

## DAY EIGHT OF JOEY'S 30 DAY CHALLENGE



Day Eight, And its hump day. Today's challenges are fun. You will be trying Kale and adding Cayenne Pepper to a meal today in your nutrition challenge. An in depth 5 minute meditation, A workout of your choice and mastering the Warrior II Pose in your stretch challenge.

Have a blessed day :0)

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### TODAYS CHECKLIST / LOG SHEET

Date \_\_\_\_\_

**Exercise Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Pick your favorite workout  
and complete around an  
hour of exercise today

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

Warrior II Pose  
Stretching after Workout

**Nutritional Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Consume a serving of

Kale today,

Add cayenne Pepper to a

meal today,

Drink Hot Ginger Root Tea

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

5 Minute Meditation:

Understanding Meditation

**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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### Exercise Challenge:

**Today's Challenge: Any workout you like - must be around an hour workout.**

From the super challenging workout I gave you yesterday, today I have decided to let you pick your own workout. Only requirement is that it wants to be around an hour long. Choose something that you really enjoy - intensity today isn't as important as it is to do one of your favorite workout routines. So pick something that makes your heart smile :0)

If you are not sure what to pick - look over the exercise challenges we have done so far and pick your favorite one.

Enjoy this nice easy day - tomorrow is a tough one !



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### Nutrition Challenge:

#### Challenge 1: Eat Kale and Cayenne Pepper

I want you to incorporate the following 2 ingredients into your meal plan today - I don't mind how you do it - be it juicing or as a part of a main meal - your goal is to have had Kale & Cayenne Pepper today.

#### KALE

Kale has more dietary value per calorie than most vegetables. It is also known for its detoxing ability, as well as its proven capacity for reducing the risk of cancer, especially of the ovaries. Consuming adequate amounts of this vegetable can also help to keep lungs healthy.

#### CAYENNE PEPPER

Cayenne pepper increases metabolism. It is nothing short of amazing with its effects on the circulatory system as it feeds the vital elements into the cell structure of capillaries, veins, arteries and helps adjust blood pressure to normal levels. Cayenne cleans the arteries as well, helping to rid the body of the bad LDL cholesterol and triglycerides. Notwithstanding its hot taste, paradoxically it is actually superb for rebuilding the tissue in the stomach, facilitating healing with stomach and intestinal ulcers.



#### Challenge 2: Drink Hot Water with fresh Ginger - (Ideally fresh - if not a ginger tea bag will work)

Ginger is known for its aiding of digestion properties and would be ideal to drink before each meal. Ginger also known to be helpful for people suffering from gallstones, as it promotes the production of bile. Ginger can also decrease pain from arthritis, have blood thinning and cholesterol lowering properties, making it useful for treating heart disease. You can add ginger to your fresh juices, cooking and in this instance tea. Not only does it taste great - but so good for you.



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### Flexibility Challenge:

#### Warrior II Pose

Stretches hips, inner thighs, chest; strengthens quadriceps, abdomen, shoulders

1. From standing, step your feet about 4 feet apart. Turn your right foot so the toes point toward the front of your mat. Turn your left foot in 30 degrees.
2. Raise your arms to shoulder height, parallel with the floor, palms face down. Bend your right knee so your right shin and thigh form a 90-degree angle.
3. Gently tuck your tailbone down as you draw your abdomen in. Hold for 10 deep breaths in and out through the nose. Straighten the right leg and repeat on the opposite side. Do this 3 times on each side.

#### Why it is good for you

This powerful pose will grant you long, lean, toned arms and legs as well as firmer core.



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### **Meditation/Relaxation Challenge:**

#### **In depth 5 Minute Meditation: Understanding, how, why and what can be achieved with the power of the mind.**

Whenever I am tense or overwhelmed with the responsibilities of life I can turn to meditation for a few moments to clarify my thoughts and enter a place of peace. We are body, mind and soul and yet the soul part of us is usually neglected. Meditation requires conscious effort. The mind must be calm and quiet to benefit from the few minutes you take to meditate. We need to empty ourselves in order for our inner being to reach a level of peace.

What is meditation? It is communication with the Divine or a oneness with the universe. All that anxiety we feel in life is when we have stepped away from our purpose and allowed negative thoughts to control us. Is mediation a form of prayer? For many of us it is. For others it is a way to find inner peace. Meditation and prayer are not mutually exclusive. How we mediate is an individual matter.

Set up a schedule: Perhaps for five minutes in the morning before going to work or school. Prepare the evening before. Then in the morning you will have everything ready for your meditation without rushing around.

#### **Suggested items to prepare ahead of time:**

**A fragrant candle** - The candle flame reminds you of the oneness of the universe or the divine.

**Incense** - The scent of the incense helps with the purification as you breath in the positive and breath out the negatives.

**Some sea shells (picked by you or purchased)** - The sea shells help you think of a place where you can be a child again. Even if you've never been to the ocean, you can certainly imagine it.

Light the candle. Light the incense. Find somewhere comfortable to sit. Take a deep breath. Breath regularly, slow and easy. Breath in the positive, breath out the negatives. Breath in power, exhale fear and worry. Look at the sea shells and picture yourself relaxing at the ocean. You're a child, happy and carefree playing in the sand. Keep your eyes open so that your vision is centered on the candle and sea shells. If you close your eyes you might fall asleep. As you move into meditation your brain goes from fully awake alpha waves to beta, which is the beginning of the relaxation state. What do you seek from the universe this morning? I like to start with a thankful heart, grateful for my blessings and the new day.

Then I dwell on positive aspects of the universe such as:

**Love, Peace, Wisdom, Solace/Comfort, Forgiveness**

Feel at one with the universe. Rest in love. Accept the peace which surpasses understanding. Relax. Breath in, breath out. When you are ready end the meditation. You'll find that your day will go a lot more smoothly today.

You can add more minutes the next time you meditate.



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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.

