60day Challenge℠

GET STARTED

LIFE TIME®
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 Challenge—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 Challenge 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!

Coach Anika

LIFE TIME®
HEALTHY WAY OF LIFE

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TIPS FROM YOUR TEAM

Meet my 60-Day Transformation Team. I've assembled a crew of elite Personal Trainers and Registered Dietitians to be your support system over the next 60 days. You can access us via email at anytime, and we'll answer questions about your diet, fitness trends or workouts. We'll cheer you on, steer you in the right direction and keep you moving forward. We're here to help keep you accountable on your journey so you can get the results you want.

COACH ANIKA

“Write down why you’re doing this – then share your why with friends & family.”

COACH BECCA

“Plan your week – good habits don’t just happen. They’re priorities.”

COACH SAM

"If you want to keep it simple and achieve results, break up with added sugar."

COACH PAUL

"Use to the 80/20 rule. Stick to your plan, but leave wiggle room."

COACH CLIFF

“Make resistance training a priority throughout your week.”

COACH HANNA

"I always feel more motivated when I have a buddy to keep me accountable."

COACH DAN

“Train smart – find out (& assess) what type of exercise is best for you.”

COACH DAVID

“Add variety, have fun, & change-up your routine to keep your body guessing."

Get to know us at
www.lifetime60day.com/coaches

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HOW IT WORKS

WHAT'S INCLUDED?

WHAT IS IT?	WHEN IS IT AVAILABLE?	WHERE CAN I FIND IT?
30-minute goal setting session with a Personal Trainer	Weigh-In Weekend: November 11-13	In-Club
Exclusive discounts on select Life Time Training products and serves	Weigh-In Weekend: November 11-13	In-Club or Online Store
60 Day Challenge Swag Pack: Participant packet and bracelet	Weigh-In Weekend: November 11-13	In-Club
Weekly Try-It Tuesday fitness & nutrition classes	Tuesdays Club specific schedule	In-Club
Weekly weigh-ins	Before or after weekly Try-It Tuesday class	In-Club
Online leaderboard for motivation and accountability	Updates Wednesdays at 9:00am CST	lifetime60day.com
Unlimited access to online coaching with the 60-Day Transformation Team	Throughout the 60 Day Challenge	transformationteam@lifetimefitness.com
8-Week Transformation Program • Daily workout • Over 60 Transformation Team approved recipes • Weekly coaching tips and videos	Throughout the 60 Day Challenge:	lifetime60day.com/this-week
Get Started Guide • Cardio and Strength Training guides • Nutrition guide • Grocery list • Supplement Guide • Transformation Team tips	Now!	lifetime60day.com/this-week

Learn more at
www.lifetime60day.com

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YOUR TO-DO LIST

PRE-CHALLENGE

- ◯ Schedule your weigh-in
- ◯ Read through this guide to prepare for the Challenge
- ◯ Stock your fridge with healthy foods and clear out any food that doesn't fit into your program

WEIGH-IN WEEKEND

- ◯ 30-minute goal-setting session with a Personal Trainer
- ◯ Stock up of services and supplements
- ◯ Take three "before" photos

DURING THE CHALLENGE

- ◯ Weigh-in weekly and check the leaderboard
- ◯ Attend Try-It Tuesdays
- ◯ Complete the daily workout and check in daily for new content

POST-CHALLENGE

- ◯ Weigh out Jan 2-6
- ◯ Take three "after" photos
- ◯ Submit your photos and story (Jan 2-9)
- ◯ Vote for the grand-prize winner January 22-24
- ◯ Watch the website January 31st as we announce all winners at 12:00pm CST

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YOUR WEEKLY PROGRAM

As a member of the 60-Day Challenge, 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 Challenge website, like recipes, motivational tips, past success stories and more. Here's what you can expect each day of the week:

	DAILY THEME	CONTENT	WORKOUT
SUNDAY	LEARN & BURN	Podcast	Rest & Recovery
MONDAY	MOTIVATION	Video	Strength Training
TUESDAY	TEACH ME	Video	Cardio
WEDNESDAY	BATCH COOK	Recipe	Strength Training
THURSDAY	INSPIRATION	Success Story	Cardio
FRIDAY	COOK WITH THE COACHES	Recipe	Strength Training
SATURDAY	SUPPLEMENTAL	Bonus!	Bonus!

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

Learn more at
www.lifetime60day.com

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FREQUENTLY ASKED QUESTIONS

1. **When does the Challenge start?**
   The Challenge begins November 11-13 with Weigh-In Weekend, the official kick-off the 60-Day Challenge. It's the time when members complete an initial consultation with a Personal Trainer and do an official weigh-in. During this weekend only, exclusive discounts are available to participants.

2. **What are the weigh-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 Challenge system. When the leaderboard refreshes on Wednesdays, you'll be able to see how your change compares to others in the challenge 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.

4. **What do the weigh-ins track?**
   For each weigh-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 leaderboard and where do I find it?**
   The leaderboard 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 leaderboard only refreshes on Wednesdays, so don't worry if it doesn't show your most recent weigh-in right away. You can find the weight loss leaderboard here and the transformation leaderboard here.

6. **What is the 60-Day Transformation Team?**
   The 60-Day Transformation Team is a group of eight Registered Dietitians and/or Personal Trainers that bring more than 40 years of combined experience and thousands of tips and ideas to the Challenge. 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 Transformation Team at transformationteam@lifetimefitness.com.

Still have questions? See all FAQ's at
www.lifetime60day.com/frequently-asked-questions

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FREQUENTLY ASKED QUESTIONS

7. **What are Try-It Tuesdays?**
   Try-It Tuesday events are free classes that take place each Tuesday during the 60-Day Challenge. Most clubs offer an AM and PM event time in order to accommodate various schedules. These events range from different fitness classes (i.e. dumbbell training, group fitness classes, Pilates), to nutrition seminars (the real secret to weight loss!), and even show-case our metabolic assessments. These are a great way to learn tips from our fitness professionals and meet fellow Challenge participants. See your club's Try-It Tuesday schedule here.

8. **What if I miss a Try-It Tuesday?**
   No problem! We always post the participant guide each Wednesday after the event, so even if you can't make it to the actual class, you can still get the information. Try-It Tuesday participants guides will be posted here each week.

9. **How do I access the daily workouts?**
   Once the Challenge starts, you'll find your daily workout by visiting the "This Week" page on our website. From there, select the day of the week and it will display your workouts along with an additional piece of content - curated specifically for this program - by the Transformation Team! Access your weekly program here: www.lifetime60day.com/this-week.

10. **How do I access the recipes, exercises and tips from the coaches?**
    All of the additional resources are available on the primary program 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 the grand-prize?**
    To be eligible for prizes, you must do the following:
    a) Weigh-in with a Personal Trainer November 11-13.
    b) Weigh-out with a Personal Trainer January 2-6.
    c) Submit your 3 "before" photos, 3 "after" photos, and a personal essay/success story between January 2-9, by 9:00pm CST.

12. **How are the winners chosen?**
    A corporate committee reviews each entry and selects the top 3 within each category. 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 3 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%). The grand prize is valued at $10,000 ($5,000 and a $5,000 prize pack).

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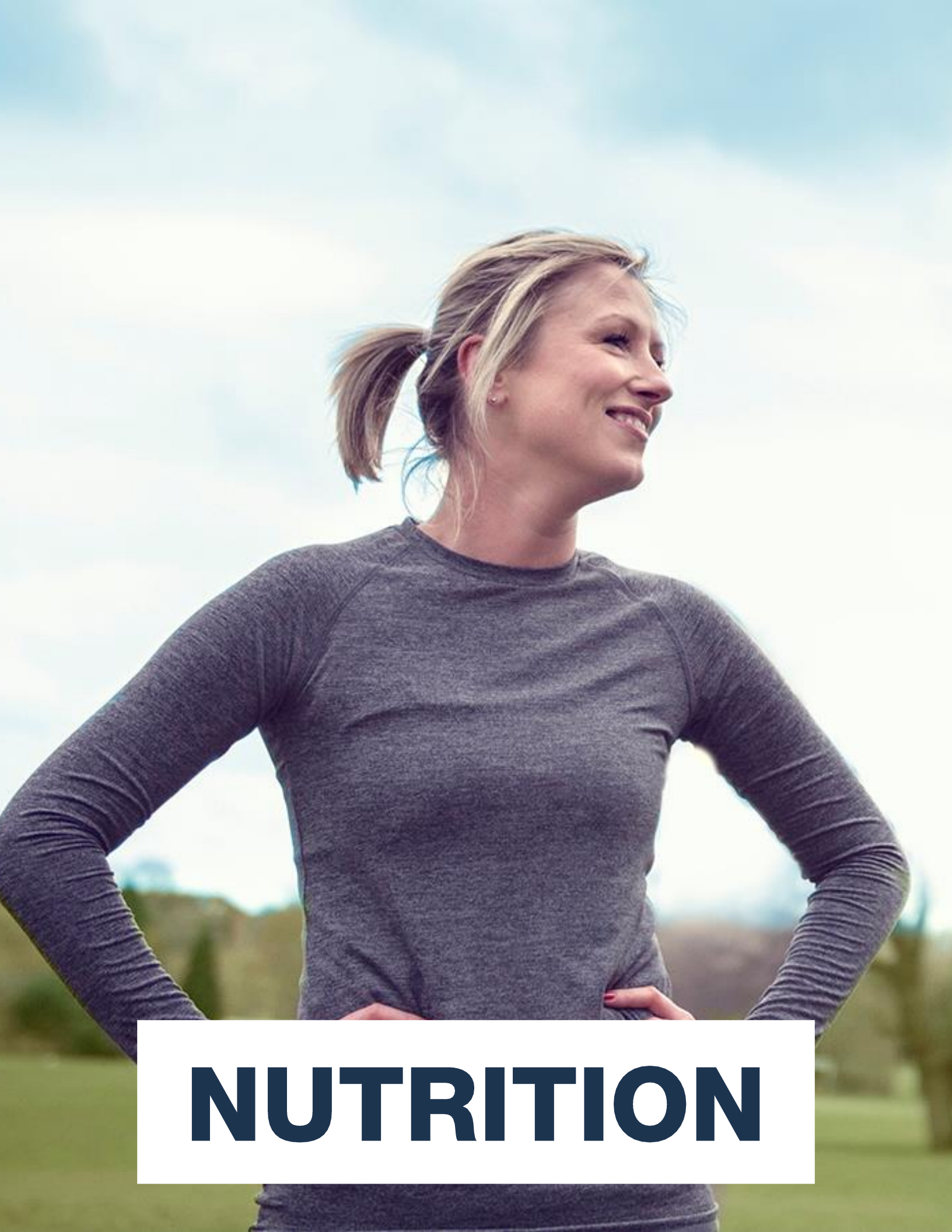

NUTRITION

FAT LOSS TIPS FOR NUTRITION

1. Focus on getting ample **PROTEIN** at every meal.

2. Fill half of your plate with non-starchy **VEGETABLES** at every meal.

3. If you're not used to preparing food, use more prepackaged foods for convenience.

4. Eat only when you are truly **HUNGRY**, not based solely on the clock.

5. Supplement the food you eat with a high-quality **MULTIVITAMIN** and **FISH OIL** daily.

6. Plan to eat at least 5 cups of colorful **VEGETABLES** each day.

7. Drink at least 3 liters of **WATER** each day.

8. Choose high-quality **PROTEIN** whenever possible.

9. Add natural, unprocessed **FATS** to flavor your meals.

10. **DOCUMENT** your success with these strategies.

Learn more at
www.lifetime60day.com

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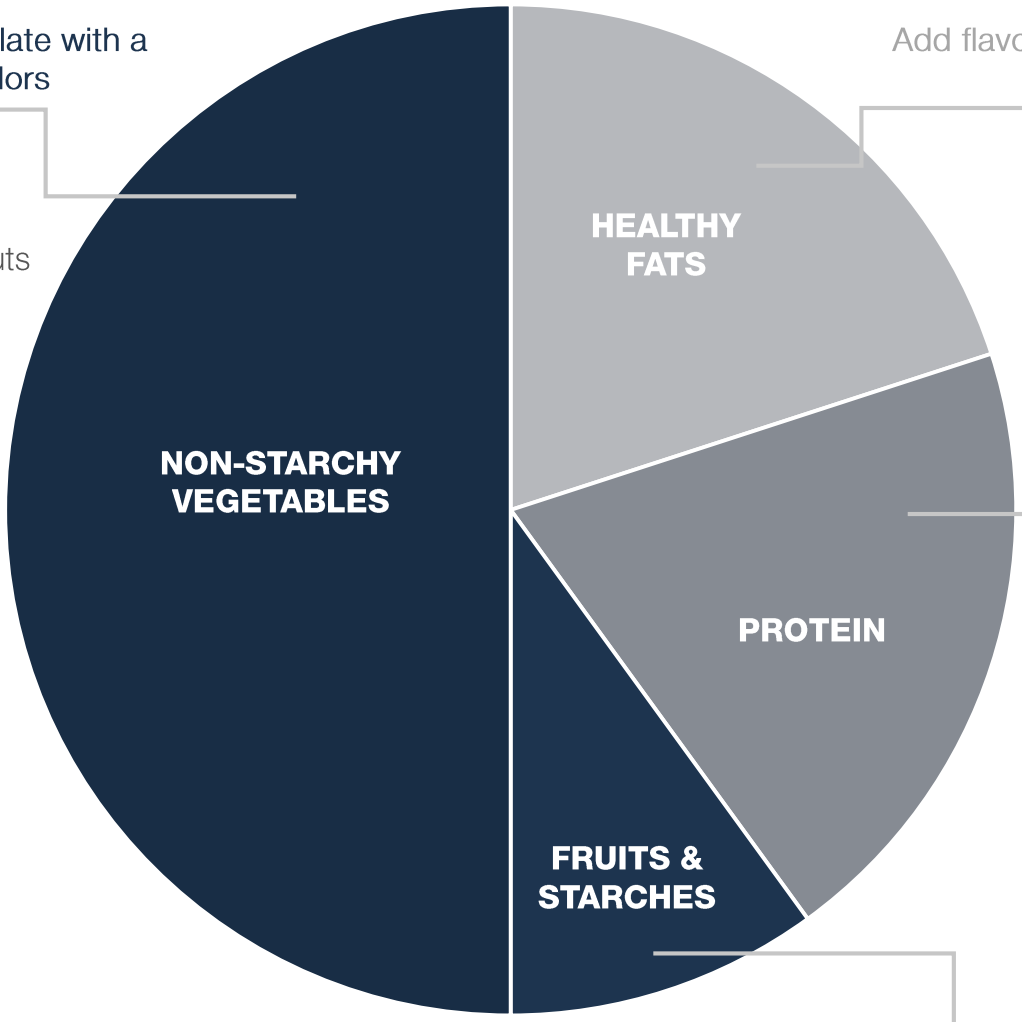
FAT LOSS TIPS FOR NUTRITION

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

Add flavor with good-for-you fats

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

Eat protein with every meal

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

Berries are best

Apples
Blackberries
Blueberries
Pears
Raspberries
Strawberries

Corn
Beans
Lentils
Potatoes
Sweet Potatoes
Rice

Stay hydrated

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

Learn more at
www.lifetime60day.com

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GROCERY SHOPPING LIST

Produce (Vegetables & Fruit)

Choose a variety of colors and organic produce

Red

- ◯ Apples
- ◯ Beets
- ◯ Cabbage
- ◯ Cherries
- ◯ Cranberries
- ◯ Grapes
- ◯ Peppers
- ◯ Grapefruit
- ◯ Pomegranate
- ◯ Radishes
- ◯ Raspberries
- ◯ Rhubarb
- ◯ Strawberries
- ◯ Tomatoes
- ◯ Watermelon

Orange & Yellow

- ◯ Apples
- ◯ Apricots
- ◯ Cantaloupe
- ◯ Carrots
- ◯ Corn
- ◯ Lemons
- ◯ Mangoes
- ◯ Nectarines
- ◯ Oranges
- ◯ Papayas
- ◯ Peaches
- ◯ Pears
- ◯ Peppers
- ◯ Persimmons
- ◯ Pineapple
- ◯ Pumpkin
- ◯ Rutabagas
- ◯ Squash
- ◯ Sweet Potatoes
- ◯ Tangerines

Green

- ◯ Apples
- ◯ Artichokes
- ◯ Asparagus
- ◯ Avocado
- ◯ Broccoli
- ◯ Brussels Sprouts
- ◯ Cabbage
- ◯ Celery
- ◯ Collard Greens
- ◯ Cucumbers
- ◯ Grapes
- ◯ Green Beans
- ◯ Green Onions
- ◯ Melon
- ◯ Kale
- ◯ Kiwi
- ◯ Lettuce
- ◯ Limes
- ◯ Peas
- ◯ Peppers
- ◯ Spinach
- ◯ Zucchini

White

- ◯ Bananas
- ◯ Cauliflower
- ◯ Coconuts
- ◯ Fennel
- ◯ Garlic
- ◯ Jicama
- ◯ Leeks
- ◯ Mushrooms
- ◯ Onions
- ◯ Parsnips
- ◯ Shallots
- ◯ Turnips

Blue & Purple

- ◯ Blackberries
- ◯ Blueberries
- ◯ Eggplant
- ◯ Figs
- ◯ Grapes

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 Butter
- ◯ Peanut Butter

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GROCERY SHOPPING LIST

Protein (Meats & Dairy)

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

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

Poultry

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

Beef

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

Game Meat

- ◯ Bison
- ◯ Elk
- ◯ Ostrich
- ◯ Venison

Vegetarian

- ◯ Edamame
- ◯ Filet Tempeh
- ◯ Miso
- ◯ Tofu

Dairy

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

Dairy Alternatives

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

Pantry (Starchy Vegetables & Other Carbs)

Shop in bulk; limit packaging and processing, BPA Free

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

Gluten-Containing

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

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

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RECIPE SNEAK PEAK

PEPPERMINT PATTY 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*
- 1 tsp. peppermint extract
- ½ banana (fresh or frozen)
- 1 cup unsweetened almond milk (or dairy-alternative of choice)
- Add ice as needed/preferred

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

See more recipes at
www.lifetime60day.com/recipes

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RECIPE SNEAK PEAK

SWEET POTATO, EGG AND SAUSAGE HASH

2 Servings | **Prep time**: 10 minutes | **Cook time**: 25-30 minutes

Calories: 292 | **Protein:** 23 | **Fat:** 14 | **Carbs:** 17

Gluten-Free, Dairy-Free

- 1 medium sweet potato
- 4 eggs
- 4 breakfast sausage links
- 1 bell pepper, diced
- ¼ cup red onion, diced
- 1 Tbsp. coconut oil

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil in a cast iron pan.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Julienne the sweet potato (or use a cheese grater) and add to pan. Cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed in each quadrant of the pan and so that they rest on top of the vegetables.
5. Move pan to the oven to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, top with salt and pepper, and enjoy!

See more recipes at
www.lifetime60day.com/recipes

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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.

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RECIPE SNEAK PEAK

COCONUT SHORTBREAD COOKIES

10 Servings | **Prep time**: 20 minutes | **Cook time**: 30-60 minutes

Calories: 120 | **Protein:** 4 | **Fat:** 10 | **Carbs:** 5

Gluten-Free, Vegetarian

- 1 ½ cups unsweetened shredded coconut
- 3 tsp. coconut oil
- 3 Tbsp. unsweetened coconut milk
- 1 tsp. vanilla extract
- Pinch of coarse Himalayan sea salt
- 1/8 cup organic dark chocolate
- 1 serving Vanilla VeganMax (2 scoops)

1. Place shredded coconut and coconut oil into the bowl of a food processor and process on high speed. Scrape the sides intermittently until mixture is a butter consistency.
2. Add the VeganMax, coconut milk, vanilla extract, and salt and process on high speed until all of ingredients are thoroughly mixed.
3. Form mixture into 1" balls and place in the refrigerator overnight, or in the freezer for one hour.
4. Once the coconut balls have firmed up, melt the dark chocolate in a small saucepan and dip coconut balls. Sprinkle with shredded coconut and enjoy!

See more recipes at
www.lifetime60day.com/recipes

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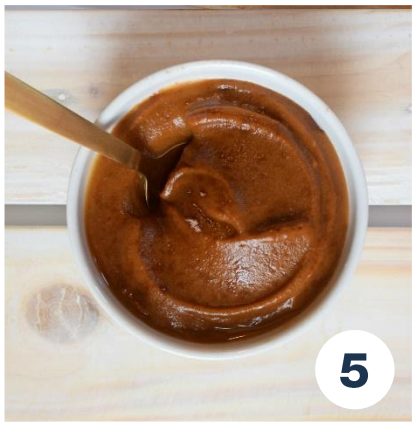
NEW THIS CHALLENGE



1. Butternut Squash Soup with Chicken Sausage
2. Healthy Holiday Eggnog
3. Pork Tenderloin with Apples and Mushrooms
4. Autumn Harvest Bowl
5. Sweet Potato, Honey and Ginger Mousse
6. Peppermint Coconut Macaroons
7. Creamy Pumpkin and Chicken Zoodles
8. Peppermint Mocha

Download the new recipes at
www.lifetime60day.com/get-started-holiday

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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.

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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

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SUPPLEMENT GUIDE

TRANSFORMATION

StrengthStack™

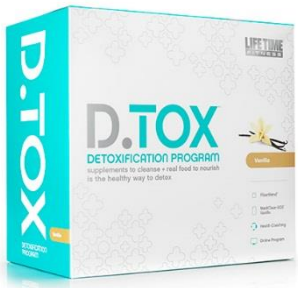
This product is a powerful duo of pre- and post-workout supplements: PreWorkout Complex and BCAA Recovery. They're formulated to complement one another in helping boost your workouts and enhance your recovery. Use together to boost amino acids, vitamins and bioactive ingredients to help increase strength,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

Creatine Monohydrate

Creatine monohydrate has been shown to help increase lean body mass, muscular strength, brain function and cardiovascular ability. It is naturally produced in the body from other amino acids, 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

D.TOX™ detoxification 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

Learn more at
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EXERCISE

FAT LOSS TIPS FOR EXERCISE

1. Complete a **WARM-UP** before every exercise session.

2. Do strength training at least **TWICE** per week.

3. Strength training sessions should focus **EQUALLY** on muscle groups.

4. Do cardio at least **TWICE** per week.

5. Spend 80% of your time in **ZONES 1-3**.

6. Stretch and cool-down after **EVERY** session.

7. Ensure 7-8 hours of **SLEEP** daily for adequate recovery.

8. Prioritize **FAT-BURNING** during exercise (rather than calories or carbs).

9. Keep a gym bag packed to keep you **ACCOUNTABLE**.

10. **RECORD** your workouts in detail to track progress or plateaus.

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STRENGTH 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 Challenge 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.

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.

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..

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.

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CARDIO

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.

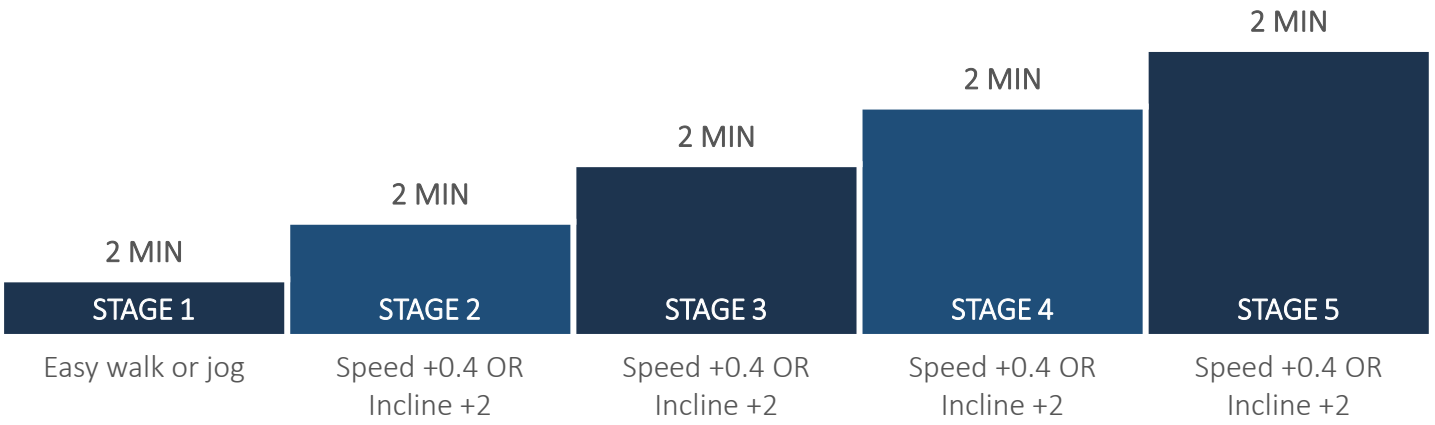
Our bodies typically burn fat as the primary fuel source in Zones 1, 2, and 3. At that point, you hit your anaerobic threshold (A.T.), and start using carbohydrates as the fuel source in Zones 4 and 5. This is why we do heart rate training - Not only do we want to make sure we're burning primarily fat 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 your 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.



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FOUNDATIONAL MOVEMENTS

SQUAT
Plant both feet on the ground, then bend hips and knees simultaneously to lower your body.

PUSH
Push external weight away from your body, or push your own body away from the ground.

LUNGE
Single-leg movement where weight is transferred from one foot to the other.

PULL
Pull weight toward your body, or pull your own body toward an object.

HINGE
Bend your body in half by hinging at your hips.

ROTATE
Rotate your trunk from your shoulders to your hips.

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**.

1. Determine your A.T. as follows:
   - (220 – age) x 0.9
2. Locate your A.T in the black bar below.
3. 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

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SURVIVING THE SEASON

TOP 8 HOLIDAY HEALTH STRATEGIES

As fun as the festivities are, the jumbled schedules, bigger to-do lists and constant eating-focused events are a lot to contend with. Whether it's the slew of parties, the ever present sweets in the break room or the less than healthy family/social dinners, it can be a challenge to keep up the same eating and workout plan (and maybe even sleep schedule!).

Check out these top ten strategies for making the most of the holiday season with health goals intact.

1. Focus on the Festivities – Not the Food.

Sure, most holiday parties seem to revolve around food (and drinking). Nonetheless, make a point of shifting your mental focus. (Choosing a physical seat away from the dessert table helps, too!)

Recenter yourself on the positive (e.g. the chance to catch up with good neighbors) instead of the negative (e.g. I can't have x, y or z at the buffet.). When we realign our expectations and choose our focus, we can enjoy the season as fun and abundant. Our attitude determines our enjoyment.

2. Make a Plan for Moderation.

Have in mind where/when you're willing to treat yourself and where/when you're not. Small portions at a party each weekend might work for you. On the other hand, drinks and holiday treats several times a week in the office and at holiday get-togethers is another matter.

Also, be realistic about what cravings you need to ignore. Most of us have some kind of food that can send us down a spiral. Indulge sensibly, but avoid these personal traps.

3. B.Y.O.F.

Bring your own food! When all else fails, at least you know that you'll have something tasty and healthy to munch on. Some go-to ideas include: vegetable platters, hummus trays, fruit and cheese trays, mini meatballs, cold cut platter, shrimp cocktail, assorted nuts, etc. Come equipped with at least one option that you know you can rely on for healthy fare. (In other words, don't volunteer to bring the pumpkin pie!)

4. Plan Your Own Healthy Holiday Events.

Take a break from the buffets, and host something active for your family, your social circle (or just yourself!). Plan a group ice skating or sledding outing, or do an afternoon of cross country/downhill skiing with some healthy eating at your house afterwards.

Even if it's something as low key as a walk around a local park or lake, it's a chance to enjoy the season and be active together. Alternatively, host a small dinner or brunch, and share your healthy recipes with loved ones.

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TOP 8 HOLIDAY HEALTH STRATEGIES

5. Don't Go Hungry.

Holiday parties are sure to present spreads full of tempting treats that can woo you away from your weight loss goals. One of the best things you can do is eat something before you head out for the event. Have a simple snack or even a full meal 30-60 minutes before leaving the house.

Make sure that snack/meal is packed with protein, healthy fat, and fiber to keep you full and satisfied. This way, you'll be less motivated by runaway hunger and more likely to make good choices.

6. Prioritize Stress Management.

Although it's the happiest time of year, all of the extra events, shopping, meal prepping and hosting can stir up some major stress. When stress is high, of course, our likeliness to stick with our healthy behaviors tends to go out the window!

Anticipate the added stress, and plan for it. Be sure to make time for yourself, whether it's committing to a daily walk, meditation time or even a luxurious massage.

Also, be sure to share the holiday duties! I usually host Thanksgiving at my house, but I make sure to delegate some of the food items to other members of my family. They get to feel they helped with the special day, and I have less on my plate!

7. Be Financially Fit.

During this time of year, many of us overspend to please our family and friends and end up paying for it after the holidays in the form of high interest credit card bills or just additional stress.

Make a budget this season, and stick to it. Start planning now how much money you are going to spend, and plan to save for it to avoid overspending. Alternatively, try a different approach and "make" gifts for your friends, family or coworkers. Homemade sugar scrubs or spiced nuts are two of my favorite (and very cost effective!) gifts to make and give.

8. Be Present.

It's so easy to get sucked into the usual vortex of scheduling and responsibilities. When the holidays are over, we can sometimes wish we'd done them differently - whether it be our diets that were derailed or bonding opportunities we missed.

This time of year should be all about relationships and enjoying the season with our close friends and family. Take the opportunity to connect and have those deep conversations. Really enjoy the time that you have with the people around you. It will give you great things to record in your gratitude journal once the season is over.

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(HEALTHY) HOLIDAY GIFT GUIDE

FOR DEDICATED FOODIES AND WOULD-BE HEALTHY COOKS

- *Quality Blender* – A sleek, high-quality blender that makes creamy smoothies and chunk-free shakes will quickly become a go-to convenience you'll use daily. Consider it the perfect kitchen indulgence for someone you love and whose health you want to support.
- *Cutlery* – Sharp, superior knives are easily one of the most underrated gifts! Cooking novices to professionals can appreciate these tools and the speed and ease they offer. It's a gift that provides convenience and safety. (A dull knife is the most dangerous object in the kitchen!)

FOR THOSE ALWAYS ON THE GO

- *Shaker Bottle* – Shaker bottles are an economical must-have for anyone on your holiday shopping list! They're great to keep in an office desk, a gym bag, or the car. Add in a scoop of protein powder and water - and bam! Instant snack! Since they come in a variety of colors as well, you can personalize the gift.
- *Homemade All-Natural Skin Care Products* – Give your friends and family a sampling of your favorite products, or heighten the fun factor by experimenting with making your own homemade lotions and soaps, using basic natural ingredients like coconut oil and essential oils. It can be a fun creative project for family time or evening "in" with friends. Whoever is on your list will really appreciate the added love and thoughtfulness you put into this gift.

FOR ADVENTURE LOVERS OF ALL KINDS

- *Date-Day Gift* – Consider gifting a date-day of everything from rock-climbing, skiing, hiking, a cooking class, or another fun activity you and your family member or friend could take part in together. The gift of experience - and good memories - can't be outdone!
- *Nutrition Coaching and/or Personal Training Sessions* – Encourage your loved ones by being an accountability partner, and purchase a few sessions of nutrition coaching and/or personal training to give them a leg up on their goals.

FOR THE GEAR & GADGET LOVERS

- *Foam Roller* – Now here's a fitness tool that everyone should utilize, and not just at the gym! Foam rollers offer a great way to really massage muscles and work out aches and kinks. With a busy and sometimes stressful holiday season, we could all use one of these.
- *Activity Monitor* – From basic options that just track steps (all some people want and need when they're first getting started!) to those that track just about everything under the sun (and even in the water!) - you'll be giving a gift that will help a loved one live a healthier New Year!
- *Workout Wear* – Everyone enjoys looking good at the gym. Consider this (or a gift card to a popular fitness store) an option and keep your friends and family feeling good.
- *Yoga Mat* – While mats are predominately used for yoga, they can be ideal for other exercises such as mat Pilates, stretching, or bodyweight exercises at home. Plus, they're super portable, so it's readily available anytime – perfect for workouts before or after work.

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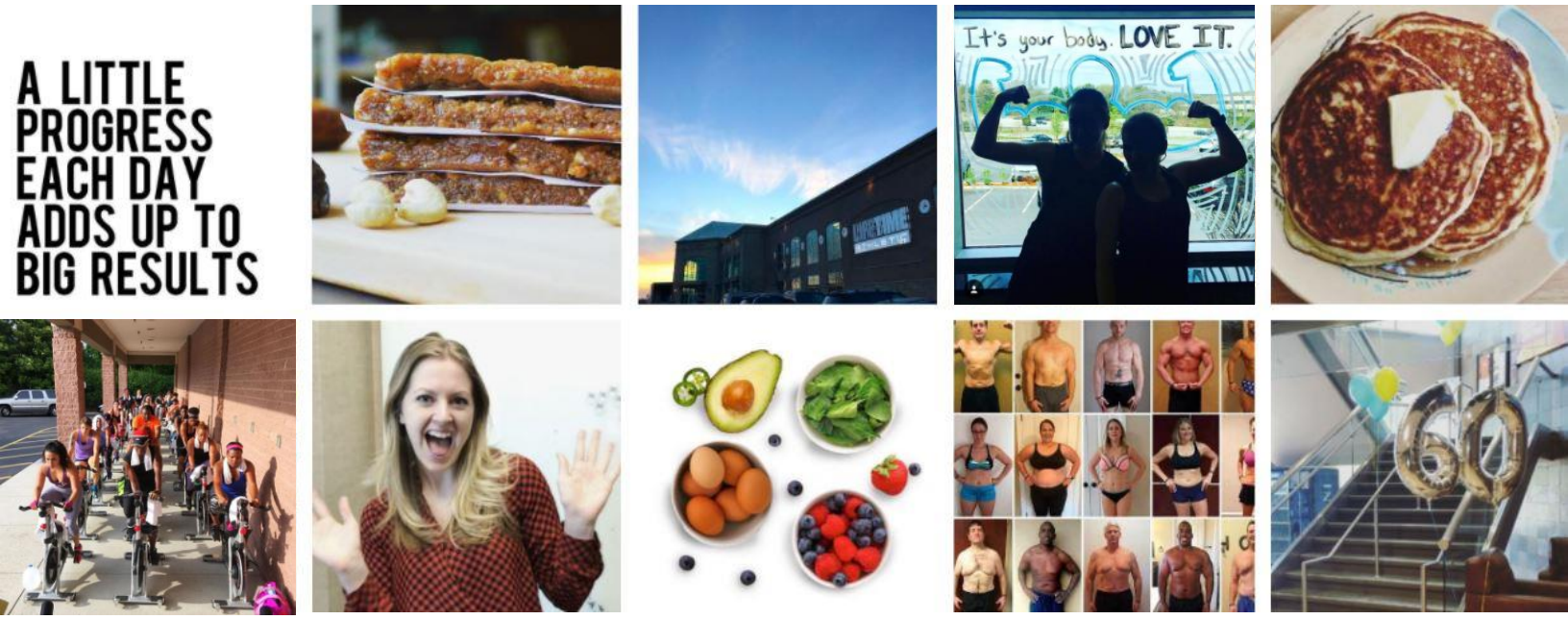
READY TO ACCEPT THE CHALLENGE?

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!

PLUS, FOLLOW US ON INSTAGRAM @LIFETIME.WEIGHTLOSS



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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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