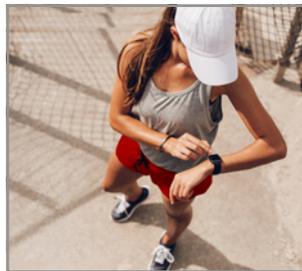
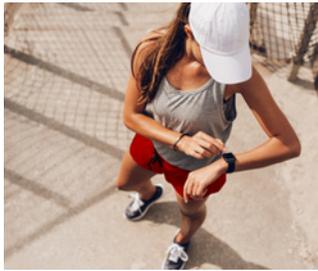


# New Decade *New You*

	<h1>JANUARY 2020</h1> <p>31 day challenge</p>		 <p><b>DAY 1</b> Bulk up your meals with the good stuff</p>	 <p><b>DAY 2</b> Move away from the screens</p>	 <p><b>DAY 3</b> Mindfulness Challenge: Stop internal chatter</p>	 <p><b>DAY 4</b> Cleanse your kitchen</p>
 <p><b>DAY 5</b> Prep your meals</p>	 <p><b>DAY 6</b> Tune out to tune in</p>	 <p><b>DAY 7</b> Move where you can</p>	 <p><b>DAY 8</b> Mindfulness Challenge: Breath</p>	 <p><b>DAY 9</b> Me, myself and I</p>	 <p><b>DAY 10</b> Swap out the coffee</p>	 <p><b>DAY 11</b> Chew consciously</p>
 <p><b>DAY 12</b> Vitamin sunshine</p>	 <p><b>DAY 13</b> Mindfulness Challenge: Sensations</p>	 <p><b>DAY 14</b> Cool down</p>	 <p><b>DAY 15</b> Gratitude</p>	 <p><b>DAY 16</b> Pass the salt</p>	 <p><b>DAY 17</b> Get your forty winks!</p>	 <p><b>DAY 18</b> One, two, step</p>
 <p><b>DAY 19</b> Mindfulness Challenge: Walk the talk</p>	 <p><b>DAY 20</b> Spice up your life</p>	 <p><b>DAY 21</b> Ready, set, roll</p>	 <p><b>DAY 22</b> Switch it up</p>	 <p><b>DAY 23</b> Be kind</p>	 <p><b>DAY 24</b> Enjoy a meatless meal</p>	 <p><b>DAY 25</b> Stop, pause and meditate</p>
 <p><b>DAY 26</b> Rest and recuperate</p>	 <p><b>DAY 27</b> Try being dry</p>	 <p><b>DAY 28</b> Move</p>	 <p><b>DAY 29</b> Fresh and frozen</p>	 <p><b>DAY 30</b> Try something new</p>	 <p><b>DAY 31</b> Don't stop here</p>	<p><b>Congratulations!</b> Take some time to reflect on how far you've come this month and how you have started in a place of strength, control and investment in your health to set up your year...and decade!</p>



# JANUARY 2020

31 day challenge

## New Decade New You



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p><b>Bulk up your meals with the good stuff</b></p> <p>Nutritionally balance your meals by incorporating five different veggies. Think broccoli, spinach, beans, mushrooms, capsicum, sweet potato, zucchini, tomato, pumpkin etc.</p>	<p><b>Move away from the screens</b></p> <p>At work or home, take a break from your computer or the couch every 30 minutes. If you're at work challenge the rest of your team to 'squat o'clock' by getting everyone to squat at their desk for 1-2 mins every hour.</p>	<p><b>Mindfulness Challenge: Stop internal chatter</b></p> <p>Pick a colour (i.e blue) and think of the "what" and "how".</p> <p>What: observe your surroundings and look for all the blue objects and describe in detail the object and shade of blue.</p> <p>How: think about each detail in full before moving on to the next one.</p>	<p><b>Cleanse your kitchen</b></p> <p>Ditch the sweet nasties in your pantry and fridge - processed, packaged and refined snacks/treats. This includes all the chocolate, bickies, soft-drinks, sauces or spreads, chips and juices living in your kitchen. Out of sight, out of mind we say!</p>	<p><b>Prep your meals</b></p> <p>If you fail to plan, you plan to fail. Write a list and check it twice, then head to the shops to grab what you need. Dedicating an hour or so to prepping your meals for the week will not only help you positively set up your week but save you the cost of buying takeaway every day or preparing a meal each night.</p>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<p><b>👉 Tune out to tune in</b></p> <p>Australian's are spending more time on screens than sleeping. Too much screen time can negatively impact on your mental and physical health. So, today disconnect from technology for an hour and do something you love like reading, writing, painting, cooking, gardening etc. <a href="#">Powering-down will improve your creative juices</a> and allow you to enjoy the present moment.</p>	<p><b>Move where you can</b></p> <p>Challenge yourself to one or all of these today:</p> <ul style="list-style-type: none"> <li>• Stand during phone calls</li> <li>• Take the stairs</li> <li>• Walk to the bus stop or train station if you catch public transport</li> <li>• Have a standing or walking meeting</li> </ul> 	<p><b>Mindfulness Challenge: Breath</b></p> <p>Sit or stand and place one hand on top of your belly and the other in the middle of your chest. Inhale through your nose so that the hand on your belly moves outwards whilst the hand on your chest remains still. Hold for three counts and breath out through your mouth. Continue for 3 mins.</p>	<p><b>👉 Me, myself and I</b></p> <p>Practice one or more of these ten self-care tips today:</p> <ol style="list-style-type: none"> <li>1. Sleep more</li> <li>2. Exercise</li> <li>3. Eat well</li> <li>4. Say no, more</li> <li>5. Take a solo trip</li> <li>6. Pet an animal</li> <li>7. Get organised</li> <li>8. Cook</li> <li>9. Read a book</li> <li>10. Make time for yourself and stick to it</li> </ol>	<p><b>👉 Swap out the coffee</b></p> <p>We're not saying go cold turkey, but reducing your caffeine intake has its perks (no-pun-intended). Reducing anxiety, improved sleep, more absorption of nutrients, improving cognitive behaviour, decreasing blood pressure and improving the balance of hormones for women are all benefits of reducing caffeine in your diet. Try a few different flavoured herbal teas as an easy alternative. Dandelion tea is similar in taste and has a <a href="#">list</a> of health benefits.</p>



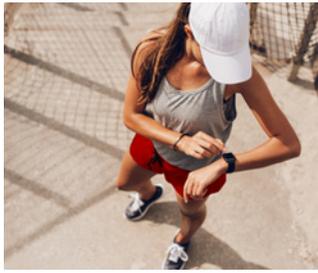
# JANUARY 2020

31 day challenge

## New Decade New You



DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<p><b>Chew consciously</b></p> <p>Disconnect from all your devices during mealtime today to promote healthy eating habits. It can be very easy to overeat while you're distracted on a phone call, swiping through social media or watching TV. So, sit down, think about what you're eating and put your fork and knife down between each bite. You'll find you enjoy your meal even more.</p>	<p><b>☛ Vitamin sunshine</b></p> <p>Even though we live in the Sunshine State it's common for Queenslanders to be deficient in Vitamin D. Enjoy lunch outside today in a nearby park or outside courtyard to boost your Vitamin D intake. 15-30 minutes of sunlight on your skin will <u>improve your absorption of calcium and phosphorus that help your body maintain strong and healthy bones.</u></p>	<p><b>Mindfulness Challenge: Sensations</b></p> <p>Sit or lie down, curl your toes in tight, squeeze, count to ten and slowly release. Then, move to your calves and do the same. Keep progressing up your body until you've done this to all muscle groups (thighs, buttocks etc), finishing with your face. This is a great trick at times of stress, anxiety or anger.</p>	<p><b>☛ Cool down</b></p> <p>During summer, you'll no doubt be looking for a way to reduce body heat. Cool down with this Acai berry and banana smoothie recipe that's jam packed with nutrients and simple to prepare. See the <a href="#">recipe</a> here.</p> 	<p><b>☛ Gratitude</b></p> <p>It's Friday! Write down five things that you're grateful for in life right now. Focusing on what you're grateful for can help put things in perspective and reduce your levels of stress by looking at the bigger picture. We've created a <a href="#">gratitude list</a> for you to print out and hang in your home, office or at work, so you can be reminded.</p>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<p><b>☛ Pass the salt</b></p> <p>Take some time this weekend to make a trip to the ocean. The sea air will increase your happy hormone, serotonin by the charge of negative ions in the air. Taking a dip in the ocean's salt water can also have <u>physical benefits like oxygenating your blood to regulate blood sugar levels.</u> Remember to slip, slop, slap!</p> 	<p><b>☛ Get your forty winks!</b></p> <p>With an endless to-do list and our lives being busier than ever, it's easy to forget the basics, like getting enough sleep. Lack of sleep can increase insulin resistance, imbalance your appetite hormones and lower physical and mental performance. Make an effort tonight to get into bed by 7.30-8pm, so that you are preparing your body for sleep by winding down early.</p>	<p><b>☛ One, two, step</b></p> <p>Physical activity is not only good for your physical health, but your mental wellbeing too. Challenge yourself today to complete 10,000 steps. <a href="#">Download the App</a> here so you can start logging your progress.</p> 	<p><b>Mindfulness Challenge: Walk the talk</b></p> <p>Walking meditation can allow us to guide ourselves out of the constant cycle of inner dialogue we sometimes have. So, take a walk today and pay attention to your steps, movement in your legs and body and if you notice your mind drifting back to the cycle, focus your mind once again on the sensation of the movement you feel.</p> 	<p><b>☛ Spice up your life</b></p> <p>Herbs and spices have a list of medicinal properties that carry a range of <a href="#">health benefits</a>. Try incorporating one of these 10 powerful herbs and spices into your meals:</p> <ol style="list-style-type: none"> <li>1. Cinnamon</li> <li>2. Sage</li> <li>3. Peppermint</li> <li>4. Turmeric</li> <li>5. Basil</li> <li>6. Cayenne Pepper</li> <li>7. Ginger</li> <li>8. Fenugreek</li> <li>9. Rosemary</li> <li>10. Garlic</li> </ol>



# JANUARY 2020

31 day challenge

## New Decade New You



DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<p>👉 <b>Ready, set, roll</b></p> <p>Try this Vietnamese lemongrass beef rice paper rolls <a href="#">recipe</a> for a clean, fresh alternative.</p> 	<p>👉 <b>Switch it up</b></p> <p>Take a new route/ mode to work today. If you normally drive, try taking public transport - or if your feeling ambitious try cycling, walking, or running. When you trick your brain into having to think more, your innovative senses will be increased by changing your input naturally.</p>	<p>👉 <b>Be kind</b></p> <p>Practice a random act of kindness today. This can have a range of benefits for you like an increase in energy, happiness, lifespan and serotonin. Here's some ideas to get you started:</p> <ul style="list-style-type: none"> <li>• Buy someone a coffee</li> <li>• Make someone a meal</li> <li>• Send a 'thank you' email to one of your colleagues/ friends/ family members</li> <li>• Pick up rubbish</li> <li>• Donate clothes, books or other items to a not-for-profit</li> </ul>	<p>👉 <b>Enjoy a meatless meal</b></p> <p>Try <a href="#">this delicious recipe from Dr Libby Weaver</a> for a healthier alternative to one of the most popular Asian takeaway orders.</p> 	<p>👉 <b>Stop, pause and meditate</b></p> <p>Meditating has a list of health benefits including:</p> <ul style="list-style-type: none"> <li>• Stress reduction</li> <li>• Controls anxiety</li> <li>• Promotes emotional health</li> <li>• Enhances self-awareness</li> <li>• Lengthens attention span</li> <li>• Reduces age-related memory loss</li> <li>• Improves sleep</li> </ul> <p>Take 5-10 minutes this morning to invest in your mental health. <a href="#">Here's a list</a> of the best meditation Apps around.</p>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<p>👉 <b>Rest and recuperate</b></p> <p>More isn't always better. Today you've earned a rest day! These are just as important as maintaining a regular exercise routine. Some of the <a href="#">health benefits</a> of taking a rest day include; the prevention of muscle fatigue, reduces injury risk and increases sleep activity.</p>	<p>👉 <b>Try being dry</b></p> <p>Start off your week alcohol-free and follow it through til the rest of the week. Cutting down on alcohol can reduce your risk of developing chronic diseases like cancer, not to mention taking a load off your expenses. Have a look at <a href="#">these tips</a> on how to adjust to your alcohol-free lifestyle.</p>	<p>👉 <b>Move</b></p> <p>Challenge yourself today by moving with <a href="#">this workout routine</a> that you can complete at home, in a park or at the gym.</p> 	<p>👉 <b>Fresh and frozen</b></p> <p>Try this quick and easy <a href="#">recipe</a> for a delicious Choc-Cherry Sorbet Cake recipe by Laura Lombardozi.</p>	<p>👉 <b>Try something new</b></p> <p>Adaptability can go a long way. Taking that new exercise class or starting that fitness challenge can get you out of that rut you might be feeling and help you kickstart your motivation again. <a href="#">Try this</a> workout to get you started.</p>



**Day 31**  
**Don't stop here**

**Congratulations! It's your last day of the challenge. Take some time to reflect on how far you've come this month and how you have started in a place of strength, control and investment in your health to set up your year and decade!**

**Take the learnings you have gained from this and keep them going into the future!**