

AJ'S 7-DAY WELLBEING PROGRAM

Whenever you feel like you have lost control of your well-being, Andrew challenges you to commit to his 7-day, ten-point wellbeing program.

You won't know yourself after seven days of this program. It includes 10 simple actions to kick start you back on to a healthier, happier more positive path.

AJ's 10 steps to a happier, healthier more vibrant you:

1. Get up every morning and go straight to the bathroom, look in the mirror and say to yourself; ***"I am in the process of cleansing my body and becoming a happy, healthy and vibrant person"***
2. Eat a small amount of watermelon, cantaloupe or pineapple within 10 minutes of getting up, each day.
3. Eat a healthy breakfast 15-20 minutes later, each day.
4. Drink at least 2 litres of purified, filtered or bottled water each day (avoid tap water at all costs).
5. Eat 2-3 pieces of fresh fruit each day.
6. Eat 3-4 different coloured vegetables each day
7. Eat fresh deep sea fish 2-3 times this week (fish includes; sardines, salmon, tuna, trevally, rockling, snapper, flathead)
8. Do some type of exercise each day for 30 mins or more (includes; walking, swimming, jogging, cycling, rollerblading, resistance training, yoga, pilates, tai chi, stretching, dancing etc.)
9. Each morning write 5 things that you are grateful for and read the list before you go to bed each night.
10. Spend time each day with some one you care about.

THE CHALLENGE:

This program is an all inclusive program. Andrew challenges you to discipline yourself for the 7 days and follow the program 100% and commit to the 10-point plan to the letter. If you don't Andrew cannot guarantee the results you will get. He can guarantee that if you do make the effort and follow it for the 7 days you will be in a significantly better place in one week's time.

So, take Andrew's advice:



Do one brave thing today... then run like hell!