



# TEN COMMANDMENTS

## Do: daily during the challenge

### 1. Drink. Heavily.

Drink more water! Aim for 30 mls of water per kilogram of body weight a day. If maths isn't your thing, have a glass of water each hour, and double it for every coffee or workout you have.

### 2. Eat mindfully.

Sit down (not in front of the TV). Put away your phone. Chew your food, taste the flavours, don't rush. Enjoy your meal.

### 3. Eat real food.

Less packaged food, more whole foods. Think fresh produce (frozen fruit and veggies are fine). Eat meat if you like, but pass on the processed foods. Swap refined sugar and sweeteners for natural sugars like maple syrup, dates or honey. No to Uber eats or takeaway. Unless emergency.

### 4. No booze.

Enough said. Remember December?

### 5. Move daily.

Whether you're doing a class or not, try not to sit down all day. Walk to work, take the stairs, meet

a friend for yoga instead of coffee. Incidental exercise is easy and makes the world of difference.

### 6. No white stuff.

White rice, white pasta, white flour. Swap for brown, wholemeal, or less processed options. Try zoodles (zucchini noodles) instead of pasta or almond meal instead of flour.

### 7. Be kind.

Do a good deed a day. You'll make someone's day and probably your own too. Win win!

### 8. Reduce single use plastic.

Take your own bags. Invest in a metal straw and a Keep Cup. Eat in when you can. Recycle and compost. Watch what you send down the sink.

### 9. Give.

Give something away every day. Share the love and you'll feel lighter too.

### 10. Sleep.

Get your 7-9 hours a night. At least two of them before midnight - they're worth double.