

## DAY TWO OF JOEY'S 30 DAY CHALLENGE

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Welcome to Day Two! Your challenges today involve a little more walking, an ab workout and some relaxing and simple yoga stretches. Your nutrition challenge is all about focusing on what you're eating and your mind/body challenge will remind you to live in the moment. Remember, modify any challenges that don't work for you.

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### TODAYS CHECKLIST / LOG SHEET

Date \_\_\_\_\_

**Exercise Challenge:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Complete Exercise Tasks

1,2 and 3 - Legs

**Flexibility Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Complete 2 sets of each  
of the yoga stretches

**Nutritional Challenge:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Eat one meal today with  
no distractions,

Eat a Green Apple

Drink 2 cups of Green Tea

**Mind/Body Challenge:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Five Minute Relaxation

Technique

**Record your workouts** \_\_\_\_\_ YES \_\_\_\_\_ NO

**and meals in your  
journal**

If you did complete all the assignments, write down what you found the most challenging and why:

List any other tasks you'd like to accomplish in addition to or instead of the challenges listed above:

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### DAY TWO EXERCISE CHALLENGE

Today you have 3 challenges - see if you can complete them all:

#### Challenge 1

**Squats (3 sets of 20)** Dumbbells here are optional. Stand with feet shoulder width apart, or slightly closer with toes pointing straight forward. If opting for dumbbells grasp them tightly. and let your arms hang straight down at your sides and look straight ahead. Begin the squat by descending, bending at the knees and hips, keeping your back slightly arched. The correct squatting form is a "sitting" motion. Keep your chest out, back arched and stay looking directly ahead as you descend. Descend as deep as you feel comfortable with – preferably at least until your thighs are parallel to the floor. Push down through your heels and rise out of the bottom of the squat until your legs and back are fully extended and you are standing upright. That's one rep - you have 3 x 20.

#### Challenge 2

Complete a 10 minute fast paced walk, either on treadmill or outside. If walking outside - make your fast paced walk so fast as if it were a walking race and you wanted to finish first. If done correctly it should almost feel like it would be easier to jog but resist the urge and don't slow down cos the results for this exercise are in the fast paced walk. If using a treadmill beginners no less than a 4mph speed, intermediates between a 4.5 and 5mph speed and those of you with really long legs aim for those 5 - 5.5mph speeds. Remember as much as you might want to break out into a jog, you must stay in the walk. Not easy - Good Luck and don't give up !

#### Challenge 3

**Walking Lunges (3 sets of 50)** This should take no more than 5 minutes to complete. Dumbbells are optional. Small breaks are fine when needed - your challenge is to take as a few a breaks as you can in each set.

**Form for lunges:** stand upright with or without weights in your hands. Now take a lunge forward while never letting your knee go 'over' your toe. Once at the bottom of the lunge (not touching the floor), push off with the back foot and then approach the standing position. Continue with the other leg and lunge around the room. Make sure to breath out on the way up and breathe in on the actual lunge.

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### Day Two Nutrition Challenge

#### **Challenge 1: Eat one meal or snack with no distractions - no TV, reading, driving, conversation, etc..**

Concentrating on your eating can help you hone in on cues your body is sending you - cues that are easy to ignore when you're distracted by other things. Take some time today, even if it's just 5 minutes, to really think about what you're eating, how it tastes and when you start to feel full. Do you keep eating even though you're not hungry anymore? Do you tend to eat fast or slow? Pay attention to these things and note in your journal any areas you need to improve on with your eating cues.

#### **Challenge 2: Eat a Green Apple today**

If you can eat one every day for my 30 day challenge - do it - If not then just today is great progress.

Why should we eat at least an apple a day? Not only because it is so refreshing and delicious, but also because it is laden with vitamins and nutrients that preserve our health and help our body fight and prevent multiple disorders and diseases. Eating apples is also beneficial for eyes and visual ability, preventing and curing cataracts, for lung function and respiratory disorders like asthma or bronchitis, for prostates and almost any type of cancer.

#### **Challenge 3: Drink 2 cups of Green Tea today**

Green Tea has so many great qualities. It is known for its anti-aging and lowering of cholesterol but most importantly to me helps me maintain control of my appetite - I use it as an aid to stop my cravings for bad foods and it works - your goal for today is to just try green tea - the real benefits kick in after about consecutively drinking green tea for more a little more than 7 days. If taste or time is a factor for you - you can always opt for the green tea supplement on my website which really does work - and is currently my number 1 seller!



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### Day Two Flexibility Challenge

**Today I want you to pick 2 of your favorite yoga poses and then finish with pigeon listed below.**

Stretching is so important and yoga allows you to get connected with your body and hold poses that allow the body to release and stretch.

The 2 poses you pick I would like you to hold for 2 minutes and complete twice each. Today's Flexibility challenge should take you 12-15 minutes to complete - have fun with it - and don't over stretch - go as far as the body will allow you to go without it being forced and breathe into it - nice calm deep breathes and on each exhale try and relax a little deeper into it.

Best of Luck.

### **Pigeon Pose : Hold for 3 minutes each side**

Benefits of the Pigeon Pose:

Opens hips in a very deep yet safe manner. You can easily go as far as your body will allow.

It allows the force of gravity to mainly do the work. So this pose allows you the opportunity to truly focus on the breath, on relaxing, and LETTING GO.

This is a pose that teaches me, time and time again the importance of just letting go, and allowing my natural rhythm to flow with the pose.

Encourages the ilio psoas muscle to relax, elongate and release as well.

This very deeply situated muscle, is one of the most difficult to relax, and release. Once this muscle can relax, the door opens to so much more space to be made



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### Meditation/Relaxation

#### Total Relaxation Technique

Lie down in a quiet place and close your eyes. Begin by tensing and contracting your muscles starting with your feet. Curl your feet and toes, then hold that as you move up and squeeze the calves, then the quads, then the glutes. Hold the lower body and feet very tight and move up, contracting the abs and then the arms, curling your hands into tight fists. Keep holding everything tight as you squeeze your shoulders up towards your ears, clench your jaw and squeeze your eyes shut tight. When everything is tight and tense, hold it for 5 seconds, feeling your muscles start to burn. Then on a long exhale relax everything, letting your muscles melt and your body sink into the floor as the tension drains away. Continue relaxing and breathing for about a minute and then repeat this technique one more time.



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### Daily Log

How'd you do with your challenges today? Use the checklist to cross off everything you accomplished or make notes on what you didn't accomplish and why. You can also use the checklist to make substitutions for any challenges that didn't work for you and even create more challenges for yourself.

