

10 DAY RESTART CHALLENGE



Sarah Sunderland

Get In Control Of The Bad Habits!

Hey Ladies!

Whoop! I'm so excited for you to start this challenge!

Over the next 10 days you are going to learn how to reset your body, get rid of sugar and junk food addiction and get back in control of all of your bad habits that are making you gain weight.

By getting in control of these bad habits it will allow you to get rid of the belly, muffin top and the bloat.

All you need to do is follow the rules below. As the 10 day challenge kicks off you will get additional tips and tricks but the rules below are what you need to stick to throughout the challenge.

Don't forget to join the facebook support group [here](#) for ongoing content and motivation.

The best transformation will win a prize (there is rules).

You have nothing to lose and everything to gain in the next 10 days ladies so give it your all and show me what you can do!

With Love Your Whip You Into Shape Coach,

Sarah xxx

RULE #1



Get rid of the crap! The Purge

Over the next 10 days you need to remove the following things out of your diet;

1. Alcohol
2. Deep Fried Food
3. Refined sugar {cake, biscuits, sugar, chocolate etc}
4. Processed Meat {bacon, ham, salami}
5. Fake Sugar and Additives {equal sugar, chewing gum}
6. Refined Grains {white bread, white pasta, white rice}

RULE #2



Hydration and Detoxification

Over the next 10 days I want you to drink at least 2L of water per day.

First thing in the morning every morning I want you to add a slice of lemon in a glass of warm water. Drink this before your morning coffee or tea.

RULE #3



Eat Dinner As Early As Possible

The earlier you can eat dinner the better. We want to give your body lots of time to digest your food properly.

RULE #4



No Carbs At Night Time

Sorry. Try to make your dinner more protein based with lots of vegetables, good fats and salad.

Good fats are avocado, fish, salmon, olive oil, nuts and seeds.

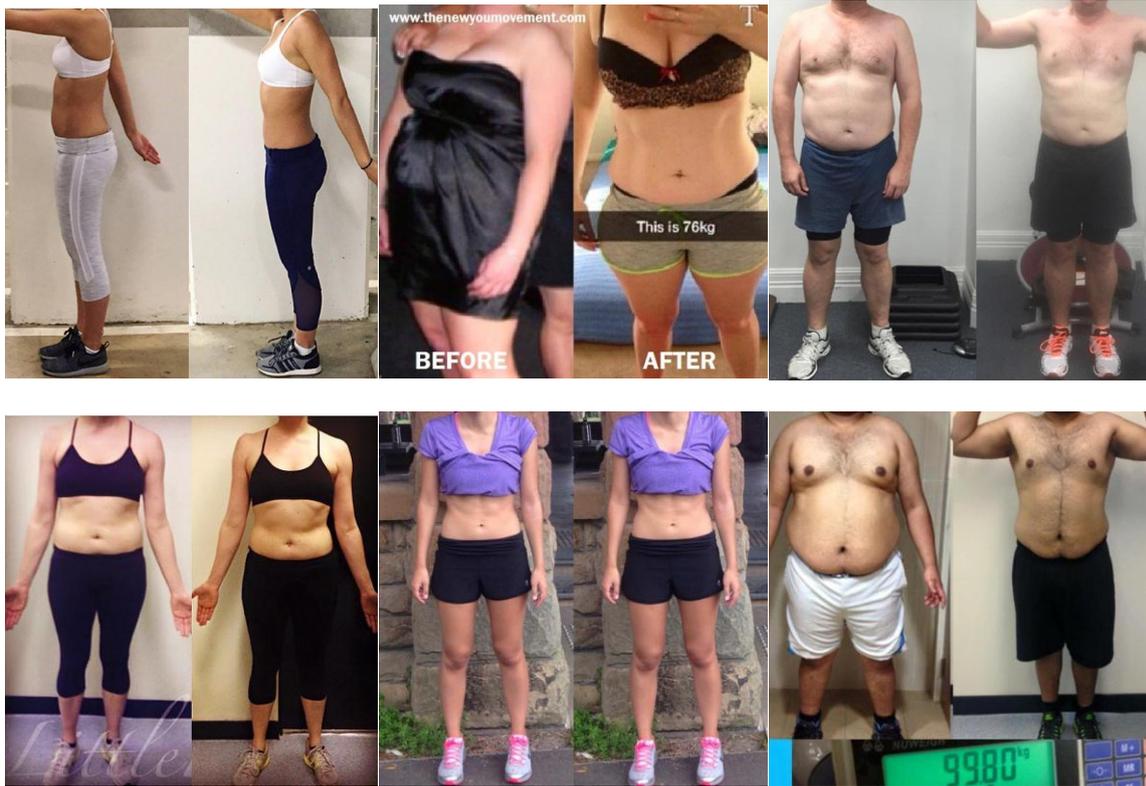
RULE #5



Sleep More & Stress Less!

Aim to get 8 hours of sleep per night where possible. The best hours of sleep are between 10pm and 6am.

For the next 10 days try to stress less. Detach from negative things and people and really look after your emotional wellbeing.



APPLY TO WORK WITH ME FOR 8 WEEKS

