

STUDIO 5

10 Pound CHALLENGE

HEALTH CODE OF CONDUCT

For the next 30 days, I agree to:

1. REFLECT ON MY CURRENT HEALTH HABITS.

Before starting any weight-loss program, reflect on your daily patterns. How do you eat? How much do you exercise? Be honest with yourself. Most of us know what we need to do... we just need motivational triggers/ thoughts to do it. Write down 3 things you'll work on for the next 30 days. If you aren't sure, here are 4 good starting points:

- I will eat 25% to 30% less than I do now.
- I will increase my intake of high-quality plant-based foods (veggies, fruits, nuts, beans).
- I will exercise for at least 30 minutes, 3 days per week.
- I will stay positive and "trust the process" by doing good things for my body before I make any judgments about these lifestyle changes.

2. CREATE A CALORIE DEFICIT.

To lose weight, you need fewer calories. Period. Don't spend a lot of time trying to figure/track exactly how many calories you need a day. What your body really needs is change. Create a deficit from your current calorie intake and you're more likely to see pounds come off.

3. DON'T BE AFRAID OF A LITTLE HUNGER.

Being hungry doesn't mean you are going to starve. Most of us feel a pang of hunger and immediately reach for whatever edible thing is closest. Tell yourself hunger is okay, and that you can eat in a few hours. The truth is, you'll never go long without food in today's fast-paced, food-filled society. Don't take it too far, though; we need to eat to fuel vital organs and to keep our metabolism running efficiently.

4. SWEAT... MORE THAN YOU DO NOW!

Whatever you do for a workout right now, realize that to lose 10 pounds, you are going to have to increase it! If you don't currently work out, start. If you currently work out, add a notch of intensity.

5. STAY POSITIVE

Don't quit before you give this a full 30 days. And please don't quit just because you have a bad day. You can start over at any moment you choose. Bad breakfast? No worries - just eat better at lunch. Bad day? Fine. Eat better tomorrow. Never give up because of one unhealthy choice.