1. When will we personalize it in terms of pictures and colours?
2. When do you need me to send all the pictures ? and what size
3. What size for home banner
4. What size for pictures on home page

* “The main banner should read “Ignite Your Health, with our Complete Wellness Hub”
* Delete “What we offer”

In EAT – can we have picture banner at the top

In MOVE – can we have picture banner at the top

In THINK – can we have picture banner at top

Where did all the eat move think Daily Goals entries go?

The Vegetable intake, water intake, etc ??

Can we add an Achievements tab? – this records all the points accumulated for the daily and month.

5 day Health Kickstart – Join this program to kickstart your health in only 5 days. Delicious sugar and gluten free recipes and a complete functional program for beginners, intermediate and advanced participants.

View program JOIN PROGRAM

Join this program to kickstart your health in only 5 days. Delicious sugar and gluten free recipes and a complete functional program for beginners, intermediate and advanced participants.

PDF called 5 day health kickstart

FOOD CLEANSE – Join this program for delicious and healthy food recipes to boost your metabolism and increase health. (see pdf attached called food cleanse)

MINI DETOX CHALLENGE – If you want to slowly detox your body from toxins follow these 3 simple steps to better health.

These simple yet effective tips will help you detox your body without the need of supplements or yummy food. We all need to get rid of toxins in our system. Our foods, products and environment are full of artificial toxins and pollutants.

This simple detox will eliminate some toxins, boost metabolism and make you feel great.

1. Have a glass of freshly squeezed lemon juice in warm water before eating anything in the morning. This boost metabolism and it alkalizes your system.
2. Add I tablespoon of organic Apple Cider Vinegar to your salad or just have it is.
3. Eat blueberries daily. They are delicious and full of antioxidants
4. Drink 3 litres of water. This will help flush out the toxins.
5. Have a green juice daily – Kale, Avocado, Green apple and Kiwi is a delicious combo.
6. Get a good quality probiotic. Gut health is essential to absorb nutrients and for a good immune system and digestive health.
7. Body brushing: Doing this daily will support circulation and increase skin detoxification. Using a loofah or natural fibre body brush, brush the skin with firm circular strokes before you step into the shower. Start from the feet and hands, moving up the legs and towards the arms, avoiding the delicate area of throat and face, and any rash or sore spots. Then jump in the shower. Finish your shower with a one-minute burst cold water which brings the blood circulation to the skin.
8. Sleep! Get 9 – 10 hours sleep a night. This will help you lose weight, feel energized and avoid sugar cravings.

BEGINNER RUNNING PROGRAM – From couch to 5 km in 6 weeks. Safely and without injury. This program is recommended together with the flexibility challenge. (see table I sent below)

FUNCTIONAL TRAINING PROGRAM- This program contains exercise that will strengthen and lengthen muscle groups that are essential for optimum function. View /Join (see below the links to program)

The following are exercises designed to suit levels of fitness, follow the exercises most suited to your level.

If you are a beginner :

[Beginner Functional Training](%20https:/secure.webexercises.com/desktop/patient/rx.html?DQPHE82AP2NA)

If you are intermediate:

[Intermediate Functional Training](%20https:/secure.webexercises.com/desktop/patient/rx.html?XUOQLMZFE9MR)

If you are advanced:

[Advanced Functional Training](https://secure.webexercises.com/desktop/patient/rx.html?FJ17UROENYBD)

IMPROVE YOUR POSTURE- Posture is the window to your musculoskeletal system. This program will have you looking and feeling great. A great addition for people that sit at a desk all day.

[Posture up](https://secure.webexercises.com/desktop/patient/rx.html?OXAOCXYBZ04W)

GET FIT TONE UP- This program will get you fit and tone in no time. Full body training with no equipment needed.

[GET FIT TONE UP](https://secure.webexercises.com/desktop/patient/rx.html?UPPCEOQK4CJK)

MARATHON TRAINING- Your complete 12 week training to finishing a marathon. Make sure you also add the flexibility challenge to prevent injury.

If you are aiming to complete your first marathon event, this training program is for you.

Everyone is an individual and your base level of fitness may vary.

For those who already have been doing some running, this general program should give you all the endurance you will need to reach your marathon goal

This 12-week training guide is just that, a guide, so feel free to be a little flexible to make

it work for you.

A few points to take into consideration:

Long runs: The key to the guide is the long run on weekends, which builds from 10km in

week 1 to 32km in week 10. The long runs are really the ones you can’t miss.

Run slow: Do your long runs at a comfortable pace, one that would allow you to converse

with a training partner, at least during the beginning of the run. If you finish the long run

at a pace significantly slower than your early pace, you need to start much slower.

It’s better to run too slow during these long runs, than too fast, the purpose is to cover the

prescribed distance.

Walking breaks: It is okay to walk during the marathon, in particular your first

marathon. You can walk during training runs too. In a race the best time to walk is

entering a drinks station, that way you can drink more easily while walking as opposed

to running.

Cross-training: Sundays in the training guide are for cross-training. The best cross training

exercises are swimming, cycling or walking. You don’t have to cross-train the

same each weekend and you could even combine two or more exercises: walking and

cycling or swimming and riding an exercise bike in a gym. Cross-training on Sunday will

help you recover after your Saturday long runs.

Midweek training: Sessions during the week should be done at an easy pace.

Rest: Days designated to rest are very important. Muscles actually regenerate and get

stronger during rest and rest helps prevent injury. The key to this guide is consistency

– if you are feeling particularly tired at any stage, take an extra rest day and get your

energy back to keep going.

Please add picture called 12 weeks to Marathon Training

STRENGTHEN YOUR CORE- Core strength is essential to improve posture and prevent back pain. These simple yet effective exercises will help you feel and look strong.

[Strengthen Your Core](https://secure.webexercises.com/desktop/patient/rx.html?K2G6U1NHSKHV)

30 day SQUAT CHALLENGE- The squat has been found to be an essential exercise that needs to be added to any exercise routine. This Challenge only has 1 exercise which you have to do each day, and the time spent doing the exercise slowly increases day by day to help you build up your core body muscle strength gradually, ensuring you are able to complete the final day of the challenge easily. This challenge will take you from 30 to 200 squats in 30 days.

Program

HOW TO DO A PLANK

Start by getting into a press up position.

Bend your elbows and rest your weight ono your forearms and not on your hands.

Your body should form a straight line from shoulders to ankles.

Engage your core by sucking your belly button into your spine.

Hold this position for the prescribed time.

Insert picture of how to hold Plank and 30 day plank challenge

30 day PLANK CHALLENGE – The 30 day plank challenge only has 1 exercise which you have to do each day, and the time spent doing the exercise slowly increases day by day to help you build up your core body muscle strength gradually, ensuring you are able to complete the final day of the challenge easily. The plank strengthens legs, core , and many other muscles making it a complete exercises to improve muscle strength

Program picture called 30 day squat challenge And how to squat

FLEXIBILITY CHALLENGE – This program is great to add to any of the other challenges or just to use on its own. Prevent and improve aches and pains but doing these whole body stretches.

[Flexibility Program](https://secure.webexercises.com/desktop/patient/rx.html?1MYWKRNURDHS)