

CRAIG'S 28 DAY

(CHANGE YOUR LIFE, CHANGE YOUR BODY)

PROGRAM

Why a 28 day program?

It's short enough to stay motivated and long enough to see results

4 KEY AREAS:

PSYCHOLOGY

- Get your head in the right place
- Good attitude = good outcome
- Set goals, create some rules
- Stop making excuses
- Stop waiting for the right time
- It's about creating new habits – motivation is temporary
- Stop feeling sorry for yourself
- Make some tough decisions and choices
- Don't spend 28 days waiting for it all to end
- Focus on the outcome – what you're gaining not what you're losing
- **Nothing tastes as good as being in shape feels**

FOOD

- No eating within 4 hours of bed
- Eat breakfast
- 5 small meals – all about the same size
- No alcohol, soft drink or fruit juice
- No take-away
- No full-cream dairy
- No white flour products
- No take away
- No added fat, sugar, salt
- Fresh foods
- 2-3 serves of fruit and vegies every day

EXERCISE

- Low – moderate level cardiovascular exercise – (walk, bike, swim)
- 30 – 60 mins per day
- 5 – 7 days per week

LIFESTYLE

- Drink enough water
- Preferably no drugs, cigarettes or alcohol
- Sleep – 6 to 10 hours per night
- Increase incidental activity
- Increase occupational activity

PRACTICAL STUFF

- Have your measurements taken (perhaps before and after photos)
- Keep a detailed diary