



people it's time to put away the party shoes and focus on returning your boogie-battled bodies to some kind of human condition. Most

likely throughout the hedonistic adventure that is August in Bali you will have taken on many toxins, grown tired and now your body should be screaming out for some low impact rejuvenation. Just as August is a fast month of fury, September should be a slow month of recovery.

Part of getting in shape means changing how you live, from what you eat to how you schedule your time. But, what many people forget is that changing everything at once can be so overwhelming that we end up going back to old behaviors.

If you want to make small, daily changes on the road to fitness and health, this 30-day challenge is for you. This isn't a weight

# THE PARTY IS OVER

loss program, although you may lose weight during the next 30 days. In fact, you'll have specific instructions not to weigh yourself throughout this entire process. The reason? We want to focus on the journey, not the destination. Here's how it works:

This four pronged program will help deliver you to a better state of body and mind. Belan Belan.

30 day food Plan  
30 Day Stength Program  
30 Day Yoga Program

## FOOD PLAN

DAY	1	2	3	4	5	6	7
<b>EXERCISE</b>	Brisk walk for 0.5 hour	Walk a flight of stairs for 20 minutes	Cycle for 0.5 hour	Brisk walk for 0.5 hour	Swim or walk for 0.5 hour	Cycle for 0.5 hour	Your favorite exercise for 0.5 hour
<b>BREAKFAST</b>	Fresh fruit sprinkled with raw nuts, seeds and plain yogurt	Stew some peas and apples, sprinkle with cinnamon	Blend a mango and peach, pour over fresh blueberries and strawberries	Banana porridge with silvered almonds and soy milk	poached egg with wholegrain toast, avocado and roma tomato	Fresh fruit and yoghurt	Pear, mango and strawberries with fresh mint
<b>SNACK</b>	Juicy red capsicum or fresh berries	Celery sticks with pumpkin seeds or fresh berries	Whole cucumbers (including the skin) or fresh melon	Handful of grapes	Melon or Pineapple	Celery, cucumber and carrot sticks or nuts and seeds mix	Mixed nuts and seeds
<b>LUNCH</b>	Salad of greens and sprouts	Salad of grated carrot, beetroot, finely chopped celery and radish, 1/4 avocado, baby spinach leaves, sunflower and sesame seeds and olive oil	Bean salad: rinse a can of three beans very well, add sliced red, green and yellow capsicum, corn and salad greens	Miso soup with chunks of tofu and fresh shallots or salad green of your choice	Tuna salad with celery, cucumber, olive and coriander	Salad of raw sliced fennel, orange segments and chickpeas with a dash of olive oil	Rice pepper rolls, sashimi with pickled ginger
<b>SNACK</b>	Handful of raw brazil nuts	Blueberries	Apple	Handful of raw walnuts	Raw seeds and nuts	Strawberry	Apple
<b>DINNER</b>	Fresh steamed fish with steamed asparagus, green beans and carrots	Organic chicken poached in stock with fresh ginger, served with steamed bok choy, broccoli and snow pea	Baked salmon with steamed beans, broccoli and carrot	Lean Turkey with grilled baby eggplant, zucchini, mushroom, plus a green salad	Pumpkin and sweet potato soup: add chopped pumpkin, sweet potato, carrot, onions, parsley, and garlic to 8 cups of water. Simmer then blend	Steamed chicken tossed through finely sliced Chinese cabbage, red capsicum, coriander, carrot, snow peas with a little tamari	salad
<b>EXERCISE</b>	30 deep, slow breaths into the base of your diaphragm	Give your liver a massage: put your hand on the base of your right rib cage, make circles with your fingertips in a clockwise direction for a few minutes	Gently stretches to relax	30 deep slow breaths into the base of your diaphragm	Gentle stretches to relax	Licht yoga or stretching	Liver massage deep breathing
<b>LIQUIDS</b>	Plenty of water, wheat grass if available	Plenty of water, wheat grass if available	Plenty of water, wheat grass if available	Plenty of water, wheat grass if available	Plenty of water, wheat grass if available	Plenty of water, wheat grass if available	Plenty of water, wheat grass if available

## STRENGTH PROGRAM

### DETOX RULES

If it is white, do not eat it! The four white devils are white flour, white sugar, white salt and pasteurization and homogenization milk products.

No sugar, no yeast, no wheat, no alcohol, no caffeine.

Avoid any food made from any of the white devils.

If you can't pronounce a word on a label don't eat it. Your liver will also have trouble with the 'noise' it hears.

If it was not here 10,000 years ago do not eat it.

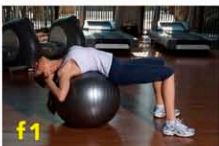
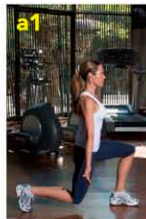
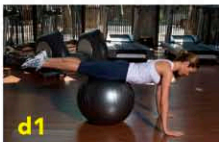
The longer the shelf-life of a product, the more harmful it is to the body.

If the product is pasteurized, it is not good for you. Ultra-pasteurized products are very bad for you! Plastics can leak xenoestrogens which are harmful to the body. Go for glass is available.

Eat certified organic produce where possible.

Keep your fluids up. Don't just drink water. Drink the right waters.

EXERCISE	WEEK 1	WEEK 2	WEEK 3
<b>SQUAT</b>	Free-standing squat with dumbbell. 12 repetitions, 3 times, if you have a weak back use a ball against the wall. <b>a1</b>	Free-standing squat with dumbbell. 15 repetitions, 4 times, if you have a weak back use a ball against the wall. <b>a2</b>	Free-standing squat with bicep curl, 15 repetitions, 4 times, using 5-16 kg dumbbells.
<b>LUNGE</b>	Stationary lunges. 12 repetitions, 3 times. <b>b1</b>	Stationary lunges, 15 repetitions, 4 times. <b>b2</b>	Stationary lunges with an overhead shoulder press. 15 repetitions, 4 times. 5-16 kg dumbbells.
<b>STEP UPS</b>	Step up onto bench. 12 repetitions, 3 times. <b>c1 c2</b>	Step up onto bench. 12 repetitions, 3 times.	Step up on bench with bicep curls. 15 repetitions, 4 times. 5-16 kg dumbbells.
<b>PUSH UPS</b>	Push up over a swiss ball standard (on toes) or beginners (on knees), 10 repetitions, 3 times.	<b>d1 d2</b>	
<b>CORE 1</b>	Stability hold on Swiss ball for 30 secs to 1 minute, 4 times, back straight. <b>e</b>	Slow circles on Swiss ball, 6-8 repetitions, 4 times.	Slow circles on Swiss ball, writing the alphabet with elbows, keeping back straight, 4 times.
<b>CORE</b>	Sit up on Swiss ball, go back into full extension 10 repetitions, 3 times. <b>f1-2</b>	Slow circles on Swiss ball, 6-8 repetitions, 3 times.	Plank stability hold on Swiss ball. 20-60 seconds each, 4 repetitions, 3 times.



#### Swiss ball hip extension

- Shoulder blades and head supported on Swiss ball
- Head, shoulders, hips, and knees should be in line
- Shins should remain vertical
- Drop hips slowly downward, only as low as you can comfortably
- Keep head and shoulders on ball
- Do not roll forward or backwards on the ball
- As you extend ensure you push through the heel of your foot and contract glutes

## SUN SALUTATION

Surya Namaskar, the Sun Salutation, is a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract. The Sun Salutation builds strength and increases flexibility. Different styles of yoga perform the Sun Salutation with their own variations. However, the flow presented below covers core steps used in most styles.

For the series below, a single round consists of two complete sequences: one for the right side of the body and the other for the left.

On days when you think you have no time for yoga, try and do at least one or two rounds of the Sun Salutation. You'll feel the difference.

## YOGA PROGRAM

## 01. MOUNTAIN



Begin by standing in Mountain pose, feet about hip width apart, hands either by your sides or in prayer position. Take several deep breaths.

## 02. HANDS UP



On your next inhale, in one sweeping movement, raise your arms up overhead and gently arch back as far as feels comfortable and safe.

## 03. HEAD TO KNEES



As you exhale, bend forward, bending the knees if necessary, and bring your hands to rest beside your feet.

## 04. LUNGE



Inhale and step the right leg back

## 05. PLANK



Exhale and step the left leg back into plank position. Hold the position and inhale.

## 06. STICK



Exhale and lower yourself as if coming down from a pushup. Only your hands and feet should touch the floor.

## 07. UPWARD DOG



Inhale and stretch forward and up, bending at the waist. Use your arms to lift your torso, but only bend back as far as feels comfortable and safe. Lift your legs up so that only the tops of your feet and your hands touch the floor. It's okay to keep your arms bent at the elbow.

## 08. DOWNWARD DOG



Exhale, lift from the hips and push back and up.

## 09. LUNGE



Inhale and step the right foot forward.

## 10. HEAD TO KNEES



Exhale, bring the left foot forward and step into head-to-knee position.

## 11. HANDS UP



Inhale and rise slowly while keeping arms extended.

## 12. MOUNTAIN



Exhale, and in a slow, sweeping motion, lower your arms to the sides. End by bringing your hands up into prayer position. Repeat the sequence, stepping with the left leg.

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