

Change Your Lifestyle | Get Ready for Bikini Season NOW

Start this whenever you want. You don't have to be ready, just start. Focus on no more than two things a week to allow yourself the time and space to really make it a habit. If you mess up one day it doesn't matter. Keep going with the plan and do not start over. It's a part of the learning process on how to get this healthy stuff to fit into your life. Feel free to change it as you wish!

Vanessa's Tip... Book it in your calendar!

April	Week	One Simple Change	Secondary Focus
	1	Track my sleep	Go to bed at 10
	2	Go to bed at 10	Try Aerial Yoga
	3	Go to bed at 10	Try Aqua Fit
	4	Go to bed at 10	Try Workout Video at home

By now your sleep should become more regular improving your mood and energy levels. Your body will start responding to the movement with better sleep, a bit of stress reduction and more energy.

May	Week	One Simple Change	Secondary Focus
	1	2 veggies with lunch	Try boxing class
	2	2 veggies with lunch	Try a running group
	3	2 veggies with lunch	Try a dance class
	4	2 veggies with lunch + 1 more at dinner	Try Cross Fit

By now you are learning how to find more vegetables at lunchtime and get them in.

Your digestion will be different. Your cravings should start to slow down.

You have also tried 7 different types of movement by this time. Which one did you like the best?

June	Week	One Simple Change	Secondary Focus
	1	2 veggies with lunch + 1 more at dinner	Commit to one or two types of fitness 2x a week
	2	2 veggies with lunch + 1 more at dinner	Fitness 2x a week
	3	2 veggies with lunch + 1 more at dinner + 1 fruit during the day	Fitness 2x a week
	4	2 veggies with lunch + 1 more at dinner + 1 fruit during the day	Fitness 2x a week

Congratulations! Bikini season has arrived ;-)

How does your body feel? What has changed for you? What is working? What still needs to change? NOW KEEP GOING with your healthy new lifestyle... July is up next.

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July	Week	One Simple Change	Secondary Focus
	1	2 veggies with lunch + 2 more at dinner + 1 fruit during the day	How do these foods/beverages feel in my body? • Coffee, alcohol, meat, dairy
	2	2 veggies with lunch + 2 more at dinner + 1 fruit during the day	How can I ask for more support in order to maintain this lifestyle?
	3	2 veggies with lunch + 2 more at dinner + 2 fruit during the day	How is my sleep? Am I still on track?
	4	2 veggies with lunch + 2 more at dinner + 2 fruit during the day	Is there something new I want to try? What else can I learn about living a healthy lifestyle?

Time to check in.

Congratulations! You are now eating 4 vegetables and 2 fruits a day. And exercising twice a week ;-) Check in with yourself...

- Is this lifestyle working for you? Or is it too hard to maintain long term?
- What alternatives can you try?
- How will you know when you are getting off track?
- How can you get yourself back on a track?
- How can you get more support in other areas of your life, so that you can always make more time for yourself?
- List 3 people who you can call... when it gets tough, when you need a quick babysitter, when motivation wanes, when you need a laugh.

Continue with your ideal lifestyle plan here.

August	Week	One Simple Change	Secondary Focus
	1		
	2		
	3		
	4		

Remember: It's about progress, not perfection.
See you at the beach!