

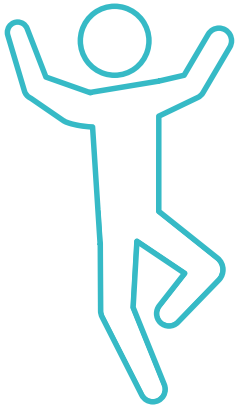


Day 3 - Take action

MOVE



Walk outs



1. Watch the video, try the exercise
2. Repeat the exercise for time or choose a number of repetitions
3. Add this to your daily routine, gently increase your output each day

FUEL



Enjoy a hearty breakfast



1. Start breakfast preparation the night before i.e. chop fruit, soak oats
2. Introduce whole grains to your breakfast menu; [download our free menu plan and recipes](#)
3. Try distraction-free eating from Day 2

NOURISH



[The power of positivity.](#)



1. Practice switching negative statements about your fitness goals to positive i.e. **I can, I will**
2. Make yourself laugh! Find things to read or watch that you find funny
3. Surround yourself with positive people

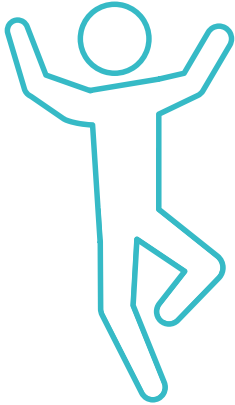


Day 3 - Benefits

MOVE



Walk outs



1. Increase flexibility
2. Strengthen your core and improves balance
3. Gently raises your heart rate and burns fat

FUEL



Enjoy a hearty breakfast



A regular, fulfilling breakfast can:

1. Top up nutrients used during sleep, renewing energy and brain function
2. Stabilise blood sugar making you less likely to be "hangry" during the day
3. Promote heart health

NOURISH



The power of positivity



Practising positive thought helps give you:

1. Better coping skills during hardships and times of stress
2. Greater resistance to common illness and injury
3. A reduced risk of heart disease