

Spring Nutrition Challenge '17 May 1st-June 11th(6 weeks)

This is not a weight loss challenge it is a **health and lifestyle reboot**. Many will find that body fat is lost as a side effect. Diet is only 1 part of maintaining a healthy and balanced life.

We will be following a paleo diet. Along with the nutritional aspect we will be focusing on drinking enough water, getting enough sleep and staying active. You will be rewarded for staying strong and checking off all the daily points. Don't worry if you have a sweet tooth or want to celebrate a friends birthday with a drink. There will be ways to make up any 'lost' points.

What is Paleo?

The Paleo Diet is an effort to eat like we used to eat back in the day...WAY back in the day. If a paleolithic woman couldn't eat it, neither can you. This **means** you can eat anything we could hunt or gather – meats, fish, nuts, leafy greens, regional veggies, and seeds. Sorry, the pasta, cereal, and candy **will** have to go! We will be following the guidelines below with a few exceptions.

Yes:

- Meats
- Fish/seafood
- Fresh fruits
- Fresh vegetables
- Eggs
- Honey
- Nuts
- Seeds
- Grass-fed butter or Ghi
- Healthy oils (olive, walnut, flaxseed, macadamia, avocado, coconut)

No:

- Hot Dogs etc.
- Grains(rice etc)
- Legumes(peanuts)
- Sugar and sweeteners
- Dairy(butter/milk/yogurt)
- Processed foods
- Vegetable oils
- white potatoes
- Fruit Juices

Exceptions:

Quinoa, sweet potatoes, protein shakes

*If you have a crazy metabolism or dietary restriction please speak to Renee or JRod and we will figure out a dietary exception based on your needs.

Check out the website 'Paleo Diet 101' for some more information and inspiration.

<https://paleoleap.com/paleo-101/>

6 categories to earn 8 daily points(55 total points a week)

1) Water = 1 point

You must drink half your bodyweight in ounces of water PER DAY. Coffee, tea and juices do not count towards your daily goal.

2) Eating clean = 3 points

This is very straight forward. If you have eaten clean ALL DAY, then you get 3 points. Now it gets a little less straightforward. If you decide to have one cheat item then you only get one point. Now this does not mean one cheat meal. Whatever the poison, you may only consume that item in one serving size to still earn that one of three points. So if you open a bag of cheesy puffs and there are three servings for the entire bag, you can still get one point for the day as long as you eat no more than one serving. Don't think you're safe by eating less than a serving either. One cheesy puff still means you lose two of the three daily points. A cheat is a cheat is a cheat(except quinoa).

3) Daily Food Log = 1 point

You must log EVERYTHING, including condiments (chances are they are on the bad food list). You can go old school with pen and paper if you like. It would be a good idea to have a dedicated food log notebook. You can also use the My Fitness Pal app.

4) No Alcohol = 1 point

Just don't do it. If you need a drink that bad, maybe you should be reassessing your priorities.

5) Getting in the Gym= 1 point

To keep up with your goals, we need to see your face in the gym. That doesn't necessarily mean you have to work out when you come in. If you are sore, we recognize you need rest and have the option to come in and mobilize or use the sauna. **Resting your body when it needs it is just as important as exercising.** We also don't discourage your own pursuit of a fitness lifestyle. The only way to earn this point outside of the gym are yoga, spin, some kind of aerobics class or running **at least three miles**. This is not negotiable.

6) 8+ hours of sleep = 1 point

Sleep is when we recharge our minds AND bodies. We repair and build more muscle during sleep. So if you have hit a wall it may not be that you're not training enough it may be that you're not sleeping enough. Getting enough sleep also helps to keep our stress levels low. A tired and stressed body does not perform well. It also messes with our metabolism.

How it works:

\$30 buy in. At the end of the challenge if you have earned at least **250 daily log** points then you will get a high five and \$10 back. The rest of your buy in will be rewarded to the top 2 athletes with the most points, benchmark improvements and measurement goals +/- (some people's goals are to lose fat while others are to gain muscle).

Extra Credit Points 20 per week(8pm sunday night deadline)

Week 1: 300 burpee pull ups(bar must be just out of reach when standing flat footed)

Week 2: cals on AB (450/400) (anything done in class counts)

Week 3: 10 miles of running (break up as needed / class does NOT count)

Week 4: 60 minutes of planking (high/low/side counts. Be smart/ break it up)

Week 5: 800 walking lunges (knees must touch ground(use knee pads !)

Week 6: 10K row (break up as needed/ anything done in class counts)

Extra Credit Photo Challenges 20 points per photo

There will only be 3 photo challenges(TBD) and the photos must be posted to the facebook page in order to get the credit. Pay attention when the challenge is announced as there will be different rules for all 3. Failure to meet the rules will disqualify you for the 20 points. No redos.

Everyone will be encouraged to join the Facebook group “**Spring CFT Nutrition Challenge**” . This is where questions and concerns can be posted. Sharing of recipes and helpful hints for coping with the new dietary restrictions.

Week 1 everyone has until May 7th to get the following:

Measurements: Chest:_____. Waist:_____. Thigh:_____. Weight:_____.

What is your goal for this challenge?_____.

Benchmark #1 ” Time:_____.

AMRAP 8

8 wall balls

8 burpees

8 sit ups

8 kbs (53/35)

Benchmark #2 “Fight Gone Bad” score:_____.

3 Rounds of

1 minute: wall balls(20/14)

1 minute: S.D.L.H.P (75/55)

1 minute: box jumps(24/20)

1 minute: Push press from rack(75/55)

1 minute: cals on rower

1 minute rest

Week 6 everyone has until June 11th to retest and measure

Measurements: Chest:_____. Waist:_____. Thigh:_____. Weight:_____.

Benchmark #1 Score:_____.

Benchmark #2 Time:_____.