goals you set above in alignment with the core values you outlined in instalment No. 2? Do they align with your mission and support the vision you have for your life? You want to be sure the direction in which you focus your creative capacity is in the direction of what is truly most important to you, your life and the legacy you intend to leave. If not, reconsider.

Adjust the above goals so that they are relevant.

T— Time Sensitive. You think, act and react with the urgency and appropriate energy defined by the task. Just as your muscles prepare in one way when you stoop over to pick up the morning paper, and react in an entirely different manner when you prepare to lift a 100-pound barbell, so your mind prepares your body and your attitudes for responding appropriately to the deadlines you set for yourself.

Deadlines create a challenge, and you respond to the challenge. In sports, the tension mounts as time runs out. The most exciting plays are often in the last few minutes, especially if it is a close game, because people respond in dramatic fashion to the challenge of deadlines.

Adjust the above goals so that they are time sensitive.

WEEKLY RHYTHM REGISTER

Review And See How Well You Are Sticking To Your Slight Edge Principles...
 Print Off 6 Of These To Track EVERY WEEK

“ The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers.” - Taken from Darren Hardy

In order to “get to work” on your goals you are going to need to implement some new behaviours or take action to change your habits. List the behaviours/actions for the week you need to focus on and be accountable for. Then write down a number in the Goal box for how many times in the week you’re aiming to do the behaviour/action e.g. Take supplements at breakfast time = 7.

Place the Rhythm Register up where you will see it everyday and mark off your behaviours/actions as you achieve them. At the end of the week tally up your achievements and MINUS that number by your Goal (what you said you would do). This gives you a Net score, which may well be a negative score but you are aiming to get a 0.

Put down you totals at the end of the week and reflect on what you can do better to improve your score.

Date Range: _____ - _____

Behaviour / Action	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
TOTAL										



6 weeks on and I'm 8.3 kilos lighter and my measurements made my heart sing! It's the best I've felt in 10 years!! Welcome back waist, I don't feel like a barrel anymore! I have loved attending many weekly sessions at PFC and learning so much. Dale was also encouraging and willing to give guidance and assistance on additional workouts at home. My energy levels have dramatically improved and my skin feels fantastic. I'm feeling leaner and I'm happily accepting compliments from friends and family and sharing how I'm achieving the results. I've even had my kids excited about how many steps we do when we walk down the street to the shops or park. I admit I was hesitant to add more food in the last 2 weeks as I was afraid of putting on weight. My body seemed to adjust and I continued to lose both weight and cm's. Healthpointe has brought me back to basics and taught me how important it is to stay hydrated, snack on protein and have protein with meals. I'm more aware of carbs, when to eat them, how much I need and how to combine with protein. It's easy to carry a protein bar in my bag which prevents me from that impulse buy of a chocolate, cake etc and snacking on protein curbs that carb craving. It's put me back on track. I'm blown away with how easy it's been. Having vitamins has also helped to stay well and attributed to feeling great. Sure I gave up coffee, wine and chocolate

for 6 weeks but haven't really craved it. Eating clean has made me feel fabulous and I will definitely stick to the program, include protein days and repeat the cycle when needed. I have my journal to review and my Healthpointe kit to refer to for life now! It's definitely been an educational, rewarding and enjoyable 6 weeks and I look forward to staying on track because I now know how to! PS: So what are you going to eat now people asked....well after the weigh in, measurements and fitness test I went home and finished the protein day I started.....because that's what I have done for 6 weeks....it was habit!

Catherine Dickson – 2012 Your Best Body Challenge Grand Champion
Catherine lost 8.3kgs, 4.9% body fat and 30cms in 6 weeks.

"I've lost 8.5kgs whilst maintaining my muscle mass, and I've greatly improved my hydration. I feel so much better about how I am looking and finally fit back into the slim side of the wardrobe. More importantly though I feel great, I have so much energy and I am loving working out again. Eight weeks ago I was struggling to jog 5km, having to stop and walk regularly. Last week I ran 12kms one evening, even better was the fact that I could happily train the next day too. I do a reasonably physical job with a high rate of work related injuries and before the challenge was struggling on and off with a few niggling back and shoulder problems. I'm definitely feeling stronger and fitter for work and never dreamed of being able to maintain a hover for 4 ½ minutes! The changes in my mind-set and eating habits have been one of the best parts of the challenge. I am much more aware of the not only the fat and calorie content of the food I consume, but more importantly the carb and protein content."

Beck Moorfoot, 2011 Your Best Body Challenge Grand Champion
Beck lost 8.5kgs, 5.2% body fat and a total of 36cms in the 8 weeks of the challenge.



Nutrition Tips

#1 Rule For Weight Loss - Eat Right!

As the famous saying goes, "let food be thy medicine".

And if you want to lose weight, gain weight, be healthy, tone up then forget pounding the pavement and smashing out a resistance session until you've first taken a long, hard look at what you eat. Most people believe they know what to eat when it comes to eating healthy but to know and not to do is to not know at all!

The trick to weight loss and losing centimetres is to turn your body into a fat burner not a fat storer. Therefore you need to reduce, not eliminate, the number of carbohydrates you consume and burn fat as a fuel source. This means you need to regularly feed your body a combination of lean protein, essential fats and complex carbohydrates at regular intervals, this will ensure proper recovery from workouts, optimal energy levels throughout your day and reduction in weight/centimetres. Balanced nutrition is the key!

The scientifically tested and medically proven program with over 10 million patient visits we use for the challenge is HealthPointe 2.0. The principles of the program (and let me be clear, it's not a diet!) are outlined in the DVD and we'll run through them in more detail in the induction. Although the program will help you to lose weight and centimetres in a rapid but safe and sustainable way, **it's really a wellness program in disguise!** The benefits of doing the program properly, and I mean properly for 6 weeks because it's NOT a smorgasbord that you can pick and choose from, are literally life changing. We've had clients get off diabetes and blood pressure medication, dramatically improve long term skin conditions, have more energy than they've felt in years even decades, right through to people's relationships with loved ones improving! And you too will get a health benefit that is important to you as long as you follow the program as outlined in the DVD you'll receive for the FULL 6 weeks.

The recipes we are using for the challenge are taken from The Absolute Trim Body System manual and fit perfectly with HealthPointe. We'll also create a personal game plan guide for you to help with Healthpointe program AND you'll be assigned a fellow challenger to keep you accountable PLUS your own coach to check in with if needed. Finally, to make sure everyone is on track we will create a group HeyTell (you'll need to download the app on your phone) so that everyone can stay in touch, ask questions and keep each other motivated.

Absolute Trim Body System Manual packed full of recipes

<https://dl.dropboxusercontent.com/u/72215141/YBBC%202014/nutriwayTBSManual.pdf>

Stretching Guide

<https://dl.dropboxusercontent.com/u/72215141/YBBC%202014/NYRC%202014%20stretching%20guide%20for%20challengers.pdf>

6 Foods That Will Make You Fat Fast

1. Alcohol
2. Soft Drinks
3. Trans Fatty Foods
4. Take Away
5. White Bread
6. High Sugar Snacks

If you're a big consumer of any of these, it's essential you cut down significantly for a better body, and better health.

Results Tracking Worksheet

You'll need to print off 2 of these to write down your weekly totals
 Make sure measurements are done in the same areas and conditions each time

Measurements	Date:	Date:	Date:
Chest (equal with nipple line)			
Abdomen (belly button)			
Hips (widest point)			
Biceps Left & Right (<i>half way between shoulder and elbow joints</i>)			
Upper Thigh Left & Right (<i>hang arm by your side, make a fist and leave your thumb out, measure from the tip of the thumb</i>)			
Body Weight			
Body fat %			
Muscle %			
Metabolic Age			
Resting Heart Rate (count pulse for 15 seconds a times x 4)			
Other:			
Other:			



Six weeks on and I'm feeling better than I have in years. I am now weighing in at 100.4kg which means that I have kicked my beginning goal of losing 10kg and have lost 15.4kgs instead, I am now almost reaching my second goal, which is reaching under 100kg. I feel alive again and I am full of energy. I can't stop exercising, I have to do some sort of exercise everyday or I struggle to sleep at night (I have replaced coke drinking with exercise, this is a trade that I am happy about!). Not only do I get excited to stand on the scales to see my improvements everyday, but I am also starting to like

what I see in the mirror and starting to feel like my old self. I am planning to get back into footy this year since my fitness has vastly improved over the past 6 weeks. I love that all my clothes are falling off me and that I have nothing to wear, I do hate however that I have to spend money buying a whole new wardrobe because I have no clothes and have dropped 2-3 clothes sizes, not really I love it. Everyone that I know have been commenting on my weight loss and how much better I look, they ask me how I have done it and how amazed they are in how much I have lost over 6 short weeks. People around me have also been inspired by my success that they have even started improving their health. I love who I am becoming and I love my new lifestyle. I am active, achieving my goals, fitting into clothes that I thought I never would again fit into, I am healthy, have much more energy, I am educated when it comes to food, and all in all I am much happier. I will continue health point until I reach my final goal of being 80-85kg, however I will continue with what I have learnt over the past 6 weeks to maintain a healthy lifestyle as I believe not only is this program a terrific weight loss program (which 100% works) but alternately it is a life style change.

Daniel Sheather, 2014 New Year Revolution Grand Champion.

Daniel lost 15.5kgs and 16.6% body fat in 6 weeks of the challenge.

"After only 6 weeks I cannot believe how much better I am actually feeling, not just physically but mentally too. People have complimented me on both my decreased size and how much happier I am. I have lost a total of 6kg which puts me well and truly on my way to the total of 10kg I would like to lose by the end of April. The transformations I have made over the last 6 weeks have enabled me to return to netball and triathlons with greater confidence in my ability to perform. Just last weekend I completed the Portarlington triathlon, my first of this season, and it felt fantastic. Not only did I improve on my times from last season, but I also enjoyed it so much more. Through the knowledge and understanding I have gained over the past 6 weeks, not only about exercise and nutrition, but also about myself, I have great confidence that I will be able to carry on post the challenge and continue to lose the remaining 4kg, and keep them off. The biggest thing the challenge has taught me is that shift work is not an obstacle - it's an excuse! But with planning, I can still find the right balance between work, nutrition and exercise." Prue Clissold, 2012 New Year Revolution Grand Champion. Prue lost 6kgs, 2.7% body fat and 22cms in 6 weeks of the challenge

Exercise Tips

The "Other Part" Of Weight Loss

With nutrition down, the next sure-fire way to a skinnier waistline is good old fashioned exercise. I'll share a few quick exercises you can get started with right now, and if you want more, don't hesitate to call me on 0411 158 972.

First...

Always, Always, Always Start With A Warm-Up

Before going "*at it*" whether it's strength or aerobic training you're doing, you must always for up first. Tearing a muscle or stretching something further than it's meant to go can have you sidelined for at least a few weeks, and that only slows down your progress. It's just crazy to miss this crucial step out.

The goal of a warm-up is to get your body ready for a workout, I'll typically start mine by getting the heart beating and the blood pumping with a quick, light jog (no more than 5 minutes).

I also include some dynamic stretches, paying more attention to the muscles you are going to be using the most as I train. Dynamic stretches are based on movement rather than holding the stretch (they are for the end of your sessions). Think of the swimmers, before a race they shake their arms side to side and jump up and down.... they don't lay down on the ground and do a hamstring stretch (as this lengthens the muscle and leaves it in more of a resting state which in turns increases the risk of injury).

The Two Categories Of Exercise You'll Want To Focus On

After warming up, you'll start either one of two types of exercise - aerobic or strength training - you'll need to prioritize depending on what your goals are. Assuming it's weight loss, a mixture of the two works best. I'll give you an example workout plan and the end of this session so you can see what I mean, let me give you a few exercise for each first...

Aerobic exercise is excellent for your heart and circulatory system, it's also a big calorie burner... Walking, running, skipping, boxing, cycling and swimming are all good examples of accessible aerobic exercises you can get started with.

As for **strength training**, the goal here is to build muscle for a toned, lean look on the outside. But also because on the inside, muscle burns up calories fast. Which means while you're watching T.V. or even sleeping, you're burning calories faster than you normally would.

It's important to note that, typically strength training will not turn you into Arnold Schwarzenegger... Unless that's your goal. For most of my female clients, that obviously isn't their goal and so the strength training I prescribe is designed to tone up, not bulge your body.

On the other hand, a lot of my male clients don't mind bulging biceps and so I work with them on higher intensity strength training. Whatever YOUR goal is, the training exercises I am about to share will get you results.

Home Workout Program

THE WARM UP

It's crucial to warm up before any home work out sessions, it'll get your muscles and joints ready to do your program.

Forward and backward arm rotations—30 seconds each direction

Forward and backward leg swings—30 seconds each leg

Running on the spot with high knee lifts OR marching on the spot with high knee lifts—30 seconds

Swing arms side to across the body—30 seconds

In a sprinters starting position, go up and down on your heels—30 seconds

Side bends running arms down the side of your body—30 seconds

Shoulder shrugs—30 seconds (15 seconds each way)

Torso twists both ways rotating the body to look behind yourself—30 seconds

Hurdler motion rotating the leg inwards—30 seconds each leg

Plus any other movements you feel necessary to warm up your muscles.

What about cardio? I want you to think as cardio as your “homework” for this challenge. You'll get the best possible results attending my group fitness classes, doing your home bodyweight exercises daily and continuing with any other sport/fitness regime you already have. But cardio is your little bit extra to do, just to get even greater fat burning results.... and the best thing is you only need to do a minimum of 10,000 steps per day, that's right, just walking!.

What if you get bored with your training? Challenging your muscles and keeping yourself interested in your training is crucial so you can

1. Change up the order in which you do the exercises
2. Change the time of day that you train
3. Increase the number of repetitions you do
4. Increase the weight you are lifting
5. Time yourself and try to beat your time or other similar small challenges
6. Call me about upgrading your training program

“Eight weeks in I'm 10% lighter and have reduced significant amount of size from around the middle. My idea was to drop down in size around the middle, which I have achieved. My fitness testing results blew me away. I hadn't specifically trained any of the fitness test exercises but what I was doing, certainly helped me produce these great results. My general training ethic was a real benefit for this. I look at the program not as life changing but life improving.

You not only need to have the motivation to train but at some stage have to understand, that how you fuel your body certainly is the main result of body shape. I believe that maintaining a weight is easy but losing weight is difficult. More so if you don't have an understanding of how food affects day to day living. This program has giving me a greater understanding of nutrition. I think that I'm half way to achieving where I need to be body shape wise. I've still a lot more centimetres to reduce around my middle.

I see myself sticking to the principles of the HeathPointe program for the rest of my life. I'm looking into becoming a spin instructor. The results I have achieved have given me this confidence. I feel as though I would now look the part. I'm looking forward to this summer being the fit Dad and not the over weight Dad down at the pool with my little girl.” Matt Ballard, 2011 Your Best Body Challenge

Bodyweight Exercises

Little things compounding over time to produce greatness. This is the concept behind your daily bodyweight program. Schedule time in your calendar to do both your daily exercises and 5-10 minutes of stretches. If you can't do one of the listed exercises then modify it to something you can do but don't change the numbers (feel free to contact Dale on 0411158972 for modifications). Concentrate on doing each exercise as well as possible, not as quick as possible, and break up the reps where needed. Every Sunday is your rest day, crucial to your progress forward. For more bodyweight challenges go to www.30dayfitnesschallenges.com

DAY	PUSH UPS	SQUATS	THE HOVER/PLANK (secs)
1	10	30	10
2	11	31	10
3	12	32	15
4	13	33	15
5	14	34	20
6	15	35	20
8	16	36	25
9	17	37	25
10	18	38	30
11	19	39	30
12	20	40	35
13	21	41	40
15	22	42	45
16	23	43	45
17	24	44	50
18	25	45	55
19	26	46	60
20	27	47	60
22	28	49	65
23	29	51	70
24	30	53	75
25	31	55	80
26	32	57	85
27	33	59	90
29	35	61	95
30	37	63	100
31	39	65	105
32	41	67	110
33	43	69	115
34	45	71	120
36	47	74	125
37	49	77	130
38	51	80	135
39	54	83	140
40	57	86	145
41	60	90	150

Weekly Checklist

*Tick These Off Daily And See How Well You Are Sticking To Your Slight Edge Principles...
Print This Off 4 Of These So You See It Every Day*

Are you doing your home bodyweight training?

Su M Tu W Th F Sa Total=

Are you doing at least 5 stretches everyday from your challenge stretching guide?

Su M Tu W Th F Sa Total=

Are you drinking 2 to 3 litres of water everyday?

Su M Tu W Th F Sa Total=

Are you completing your diary in full and texting your results to your buddy & coach first thing in the morning?

Su M Tu W Th F Sa Total=

Are you getting 7 to 8 hours of sleep every night?

Su M Tu W Th F Sa Total=

Are you taking your required supplements everyday?

Su M Tu W Th F Sa Total=

Are you doing at least 10,000 steps everyday?

Su M Tu W Th F Sa Total=

Are you staying connected to the challenge group via Facebook posts and HeyTell responses?

Su M Tu W Th F Sa Total=

Are you looking at your goals and affirming them out loud everyday?

Su M Tu W Th F Sa Total=

Are you planning your meals so that you stay within your assigned carb counts and have adequate protein snacks available for the day?

Su M Tu W Th F Sa Total=

Overall:

Identify your strengths: What's going really well with your program right now?

Identify areas for improvement: What components of your program are you struggling with?

Action steps to improve results: What action steps can you take to improve your program for the next week?

Summary

How's The Journey Been For You? You Need To Submit An Email Version Of This Exact Essay In a Word Document by Tuesday 5th August to info@peakfitness.net.au...it counts towards your final score

Where were you 6-weeks ago? (write a quick summary of how you felt, how you looked, why you wanted to change and why you chose to do the challenge)

How did you feel 3-weeks into the challenge? (Was it hard? Did you doubt yourself? Were you starting to see results? Were you starting to feel results? What made you keep going?)

Where are you now after 6 weeks? (What results have you achieved? How do you feel? How has your life changed? Do you see yourself sticking to this? Where do you see yourself in the future?)

YOUR BEST BODY CHALLENGE REQUEST FORM

Please indicate which additional service(s) you are interested in (note these services may come at an additional cost to that of your entry fee):

- I am interested in booking a **FREE Health Consult** (valued at \$100) to go over my goals in more detail and determine a fitness and wellbeing plan for beyond the challenge
- I need to be held accountable on a weekly basis and kept on track during the 6 weeks of this challenge, please sign me up for the **Group Weight Loss & Wellness Coaching sessions on Saturday mornings 9-10am for an additional \$100**
- I would like to accelerate my fitness results via a small group private personal training program with myself and 1 to 3 other friends once a week, **please provide me with some pricing options for the during the challenge and details of how the small group private training operates.**
- I would like to order some books and/or CD's that you recommend **to help change my mindset in relation to my wellbeing.**

Full Name: _____

Phone #: _____

Other products/services you are interested in knowing more about:

Print off and return (or email) a copy of this form to Dale at the start of or during the challenge.