

SLIMMER IN JANUARY



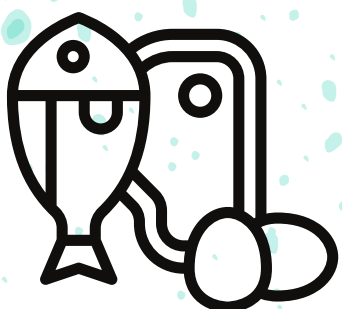
1 CALORIES

Use My Fitness Pal (or another calorie counting app) to count your calories.
Men - 1700 Women - 1500



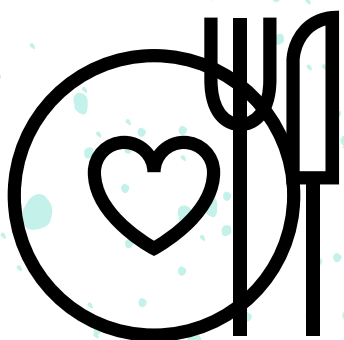
2 NO SUGAR

It's simple - we want you to stop eating any food with sugar in this month!



3 PROTEIN

Aim for a higher protein intake. This means that 50% of your meals should be protein. Then limit the carb and fats. This will help to keep you fuller for longer.



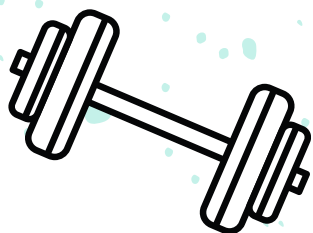
4 FASTING

2 mornings a week we want you to fast for 16 hours. This means waiting at least 16 hours after an evening meal before you eat again the next day. E.g. fasting from 8pm until midday the following day..



5 HYDRATION

Drink 2 - 3 litres of water each day.



6 EXERCISE

Complete the three 7 minute workouts each day.



7 PUSH

When you're exercising, push your heart rate to 90% of your maximum heart rate at least once during your workout. Calculate your max heart rate by subtracting your age from 220. E.g if you're 45 years old, subtract 45 from 220 to get a maximum heart rate of 175 beats per minute.