

AJ'S 7-DAY ACTIVITY FOCUS

So far we have cleansed the mind, cleansed the colon and now it is time to spend a week to get those muscles and energy systems working.

Andrew challenges you to commit to the following 7-day activity program to get you back, or to begin to enjoy the incredible benefits of regular exercise.

One of the keys to success in any exercise program is not to focus on the discomfort of the activity (if there is any), but to focus on how great you will feel when you have finished the session

Imagine how great you will feel after committing to the following 10 point activity plan:

1. Get up every morning and go straight to the bathroom, look in the mirror and say to yourself; ***"I feel lean, fit, healthy and energised"***
 2. Eat your healthy breakfast and regular healthy snacks and meals every 2-3 hours
 3. Drink at least 2 litres of purified, filtered or bottled water each day (avoid tap water at all costs).
 4. ***Day one*** – Walk with loved one for 60 minutes
 5. ***Day two*** – Attend yoga, tai chi or meditation class
 6. ***Day three*** – Go for a run, bike ride and/or swim for 30-60 minutes
 7. ***Day four*** – complete strength session (at gym or download 'indoor exercise program' from downloads section of this website)
 8. ***Day five*** – Play fun sport (eg. Tennis, golf, basketball, volleyball etc)
 9. ***Day six*** – Activity with loved one (eg. walk, dance, rollerblade etc)
 10. ***Day seven*** – Go for a bike ride (if you don't have a bike – borrow one)
- *These sessions can be mixed up to suit your schedule and preferences – as long as each session is completed and each day includes some activity*

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 – ENJOY THE FEELING OF EXHILARATION!!

