

DAY THREE OF JOEY'S 30 DAY CHALLENGE

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It's Day Three and more great challenges lie ahead to help you examine different areas of your life to look for ways you can change.

First, you'll find ways to walk around more in your day. Your exercise challenge involves medium cardio for 45 minutes and some push ups and your assigned flexibility stretches are designed to help you stretch the back and neck. That being said don't forget to stretch after your cardio workout today.

The nutritional challenge has you delving into the wonderful world of breakfast and foods that you have never tried and the mind/body challenge offers a quick vacation from daily stress.

If you've managed to meet all the previous challenges, you already know you have what it takes to continue doing so...

Let's get started!.

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TODAYS CHECKLIST / LOG SHEET

Date _____

Exercise Challenge: _____ YES _____ NO

Complete Exercise Tasks :

Extra Walking _____ YES _____ NO

45 Minute Cardio Workout _____ YES _____ NO

50 Push Ups _____ YES _____ NO

Flexibility Challenges: _____ YES _____ NO

Complete Yoga stretches;

Cat-Cow & Half Moon

Nutritional Challenge: _____ YES _____ NO

Make 1 healthy change to

breakfast, _____

Try something new:

What was it ??? _____

Mind/Body Challenge: _____ YES _____ NO

Three Minute Vacation

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 another 3 challenges - you should complete them all:

Challenge 1

Accumulate at least 15 minutes of extra walking today.

Be creative and look for ways to walk around more, timing each session.

Some ideas:

Take an extra lap around the office or the house when you take a bathroom break.

Walk the dog for an extra five minutes.

Pace while you talk on the phone.

Take a lap around the block when you go out to get the mail or the paper.

Challenge 2

Complete 45 minutes of steady-state, medium-intensity cardio.

The idea is to work at a level just out of your comfort zone, but you're still able to talk, but not able to read a magazine. You can choose any cardio machine you like or go outdoors for a run or bike ride or even a swim, Do not pick the same activity that you did on day 1 - you want to incorporate variation into your cardio workouts and not get comfortable with the same old routine - this will stop you from getting stuck in a plateau when it comes to continually seeing changes in your body. if you're already more advanced than this - you can do your own thing today. Remember, if you can't do 45 minutes, do as much as you can and make a note in your journal so you can do more next time.

Challenge 3

Push Ups (1 set of 50) This should take no more than 5 minutes to complete. Take as many mini breaks as you need, today i want you to loose the girl push ups option of thats what you normally do and try and do like 2 regular push ups at a time and take mini breaks - this is hard - but you can do it and you will love the change you will see in your body. Work hard and get great results - I am just asking you to try. Good Luck.

My advanced push up people, I want you to smash this and aim for completing the 50 without any breaks - doesn't matter if you dont get it today - do your best and log how close to the 50 without stopping you could get to today.

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Day Two Nutrition Challenge

Challenge 1:

Do you eat too much sugar or not enough protein? Examine what you usually eat for breakfast and find at least one change that would make your breakfast healthier. Just some ideas of things to think about:

- Switch to a different cereal or mix a healthier cereal with your usual choice to bump up the nutrition factor
- Add healthy protein like eggs or protein powder
- Replace bacon or sausage with sliced chicken or turkey
- Add fruit to your cereal or oatmeal
- Is the Orange juice you drink fresh OJ

Challenge 2: Eat something you have never tried before

And now make sure its healthy of course. Its always so helpful to our bodies to get nutrients and vitamins from different sources. There are so many foods out there that I am yet to try and therefore am extremely excited about todays challenge. Your taste buds experiencing new foods should not be a traumatic experience - you should be excited and open to the possibilities of perhaps finding something new that you might like or even love that happens to be good for you - worst case scenario - you dont like it and will never have it again !!

Some ideas that I know of foods that a lot of people are yet to try:

- Cous-Cous
- Quinoa
- Kale
- Lentils
- Tofu
- Artichoke
- Mung Beans
- Macha
- An Egg-White Omelete

Remember, it can be anything you like - just make sure its something youve never had. And be excited by this !!! Good Luck :0)

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Day Two Flexibility Challenge

Stretch 1: Half Moon Pose

Benefits:

Trims fat all over the body: thighs, hips, waist, arms and abdomen.

Improves and strengthens every muscle in the central part of the body, especially the back and abdomen.

Increases flexibility of the spine

Corrects bad posture

Promotes proper kidney function

Helps cure enlargement of the liver and the spleen

Helps cure dyspepsia, and constipation

Helps to alleviate lower back pain, bronchial distress, scoliotic deformities, tennis elbow, frozen shoulder

Technique:

Your feet are together, toes and heels touching, weight is in the heels and lock your knees. Bring your hands over your head, clasp your hands together, crossing all your fingers except your index fingers which stick out like a gun.

You are working towards getting no space between your palms and wrists. You stretch up and reach up like you want to touch the ceiling while your feet stay firmly on the ground. When ready you reach over to one side of your body while contracting and strengthening the other, knees stay locked, arms as straight as possible, chin off of your chest so that if you are looking in the mirror while doing this you should be able to see your throat reaching up and out of your body, pushing your bones against the skin, breathe calmly and efficiently and continuously and hold for 60 seconds. I want you to repeat this on the other side and repeat after a short break one more time.



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Stretch 2: Cat Cow Pose

Although the following yoga exercise is something that beginner's can easily practice, it is also an exercise that is recommended by yoga to be done everyday regardless of your level of expertise. This is because of the important benefits that this simple exercise bestows.

The most important benefit of cat-cow is that it helps cleanse emotional debris that we end up accumulating in our gut/diaphragm region. This emotional debris then creates blockages in the flow of energy. By dissolving these blockages in our energy pathways, cat-cow, helps to not only resolve remnants of old emotional traumas, pains, jealousies, anger and hurts, but also helps restore balance to the entire system.

- Come onto the floor on all fours. Make sure your hands are directly under your shoulders, about shoulder width apart and knees are directly under your hips, about hip distance apart.
- Now come into cow pose by bringing your head up, while at the same time pushing your stomach down. Your eyes should be open and you should be looking upwards. Inhale deeply as you come into this posture.
- Next bring your head down and your chin towards your chest as you arch your back up like a cat, pressing your stomach up. Exhale fully as you come into this pose.
- Start off at a slow pace, holding each position for a few seconds or more, and then begin to move faster as you feel yourself warming up. Only go as fast as you find comfortable, moving between cow pose and cat pose.
- Do this exercise for between 3 - 5 minutes.



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Meditation/Relaxation

Meditation Technique: Three-Minute Vacation

Find a quiet place where you can sit and close your eyes. Breathe deeply and slowly as you visualize your favorite place in the world. Picture yourself there and conjure up all the details - how you feel, what you're wearing, what you see, hear and smell. Stay there for at least three minutes.

For some of you it will be a peaceful experience that you will not want to rush, for some sitting still might still prove challenging - just set a timer and keep your eyes closed and bring your mind back to that place whenever it drifts - be ok with it drifting and dont get angry at yourself, accept it and bring your focus back. I love this exercise - I always think of my trip to the maldives - truly magical - Have fun with this and remember its ok to be where you are today and to find things difficult - but you must accept yourself for who you are and where you are for today ad just do the foot work that will help you still your mind and create peace - good luck (and I hope this makes sense !! as i write at 4am in the morning !!)



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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.

