

# 40 DAY FUEL AND FITNESS CHALLENGE

40 DAYS OF EXERCISE | 40 DAYS OF CLEAN EATING

## The Key Components of the Challenge are:

### ACCOUNTABILITY.

All you need is A PARTNER (strongly encouraged, but optional 😊) and a phone to communicate with us (Sterling Community Wellness Center) via GroupMe.

(We will add you to the group in GroupMe app. All you need to do is download the app!)



### ANYONE CAN DO IT.

You can be at any level of fitness as long as you have the desire to better yourself and change your lifestyle. We are here to help you transform and reach your goal.

- The Challenge features 40 days of “no junk food” and 40 days of exercise/mindful movement.  
(15 days of the 40 being logged at/checked in at the Sterling Community Wellness Center.)
- We will provide you with workouts as options to use.

Examples/Suggestions: (Again, these are only examples/suggestions)

- Monday: 5km run/walk/bike
- Tuesday: Full body HIIT
  - Option: RevWellTV (it’s FREE!)  
(<https://www.revelationwellness.org/rwtv/>), or see attached ideas. 😊
- Wednesday: Restorative Yoga Flow
  - Option: RevWellTV search “Rev on the Mat” (it’s FREE!)  
(<https://www.revelationwellness.org/rwtv/>), or see attached ideas. 😊
- Thursday: Upper body strength training
  - Option: RevWellTV (it’s FREE!)  
(<https://www.revelationwellness.org/rwtv/>), or see attached ideas. 😊
- Friday: Brisk 30 minute cardio and stretch
- Saturday: Lower body strength training
  - Option: RevWellTV (it’s FREE!)  
(<https://www.revelationwellness.org/rwtv/>), or see attached ideas. 😊
- Sunday: Brisk 30 minute walk and stretch

# 40 DAY FUEL AND FITNESS CHALLENGE

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Setting fitness and food goals is a powerful way to get motivated. With your sights set on something, you're more likely to put the effort in. Challenges are a great way to do that. Fitness and food challenges can be just the drive you need to **kick start or continue your health journey** with enthusiasm.

The thing with challenges is that they have to be challenging. Sounds obvious, but setting the bar too low won't lead to the same sense of achievement as something that made you push yourself. Setting yourself something that takes real effort, determination, and vigor will give you the best results.

### What is the 40 day challenge?

The 40-day challenge is a challenge that lasts 40 days. (Simple enough) 😊

January 10<sup>th</sup> – February 18<sup>th</sup>

- To follow it, you need to exercise (mindful movement) every day for 40 days (15 days logged in at SCWC) and cut out all junk food for the 40 days. And those are the only rules.
  - The form of exercise you take is totally up to you. It allows you to have variety, choose your favorite exercises, switch up your routine, make it easier on certain days, develop different types of fitness, and learn about your body. The crux of it is committing to moving every day for a sustained period.
  - For 40 days we will focus on good, simple, wholesome nutrition. Cut out all chips, chocolate, fast food, muffins, cakes, donuts, pastries, candy, cookies, biscuits, white bread.

### What exercise should I do in the 40 day challenge?

The great thing about the 40-day challenge is that it allows for various types of exercise. The variety means you won't get bored as quickly.

Make sure to choose a selection of exercises for each day of the week that range in intensity and length. One of these should essentially be an active rest day involving a restorative stretch session or a steady walk. At the other end of the spectrum, aim for a longer walk/run/bike or a HIIT session that will help you progress with different elements of your fitness.

The challenge itself is to encourage movement each day, not hardcore exercise that results in burnout or injury.

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### How to get started with the 40 day challenge

The first thing to do is to plan your week. Plot out the exercise that you're going to do on each day of the week. Choose from a variety of aerobic, strength, and mobility types of exercise. Make sure they range in length and intensity. Figure out when you're going to do them.

An example week could look like this:

*Monday: 5km walk/run/bike*

*Tuesday: Full body HIIT*

*Wednesday: Restorative Yoga Flow*

*Thursday: Upper body strength training*

*Friday: Brisk 30 minute walk/bike/run and stretch*

*Saturday: Lower body strength training*

*Sunday: Brisk 30 minute walk and stretch*

Planning one week at a time allows you to tailor the following week based on how you felt. It might have been too much. It might not have been enough. Listen to your body.

To help yourself along the way, get others to join you in the challenge. Embarking on the 40-day challenge in a group is an excellent way to help keep you motivated, encouraged, and celebrate successes. Plus, you'll have people who get it when you don't want to move from the sofa on a Sunday. 😊 That's why we are requiring this be done with a partner.

### Why should I do the 40 day fitness and fuel challenge?

It's important to know that this isn't a 40-day body transformation challenge. It's not an aesthetic thing. It's not designed to burn you out or make you feel guilty for not exercising or not eating "right." It's a step towards improving your fitness and overall wellness, trying out different activities, and a reminder that keeping active and fueling your body well can make you feel better in the long run.

It's a mental, physical, and motivational challenge to help you understand your relationship with exercise and food little bit better. Making a commitment to move more, fuel well, and investing time in your well-being.

### WE PROVIDE YOU WITH A CLEAN EATING STRATEGY.

For 40 days we will focus on good, simple, wholesome nutrition. Cut out all *chips, chocolate, fast food, muffins, cakes, donuts, pastries, candy, cookies, biscuits, white bread.*

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## JOIN US FOR EXCLUSIVE LIVE SESSIONS.

There are several opportunities for live classes, ranging from HIIT, Barre, Kickboxing, Drumsticks, and so much more!

Classes available:

- ✓ Monday, Wednesday, Friday mornings (5:15am-6:00am) @ CrossPoint-Sterling
- ✓ Monday evenings (5:30pm-6:15pm) @ Educational Building in Lyons, by Methodist Church
- ✓ Tuesday mornings (6am-6:45am): Weights Circuit @ the Sterling Community Wellness Center Weight Room (SCWC)
- ✓ Thursday mornings (6am-6:45am): Cardio (Reving the Word) @ SCWC

## WE'RE WITH YOU EVERY STEP OF THE WAY.

You will be welcomed to our GroupMe Group community wherein we will provide coaches who aim to guide you on a transformative journey of fitness and will also include other Challenge participants. This GroupMe group has been instrumental in the success of all journeys, as peer groups help you to stay motivated, learn more and become fitter, stronger and better. We will be each other's "get better friends/community."

## The Cost

The cost of 40 day Challenge is \$25 per participant and must be a member of the Sterling Community Wellness Center. (SCWC)

## Winnings and Prizes!

For each day that you successfully achieve exercise (20+ mins) give yourself **ONE point**.  
(x 40 days = **40 points possible**)

For each day that you successfully achieve no junk food, give yourself **ONE point**.  
(x 40 days = **40 points possible**)

Extra Credit Points: extra points given if you post a sweaty selfie and/or pictures of your fuel (food) sometime during the day to the GroupMe Group. (Up to **20 extra credit points given**)

**Total Points Possible: 100**

**The top 5 teams and/or individuals with the most points will be entered into a drawing for cash \$\$ prizes!**

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## Registration of Team

1. Form a team of 2.  
\* \$50.00 team fee (\$25/person) must be paid by January 4<sup>th</sup>, 2022\*
2. Choose a unique name for your team.
3. Both members of the team must complete a health history form and a liability waiver for the SCWC. Membership fees with the SCWC must be maintained for the entire length of contest.
4. Team members cannot be replaced during the competition.

### Sterling Community Wellness Center

Address: 411 North 4<sup>th</sup> Street Sterling, KS 67579

(located across from the softball fields)

Phone: (620)278-2357

Website: <http://sterlingrec.tamara-heitschmidt.com/wellness-center/>

\*\*\* Like "Sterling Community Wellness Center" page on Facebook \*\*\*

***So if you're ready to take on the challenge...***

***Fill out the Registration form attached and Let's GO!***

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**Register your team today at**  
*The Sterling Community Wellness Center*

**620.278.2357**

411 N. 4<sup>th</sup> St., Sterling, KS

## **Hours of Operation**

Monday-Friday 5:00am - 9:00pm

Saturday 8:00am - 12pm (noon)

Closed on Sunday

**Team Name** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_ **Paid (\$25)** \_\_\_\_\_

**Phone Number: (for GroupMe)** \_\_\_\_\_

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_ **Paid (\$25)** \_\_\_\_\_

**Phone Number: (for GroupMe)** \_\_\_\_\_