

60day
Challenge

GET STARTED

LIFETIME
HEALTHY WAY OF LIFE

ARE YOU **READY?**

Hey there. I'm Coach Anika and I started Life Time's Challenges back in 2010.

You've taken the plunge and signed up for the 60 Day—major kudos to you!

I challenge you to fully commit to these 60 days, because when you do, not only will you experience a physical change on the outside, but other areas of your life that you never even considered will benefit in a ripple effect.

This program means a lot to me and I'm excited to help you achieve get back to you this fall. I can't wait to support you to hit your goals.

Good luck!

... WHAT'S INCLUDED?

| WHAT IS IT? | WHEN IS IT AVAILABLE? | WHERE CAN I FIND IT? |
|--|---|--|
| 30-minute goal setting session with a Personal Trainer | Kick Off Weekend: February 10-12 | In-Club |
| Exclusive discounts on select Life Time Training products and services | Kick Off Weekend: February 10-12 | In-Club or shop.lifetime.life |
| 60-Day Swag Pack: Participant packet and bracelet | Kick Off Weekend: February 10-12 | In-Club |
| Weekly fitness & nutrition classes - Try-It Tuesdays and Sampler Saturdays | Tuesdays or Saturdays Club specific schedule | In-Club |
| Weekly progress check-ins | Before or after weekly in-club classes | In-Club |
| Online progress tracker for motivation and accountability | Updates Sundays at 9:00am CST | lifetime60day.com |
| Unlimited access to online coaching with the 60-Day Coaches | Throughout the 60 Day | transformationteam@lt.life |
| 8-Week Transformation Program <ul style="list-style-type: none"> • Daily workout • 80+ 60-Day Coach approved recipes • Weekly coaching tips and videos | Throughout the 60 Day | lifetime60day.com/this-week |
| Get Started Guide <ul style="list-style-type: none"> • Cardio and Strength Training guides • Nutrition guide • Grocery list • Supplement Guide • Transformation Team tips | Now! | lifetime60day.com/this-week |

... YOUR TO-DO LIST

PRE-KICKOFF

- [Schedule](#) your initial consultation
- Read through this guide to prepare for the 60-Day
- Stock your fridge with healthy foods and clear out any food that doesn't fit into your program

KICKOFF WEEKEND

- 30-minute consultation with a Personal Trainer
- Stock up of services and supplements
- Take three “before” photos – front, side and back

DURING THE 60-DAY

- Complete weekly progress check-ins
- Attend in-club Try-It Tuesdays or Sampler Saturdays
- Complete the daily workout and check the online program for daily for tips

ACHIEVEMENT WEEK

- Complete your final check-in April 2-7
- Take three “after” photos – front, side and back
- [Submit](#) your photos and story April 2-10
- Vote for the grand-prize winner April 23-25
- Watch the website May 2nd as we announce all winners at 12:00pm CST

... YOUR PROGRAM

As a member of the 60-Day, you receive a full 8-week Transformation program written by our experts at Life Time to help you develop healthy habits and reach your goals. Every week, new workouts and educational content will be loaded on the 60 Day website, like recipes, motivational tips, past success stories and more. Here's what you can expect each day of the week:

| | TIP | WORKOUT |
|-----------------------------------|---|----------------------------------|
| SELF-CARE SUNDAY | Batch Cooking Recipe | 60 Minute Walk |
| MOTIVATIONAL MONDAY | Motivational Video | High Intensity Interval Training |
| TEACH-ME TUESDAY | 30-min Low Intensity Cardio OR Try-It Tuesday Class Workout | |
| LEARN & BURN WEDNESDAY | Trainer Tip Video | Total Body Resistance Training |
| TRANSFORMATION THURSDAY | Past Member Success Story | High Intensity Interval Training |
| FOODIE FRIDAY | Highlighted Recipe of the Week | Total Body Endurance Training |
| SAMPLER SATURDAY | 30-min Low Intensity Cardio OR Sampler Saturday Class Workout | |

Your daily program and workouts can be found at www.lifetime60day.com/this-week

... MEET YOUR COACHES



COACH ANIKA

As the leader of the Transformation Team and head program manager of the 60-Day, Anika has led thousands of 60-Day participants to their finish line. She's a Personal Trainer, Registered Dietitian, Sports Nutritionist and Life Time's original virtual coach. In fact, she's spent her entire career building Life Time's nutrition and weight loss programming. When she's not at work, she enjoys reading, lifting weights and practicing yoga with her toddler.

SPECIALTIES

- Metabolic Testing
- Lab Testing
- Nutrition Coaching
- TEAM Weight Loss
- Weight Loss Coaching

COACH PAUL

Paul is a Registered Dietitian, Personal Trainer and Ironman finisher who gave up working in Hawaii in favor of a career with Life Time. He started at the Healthy Way of Life Company eight years ago and in that time, has helped formulate the pharmaceutical-grade supplements you'll find in our LifeCafé and online store. Paul's expertise lies in the small details of the body's functions. But his true passion is inventing healthy alternatives to everyone's favorite meals. And he's good at it.

SPECIALTIES

- Metabolic Testing
- Lab Testing
- Endurance Training
- Nutrition Coaching
- TEAM Weight Loss
- Weight Loss Coaching



... FREQUENTLY ASKED QUESTIONS

1. **WHEN DOES THE 60-DAY START?**

The 60-Day begins February 10-12 with Kickoff Weekend, the official start of the 60-Day. It's the time when members complete an initial consultation with a Personal Trainer and do their first official weigh-in. During this weekend only, exclusive discounts are available to participants.

2. **WHAT ARE THE WEEKLY CHECK-INS AND WHY SHOULD I DO THEM?**

Lots of reasons! It gives you a starting place, provides accountability, allows you to assess changes and serves as a weekly progress tracker. Every time you weigh-in a Personal Trainer will enter the information into the 60-Day system. When the online progress tracker refreshes on Sundays, you'll be able to see how your change compares to others in the program as well!

3. **CAN I WEIGH MYSELF IN?**

Nope—weigh-ins have to be completed with a Life Time Personal Trainer so that they can validate the information and enter it into the system manually.

4. **WHAT DO THE WEEKLY CHECK-INS TRACK?**

For each weekly check-in, we utilize a scale called the InBody. The InBody is able to calculate a wide range of objective measurements, like weight, lean body mass, percent body fat and even hydration. We use these scales because we understand pounds is only a small piece of the big picture. You can be making improvements in overall body composition even when your weight isn't changing!

5. **WHAT IS THE ONLINE PROGRESS TRACKER AND WHERE CAN I FIND IT?**

The online progress tracker displays overall rank based on percent change in weight (for the weight loss category) or percent change in body fat percentage (for the transformation category). It is provided to show how you compare to others in regard to your percent change. It does **NOT** indicate winners or finalists. The progress tracker only refreshes on Sundays, so don't worry if it doesn't show your most recent weigh-in right away. You can find the weight loss progress tracker [here](#) and the transformation progress tracker [here](#).

6. **WHAT IS THE TRANSFORMATION TEAM?**

The 60-Day Transformation Team is a group of Registered Dietitians and/or Personal Trainers that bring more than 40 years of combined experience and thousands of tips and ideas to the program. Think of them as your own personal cheering squad when you're not at the club. Each week, the Transformation Team will be serving up weekly articles, tips, recipes, videos and more via email. You can email the team at anytime - No question is off limits! They will typically respond within 2 business days. You can reach the 60-Day coaches at transformationteam@lt.life.

... FREQUENTLY ASKED QUESTIONS

7. WHAT ARE TRY-IT TUESDAYS & SAMPLER SATURDAYS?

Try-It Tuesday and Sampler Saturday events are free classes that take place each Tuesday OR Saturday during the 60-Day. These events are primarily fitness classes (i.e. dumbbell training, group fitness classes, Pilates), but we start with one nutrition seminar to kick-off your program. These are a great way to learn tips from our fitness professionals and meet fellow 60-Day participants, and get a great trainer-led workout in every week. See your club's in-club class schedule [here](#).

8. WHAT IF I MISS A TRY-IT TUESDAY OR SAMPLER SATURDAY?

No problem! We can always share the participant guide or workout from the event – just email us as 60daychallenge@lt.life.

9. HOW DO I ACCESS THE DAILY WORKOUTS?

Once the 60-Day starts, you'll find your daily workout by visiting the [participant home page](#) on our website. From there, select the day of the week and it will display your workout along with an additional piece of content - curated specifically for this program - by the 60-Day Coaches! Access your weekly program here: www.lifetime60day.com/this-week.

10. HOW DO I ACCESS THE RECIPES, DAILY TIPS, & VIRTUAL COACHES?

All of the additional resources are available on the participant home page, www.lifetime60day.com/this-week. There you can see what's featured as the weekly content, and also select from the "Quick Links" area if you'd like to go directly to a page.

11. HOW CAN I WIN PRIZES?

To be eligible for prizes, you must do the following:

- a) Weigh-in with a Personal Trainer February 10-23.
- b) Weigh-out with a Personal Trainer April 2-7.
- c) Submit your 3 "before" photos (front, side & back), 3 "after" photos (front, side & back), and a personal essay/success April 2-10, by 9:00pm CST.

12. HOW ARE WINNERS CHOSEN?

A corporate committee reviews each entry and selects the top 10 men and women based on photos and stories. As the Healthy Way of Life Company, Life Time reserves the right to choose individuals who've made the greatest improvement in overall health and fitness while developing sustainable habits. The top 10 in each category will be included in the online voting process and the grand prize winners will be determined based upon their individual judging score (60%) and total online votes (40%).

... BEFORE AND AFTER

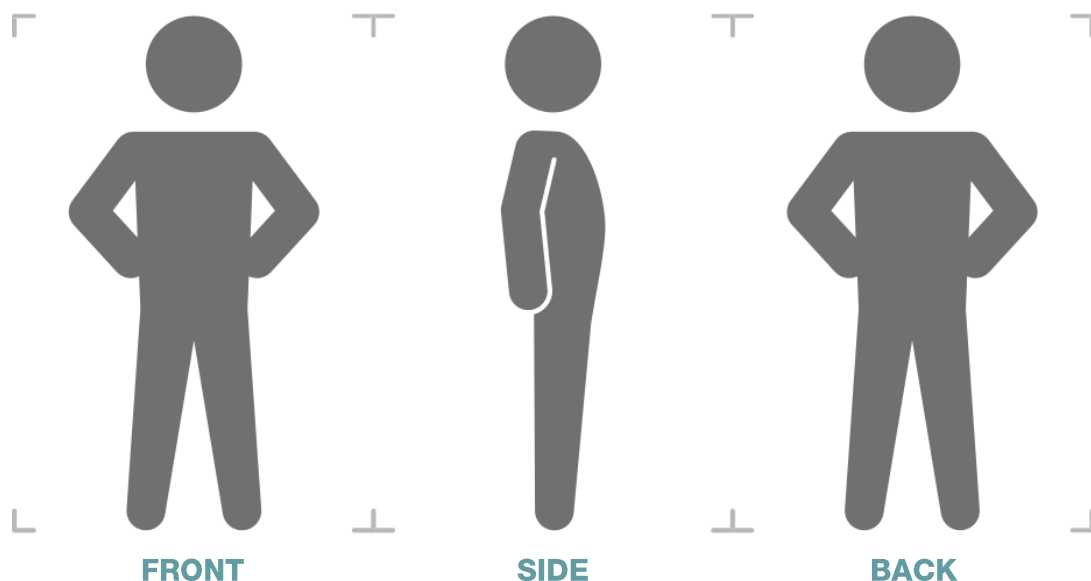
PHOTOS

Taking progress photos is an important part of any body transformation journey – even if you don't intend on sharing these photos with anyone. Progress photos are a great way to track your success beyond the scale, as your body's appearance may change even when the number on the scale won't budge.

For the purpose of the 60-Day, you will take three “before” photos: Front, side and back. We highly recommend these are taken *at home* and saved in a safe place on your home computer.

To receive top marks during judging, follow these guidelines:

- Dress in swimsuit or similar clothing – clothes in your after photos so closely resemble clothes in your before photos
- Clearly show 60-Day wristband – recommended, not required
- Show at least 3/4 body to show full transformation
- Stand comfortably, without pushing out or sucking in your stomach



DAILY
HABIT TRACKER

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|
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| | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
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Fill in the blanks with habits you'd like to maintain throughout the 60-Day program.
Shade in the box each day you achieve the habit.

DAILY

HABIT TRACKER

| | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 |
|--|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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Fill in the blanks with habits you'd like to maintain throughout the 60-Day program.
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NUTRITION



NON-NEGOTIABLES

- Focus on getting ample **PROTEIN** at every meal.
- Fill half of your plate with non-starchy **VEGETABLES** at every meal.
- If you're not used to preparing food, use more prepackaged foods for **CONVENIENCE**.
- Eat only when you are truly **HUNGRY**, not based solely on the clock.
- Supplement the food you eat with a high-quality **MULTIVITAMIN** and **FISH OIL** daily.
- Plan to eat at least 5 cups of colorful **VEGETABLES** each day.
- Drink at least 3 liters of **WATER** each day.
- Choose high-quality **PROTEIN** whenever possible.
- Add natural, unprocessed **FATS** to flavor your meals.
- DOCUMENT** your success with these strategies.

... YOUR PLATE

At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan. The healthy way of eating is a lifestyle, not a fad diet or the latest nutrition craze. By learning and practicing the healthy way of eating, you can maintain good health and manage your weight throughout your lifetime.

Here's what a healthy diet would look like for you, with minor adjustments made based on your individual goals.

FILL HALF YOUR PLATE WITH A RAINBOW OF COLORS

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumbers
- Green Beans
- Kale
- Leeks
- Lettuce
- Mushrooms
- Onions
- Spinach
- Squash
- Tomatoes
- Zucchini

NON-STARCY VEGETABLES

ADD FLAVOR WITH GOOD-FOR-YOU FATS

- Avocado
- Butter (or Ghee)
- Coconut Oil
- Nuts & Seeds
- Olive Oil

HEALTHY FATS

PROTEIN AT EVERY MEAL

- Beef
- Chicken
- Dairy Products (Cheese, Milk, Yogurt & Whey Protein Powder)
- Fish & Seafood
- Eggs
- Non-Animal (Chickpea, Rice & Pea Protein Powder)
- Pork
- Turkey

PROTEIN

FRUITS & STARCHES

STAY HYDRATEED

As a general rule, you should try to drink half of your body weight in ounces of water every day.

WATER

BERRIES ARE BEST

- Apples
- Blackberries
- Blueberries
- Pears
- Raspberries
- Strawberries

- Corn Beans
- Lentils
- Potatoes
- Sweet Potatoes
- Rice

... YOUR **GROCERY LIST**

PRODUCE (FRUITS & VEGETABLES)

Choose organic (when possible) and a variety of colors

FRUIT

- Apples
- Cherries
- Cranberries
- Grapes
- Grapefruit
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Apricots
- Cantaloupe
- Lemons
- Mangoes
- Nectarines
- Pineapple
- Bananas
- Coconuts
- Melon
- Kiwi
- Limes
- Blackberries
- Blueberries
- Papayas
- Peaches
- Pears
- Oranges

VEGETABLES

- Artichokes
- Asparagus
- Avocado
- Broccoli
- Brussels
- Cabbage
- Celery
- Collard Greens
- Cucumbers
- Green Beans
- Green Onions
- Sweet Potatoes
- Pumpkin
- Kale
- Lettuce
- Peas
- Spinach
- Zucchini
- Eggplant
- Beets
- Cabbage
- Peppers
- Radishes
- Rhubarb
- Tomatoes
- Carrots
- Corn
- Squash
- Cauliflower
- Fennel
- Garlic
- Jicama
- Leeks
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips
- Rutabagas

PANTRY (NUTS, SEEDS & OILS)

NUTS & SEEDS

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Peanuts
- Pecans
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

FATS & OILS

- Almond Oil
- Avocado Oil
- Coconut Oil
- Extra Virgin Olive Oil
- Flax Seed Oil
- Hemp Seed Oil
- Macadamia Nut Oil
- Red Palm Oil
- Sesame Oil

NUT BUTTERS

- Almond Butter
- Cashew Butter
- Sunflower Seed Butter
- Peanut Butter
- Hazelnut Butter

... YOUR **GROCERY LIST**

PROTEIN (MEATS & DAIRY)

Organic is necessary: grass-fed, free-range, pasture-raised, non-GMO, wild caught, unsweetened dairy

FISH

- Albacore Tuna
- Cod
- Halibut
- Lobster
- Orange Roughy
- Pacific Herring
- Scallops
- Shrimp
- Spanish Mackerel
- Tilapia
- Wild Alaskan Salmon

PORK

- Nitrate-Free Sausage
- Pork Loin
- Pork Steak

VEGETARIAN

- Edamame
- Filet Tempeh
- Miso
- Tofu

POULTRY

- Cage-Free Eggs
- Chicken
- Chicken Sausage
- Turkey Bacon
- Turkey Breast

DAIRY

- Butter
- Cottage Cheese
- Greek yogurt
- Milk
- Cheese

BEEF

- Filet Mignon
- 90% Lean Ground Beef
- Nitrate-Free Lunch Meats
- Round Steak
- Sirloin Steak

DAIRY ALTERNATIVES

- Almond Milk
- Coconut Milk
- Cashew Milk
- Goat Milk
- Rice Milk

GAME MEAT

- Bison
- Elk
- Ostrich
- Venison

PANTRY (STARCHY VEGETABLES & OTHER CARBS)

Shop in bulk: limit packaging and processing, BPA free cans

DRIED FRUIT

- Apricots
- Cherries
- Cranberries
- Dark Raisins
- Dates
- Figs
- Plums
- Prunes
- Raisins

CANNED OR JARRED

- Applesauce
- Black Beans
- Cranberries
- Chickpeas
- Kidney Beans
- Lentils
- Marinara Sauce
- Olives
- Pumpkin
- Tomatoes
- White Beans

GLUTEN CONTAINING

- Barley
- Couscous
- Oatmeal
- Spelt
- Rye
- Wheat
- Whole Wheat Bread

GLUTEN-FREE

- Amaranth
- Basmati Rice
- Black Beans
- Brown Rice
- Buckwheat
- Chickpeas
- Coconut Flour
- Corn
- Corn Meal
- Lentils
- Millet
- Oats (Gluten-Free)
- Pinto Beans
- Popcorn
- Potato
- Quinoa
- Sweet Potato
- Tapioca
- Wild Rice
- White Rice

... RECIPE **SNEAK PEAK**



CHOCO NUT BUTTER SHAKE

1 Serving | Prep time: 5 minutes | Cook time: 0 minutes

Calories: 405 | Protein: 39 | Fat: 18 | Carbs: 26

Gluten-Free, Vegetarian

- 1 serving Life Time chocolate protein powder*
 - ½ cup full-fat, plain Greek yogurt
 - ¼ cup gluten-free oatmeal
 - 1 Tbsp. nut-butter
 - 1 scoop Double Chocolate Life Greens
 - 1 tsp. cocoa powder
 - 8 oz. water
1. Blend and enjoy!

* LIFE TIME PROTEINS – *GLUTEN-FREE*: All; *VEGAN*: Vegan & Vegan +; *VEGETARIAN*: Vegan, Vegan +, Whey, Whey + & Whey Isolate; *DAIRY-FREE*: Vegan, Vegan +, & Beef Protein (Collagen), *GUT.FIX*: Collagen; *D.TOX*: Vegan, Vegan + & Collagen

... RECIPE **SNEAK PEAK**



CHEWY SNACK BARS

8 Servings | Prep time: 10 minutes | Cook time: 30+ minutes

Calories: 245 | Protein: 5 | Fat: 12 | Carbs: 27

Dairy-Free, Gluten-Free, Vegetarian, Vegan, D.TOX

- 1 cup Medijool dates (pitted)
 - 1 cup raw cashews, almonds, or other nut of choice
 - 1/3 cup nut-butter of choice (almond, cashew, sunflower butter, etc.)
 - 1+ tablespoons water
1. Pulse the nuts in a food processor until they are in small pieces.
 2. Add the pitted dates and nut-butter to the food processor, and blend together (scraping sides down as needed).
 3. Add water and continue blending. Mixture should stick together and be pliable; add another ½ tablespoon or more of water as needed to get to desired consistency.
 4. Grease 8×8 or 9×9 pan, and scrape mixture from food processor into pan.
 5. Place in refrigerator for 30 minutes, then cut bars into 8 squares.

Keep refrigerated.

... RECIPE **SNEAK PEAK**



BUTTERNUT SQUASH SOUP WITH CHICKEN SAUSAGE

4 Servings | Prep time: 10 minutes | Cook time: 25 minutes

Calories: 385 | Protein: 22 | Fat: 20 | Carbs: 30

Dairy-Free

- 1 lb. cooked chicken-apple sausage, cut into 1/2-inch pieces
 - 4 cups cubed peeled butternut squash (1 small to medium squash)
 - 3 medium carrots, chopped
 - 1 stalk celery, chopped
 - 1/2 medium onion, chopped
 - 2 1/2 cups low-sodium chicken broth
 - 1 Tbsp. coconut oil
 - Kosher salt and freshly ground pepper
 - 1/2 cup fresh sage or parsley leaves
1. Heat coconut oil in a large pot over medium-high heat. Add the sausage and cook, stirring occasionally, until browned, about 4 minutes. Transfer to a bowl using a slotted spoon.
 2. Add the squash, carrots, celery, onion, sage, chicken broth, 2 1/2 cups water and pinch of salt to the pot. Cover and bring to a simmer, then reduce the heat to low and continue simmering until the vegetables are tender, about 15 more minutes.
 3. Puree the soup in a blender in batches, then return to the pot along with the sausage. Season with salt and pepper and keep warm.

... RECIPE **SNEAK PEAK**



PORK TENDERLOIN WITH APPLES & MUSHROOMS

10 Servings | Prep time: 15 minutes | Cook time: 2 hours

Calories: 190 | Protein: 29 | Fat: 7 | Carbs: 8

Gluten-Free

- 1 tsp. dried thyme
 - 1 boneless pork loin roast (3 pounds)
 - 3 small tart apples, diced
 - 12 oz. fresh mushrooms, diced
 - 2 Tbsp. butter
 - Fresh thyme sprigs, optional
 - Salt and pepper, to taste
1. Sprinkle thyme and pepper over roast and press into the meat. Place in a greased 13x9-in. baking dish.
 2. Bake, uncovered, at 450° for 20 minutes. Reduce heat to 325°; bake 60-80 minutes longer or until a thermometer reads 160°-170°.
 3. Fifteen minutes before roast is done, sauté apples in butter in a skillet until tender. Remove with a slotted spoon; cover and keep warm. Sauté mushrooms in the same skillet until tender; set aside.
 4. Remove roast from oven; sprinkle with 1/8 teaspoon salt. Transfer to a serving platter; cover and keep warm.

... MONEY SAVING TIPS FOR **HEALTHY EATING**

SHOP FROM THE OUTSIDE IN

The food along the perimeter of nearly all grocery stores should constitute almost all of your grocery shopping needs. This is where fruits, vegetables, the deli, dairy/dairy-alternatives, and nuts and seeds are placed. Ideally, the only foods we should have to obtain from the middle aisles include dried herbs and seasonings, nut butters, and frozen produce. By filling up your cart with these items first, it will leave you less room in your cart (and your budget) for processed foods loaded with sugar, artificial flavors and colors.

THINK, PLAN, THEN SHOP

When you aimlessly wander in the grocery store without a game-plan, the likelihood of purchasing numerous unneeded food items is pretty high. Take 10 minutes out of a day to plan. Look at your calendar for events to plan around and brainstorm ideas for healthy meals and snacks. You'll now have a list to give discipline and direction to your shopping expedition and help you steer clear of any extra items. Set a number you are going to spend and don't budge from your budget. It sounds so simple, but (as with so many things in a healthy lifestyle) consistency is the key.

CUT THE CRUD

Try this: peek inside your cabinets, refrigerator and pantry. Gather all of your junk food, soda, prepackaged meals and non-necessities. Now evaluate how much money you spent on all of those foods that are hindering your health and weight loss. Calculate the quality meats and fresh vegetables you could've purchased with those dollars. Limit and/or eliminate the unnecessary items and invest in the nourishing ones – your new and improved energized self will thank you!

CHECK OUT THE FROZEN SECTION

When it comes to nutrient-dense “healthy” food, oftentimes frozen can be a great option! Typically cheaper than fresh produce, some frozen foods that still offer numerous health benefits yet save on change include berries, and meats. Frozen foods won't go bad as fast as fresh, and are very easy to prepare.

BUY IN BULK – IF IT'S A HEALTHY BARGAIN

Many food items that are great additions to a meal are cheaper if you purchase them in larger quantities. Various nuts are usually less expensive if you get the ones from the bulk bin. Spices are another option that you can sometimes buy from the bulk area, and adding these to your meals will take your healthy cooking to a whole new level! Dried beans, grains like rice and quinoa, dried fruit, and coffee or tea are other items to also consider buying in bulk.

PURCHASE FOR CONTENT – NOT CONVENIENCE

One of the ways that food companies get the best of your pocket book is offering pre-packaged, convenient items. However, these individual convenience packs come with a high per-unit cost. For a healthier, more cost-effective option, swap out individual pre-packaged items for larger quantities of healthier fare and do your own packing in storage ware or baggies – like chopping your veggie at home. Make reusable storage ware (ideally glass) a staple in your kitchen and you'll significantly cut down on shopping expenses.

... SUPPLEMENT GUIDE

While proper nutrition should be your first priority when trying to achieve your health and fitness goals, even a perfect diet may be shorting you on key nutrients. This is where quality nutritional supplements can be a quick and easy way to fill the gaps in your diet – helping you optimize your fat loss.

FOUNDATIONAL SUPPLEMENTS

PROTEIN

Eating protein can improve your metabolism, increase satiety throughout the day, stabilize blood sugars, maintain lean body mass and more! In short, getting enough protein is critical in a healthy diet. It can be difficult to get adequate amounts of protein in our diet, so a quick and easy way to get a boost is through supplementation. Add a protein powder to your pantry and you'll be one step closer to achieving your goals!

[BUY HERE](#)



FISH OIL

Omega-3s are vital for how your body functions and feels overall. They dampen inflammation in the body as well as support your skin, nails, hair, eyes and heart—just to name a few benefits! Supplementing with omega-3s is necessary because we don't consume foods high in them on a daily basis (e.g., grass-fed beef, walnuts and fatty fish). Likewise, we instead overconsume the pro-inflammatory fats - omega-6s and -9s (e.g., nuts, seeds, oils). Most individuals should start at 2,000mg of EPA/ DHA each day, which can be achieved by adding a fish oil supplement into your diet.

[BUY HERE](#)



MULTIVITAMIN

A multivitamin is a supplement beginner's most essential product! Vitamins and minerals are absolutely essential to each metabolic process in our bodies, and if we are lacking it can lead to nutrient deficiencies that can cause ongoing metabolic dysfunction (aka make it harder for our bodies to burn fat). If you're an active exerciser, under stress or on medication, you can assume your need for many vitamins and minerals is even higher. Be sure to add a high-quality multivitamin to your repertoire to give your body the essential nutrients it needs to function at maximum capacity!

[BUY HERE](#)



... SUPPLEMENT GUIDE

TRANSFORMATION SUPPLEMENTS

STRENGTHSTACK™

This product is a powerful duo of pre- and post-workout supplements: PreWorkout Complex and BCAA Recovery. They're formulated to complement one another in helping boost your workouts and enhance your recovery. Use to boost amino acids, vitamins help increase strength, power, endurance and mental focus. The BCAA Recovery also aids in recovery and muscle soreness, and support joint and tendon health.

[BUY HERE](#)



CREATINE MONOHYDRATE

Creatine monohydrate has been shown to help increase lean body mass, muscular strength, and cardiovascular ability. It is naturally produced in the, but exercise or muscle damage may increase the need for creatine stores. Supplementing is not primarily for body-builders and athletes as once thought, but may also benefit anyone looking to enhance their power, speed, strength and lean body mass.

[BUY HERE](#)

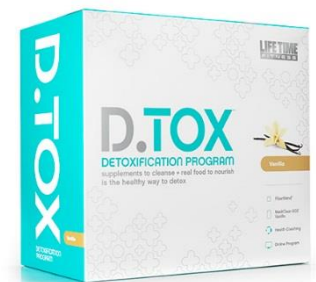


WEIGHT LOSS SUPPLEMENTS

D.TOX™ PROGRAM KIT

Whether you're looking to lose weight, improve energy, or help digestion and overall health, this kit will help reset your metabolism and clear your body of toxins you've been accumulating from food, water, personal care products, and the environment. The D.TOX kit contains two products used to make daily shakes (chocolate or vanilla) that complement a whole-foods nutrition plan of approved foods, and provide the key nutrients to help support your body's natural detoxification system.

[BUY HERE](#)



RESTORE LEAN COMPLEX

Adequate repair and recovery is imperative to our overall health, hormone regulation, and weight. Ample, quality sleep is critical during weight loss efforts, and is often the missing link during a health and fitness journey. Restore Lean Complex promotes restful sleep by increasing REM sleep, and helps the body attain an optimal state for muscle recovery and growth.

[BUY HERE](#)



EXERCISE



... EXERCISE

NON-NEGOTIABLES

- Complete a **WARM-UP** before every exercise session.
- Do strength training at least **TWICE** per week.
- Strength training sessions should focus **EQUALLY** on muscle groups.
- Do cardio at least **TWICE** per week.
- Spend 80% of your time in **ZONES 1-3**.
- Stretch and cool-down after **EVERY** session.
- Ensure 7-8 hours of **SLEEP** daily for adequate recovery.
- Prioritize **FAT-BURNING** during exercise (rather than calories or carbs).
- Keep a gym bag packed to keep you **ACCOUNTABLE**.
- RECORD** your workouts in detail to track progress or plateaus.

... RESISTANCE TRAINING

Strength training is critical for weight loss, so don't be dissuaded by the notion that only people who want to "get jacked" need to do strength training. Did you know that you actually burn calories even after you get done strength training (yes—even at rest, you'll still be burning calories post-workout). Not to mention, you'll probably start seeing changes in appearance faster by incorporating strength training exercises.

- Spend at least 3 days at the club working on resistance training.
- Try to do 8–12 repetitions per move, at least 3 or 4 times (sets).
- Do what you are most comfortable with or what you have time for. Nearly all strength training (done correctly) will be beneficial and assist you in reaching your goals.

If you're looking for a more detailed program to follow week by week, check out the 60-Day Transformation Program [here](#) throughout the 60-Day for progressive workouts you can follow each week!

DEFINITIONS

SETS

The number of times you will repeat an exercise before moving on to the next one.

REPS

The number of repetitions you complete per exercise.

ADJUSTING THE PROGRAM

WHEN TO PROGRESS

If you can exceed the number of reps for all of the prescribed sets, increase weight the following week.

HOW TO PROGRESS

When progressing upper body exercises, increase the load 2.5-5 lbs. For lower body exercises, increase the load by 5-10 lbs..

REST

The amount of time taken between each set. This time is utilized to rehydrate, replenish energy stores, and bring your heart rate back down to prepare for the next set.

SUPERSET

This is when exercises are paired back to back without rest in between.

WHEN TO REGRESS

If you are experiencing extended soreness, decreased appetite, or poor sleep, consider regressing the program.

HOW TO REGRESS

Decrease the amount of sets you complete on each lifting day or consult with a Fitness Professional to further customize your program.

... CARDIO TRAINING

Cardio is how we train our bodies to become more efficient fat burners, and we do this by utilizing heart rate zone training. You've all experienced working out in the 5 different heart rate zones whether you know it or not. Resting, walking, jogging, running, sprinting, or other various activities that increase how hard you're working are all examples of these heart rate zones.

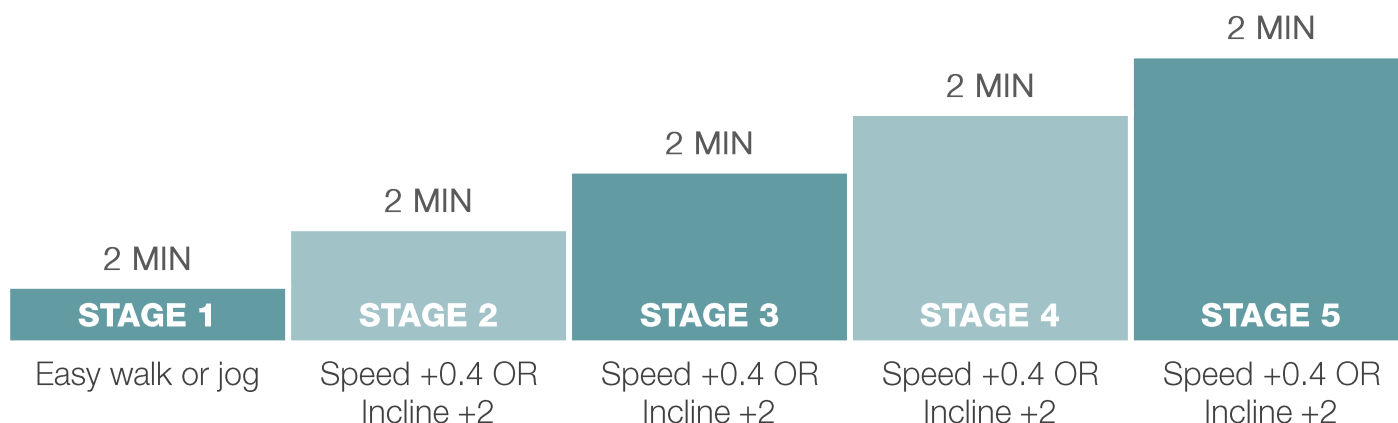
Our bodies typically burn fat as the primary fuel source in Zones 1, 2, and 3. At that point, you hit your anaerobic threshold (A.T.), and start using carbohydrates as the fuel source in Zones 4 and 5. This is why we do heart rate training - Not only do we want to make sure we're burning primarily fat as we do cardio, but we also want to make our bodies BETTER at burning fat. Working out in Zones 4 and 5 burns carbs, but it also makes our bodies better fat burners as well, which is why we want to balance our cardio between all 5 heart rate zones.

WHAT DOES EACH ZONE FEEL LIKE?

- Zone 1: Feels easy, like you could go for hours.
- Zone 2: Breathing is heavier, but you're fairly comfortable.
- Zone 3: Breathing feels heavy and you are working hard.
- Zone 4: You feel winded and you're pushing yourself very hard.
- Zone 5: You can barely catch your breath. You're at your body's absolute max.

METABOLIC WARM-UP

Completing a metabolic warm-up before any workout (cardio OR strength training) can double the amount of fat you burn during your workout. You read that right - double! So be sure to include time for at least an 8-10 minute warm-up each day. The chart below shows what this warm-up should look like.



If you're looking for a more detailed program to follow week by week, check out the 60-Day Transformation Program [here](#) throughout the 60-Day for progressive workouts you can follow daily.

HEART RATE ZONES

Use this chart to estimate what your personal heart rate zones should be, based on your anaerobic threshold (A.T.). For more accurate, personalized data, consider an **Active Metabolic Assessment**.

- Determine your A.T. as follows:
 - $(220 - \text{age}) \times 0.9 = \text{A.T.}$
- Locate your A.T. in the black bar below.
- Find your zone ranges by tracking vertically from your A.T.*

*Regular = Lower zone limit; **Bold** = Upper zone limit

| | | | | | | | | | | | | | | | |
|---------------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|------------|------------|------------|------------|------------|
| ZONE 5 | 132 | 138 | 143 | 149 | 154 | 160 | 165 | 171 | 176 | 182 | 187 | 193 | 198 | 204 | 209 |
| ZONE 4 | 121 | 126 | 131 | 136 | 141 | 146 | 151 | 156 | 161 | 166 | 171 | 176 | 181 | 186 | 191 |
| A.T. | 120 | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 160 | 165 | 170 | 175 | 180 | 185 | 190 |
| ZONE 3 | 108 | 113 | 117 | 122 | 126 | 131 | 135 | 140 | 144 | 149 | 153 | 158 | 162 | 167 | 171 |
| ZONE 2 | 84 | 88 | 91 | 95 | 98 | 102 | 105 | 109 | 112 | 116 | 119 | 123 | 126 | 130 | 133 |
| ZONE 1 | 83 72 | 87 75 | 90 78 | 94 81 | 97 84 | 101 87 | 104 90 | 108 93 | 111 96 | 115 99 | 118 102 | 122 105 | 125 108 | 129 111 | 132 114 |

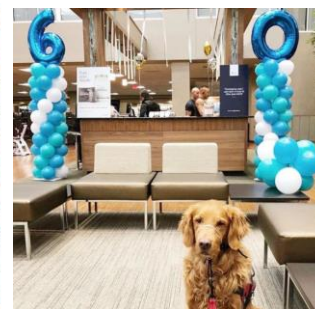
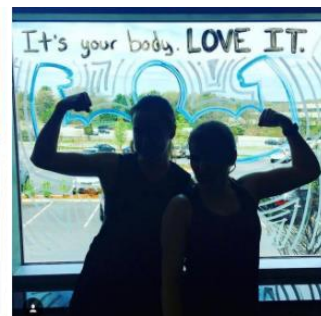
... READY TO **BEGIN?**

Screenshot and share one of the images the below on your social media channels to show us that YOU'RE IN! Tag your photos with #LT60DayChallenge for a chance to be featured on our Instagram page!



Follow us on Instagram for extra tips and tricks
[@lifetime.weightloss](https://www.instagram.com/lifetime.weightloss)

Strive for progress,
not perfection.



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Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

Please consult with your physician before embarking on any new nutritional and exercise program. Results not typical. Average pounds lost (Weight Loss) and percentage change in body fat (Transformation) for participants with at least two weigh-ins or composition tests for the Spring 60-Day Challenge were 10 lb. and 3.5% in total body fat. See Official Rules at www.lifetime60day.com/rules for details and prize information. All amounts are in USD.

Leaderboard rank does not determine the winner. You are not guaranteed a finalist position by leaderboard alone. Percentages account for 30% of your score for the Transformation category and 60% of your score for the Weight Loss category. See www.lifetime60day.com/rules for more information.

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