

HELP! WHAT DO I DO NOW?

The Post Christmas Plan

Well I don't know about you...but as I sit here writing this on the day after christmas I know I have officially eaten too much! How about you? It seemed like a good idea at the time and there was far too much amazing food to not try everything! Right? The problem for me was waking up this morning and putting my hand on my stomach and hoping it will not seem bigger, but feeling a little bit more flab than there used to be! The big question that most people ask is *'what do I do now?'*



The problem is that it isn't just Christmas Day is it? If that was the only day we had to worry about then we would be laughing. Unfortunately Christmas Day is like the Grand Final and the last event after a season of indulgence that started back in November. So often, after that amazing meal or meals on December 25, the photo on the left represents how most people feel. Do you relate?

You have a couple of choices as you read this article. You could say to yourself, *'I feel horrible and I really couldn't be bothered doing anything today, I will start tomorrow. In fact I will wait until after New Years Eve, because there is no point doing anything until then'*. This is what most people will say and they will take another week justifying their lack of activity and over-indulgence which will make getting started even harder.

Your other choice is to say, *'I had a brilliant Christmas and yes I did overdo it a bit but I enjoyed every second of it. Today, however, I will get my plum pudding butt into gear and my healthy eating and exercise regime started. I will wait no longer'*. If this is where you are at then we are together on this. So I would love to lay out a game plan for you to get yourself back, looking and feeling fabulous and firing on all cylinders in no time at all.

Where to start TODAY

The first thing you need to do is make the decision that you will **start right now** and not put it off any longer. Have you eaten breakfast today? That is your first step, if you haven't go and eat a small but fresh and healthy breakfast – some fresh fruit and yoghurt, some muesli or porridge, or some multi grain toast with avocado and tomato. Just before you eat it, drink a big glass of purified water.

After you have eaten, put on your exercise shoes and outfit and go for a 45 minute walk and enjoy the amazing sights, sounds and smells of the world around you as well as kicking off your exercise regime. For the rest of the day drink at least 2 litres of purified water and eat lots of fresh fruit and vegetables. How does this sound? Pretty simple right? This is a great start.

The next seven days

If you are up for it I would like to suggest a special 10 step process for you to follow for the next seven days starting tomorrow. Yes I know New Years Eve falls within that next seven days - so what?! You can follow the plan and still have a great time on New Years Eve!

The **Seven Day Power Wellbeing** Plan:

- 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.

If your health and wellbeing is really important to you and if starting 2010 with energy, enthusiasm and excitement is a priority then I challenge you, for the next seven days, to follow the above plan to the letter. I can guarantee that if you do that then you will feel amazing as a result.



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

Do it today, I dare you and have a happy, healthy and prosperous 2010