

# FIT FOR FALL

#charitychallenge

*Tone It Up*





# we're getting **FIT FOR FALL**

Along with the blazing sunsets and the beautiful changing leaves, this season is marked with the feeling of a fresh start! It's one of our favorite times of year to revamp workout and health routines — not only because doing so easily slips into the already changing schedule, but it also contributes to an inner strength that propels us to give 100% to every area of our life... in and out of the gym! Exercise combats stress and eating wholesome foods gives us the energy we need to tackle projects, while ensuring we feel FIT! This year, we're incorporating another element into the challenge — we're giving back!

There's nothing like focusing on the bigger picture to stay motivated and on track! We'll be contributing to your favorite charities in YOUR name every week!

It's time to find your cause...  
and RUN for it!

XOXO  
K+K



## WHAT IS #100FORCHARITY?

Every season we challenge you to complete a total of 100 miles of cardio! This is all about challenging you to get out and get active —whether you run, walk, jog, swim, elliptical or dance! 100 miles in 8 weeks amounts to less than 2 miles a day, which could mean just 30 minutes of cardio each morning. We want you to track your miles and share your journey to motivate each other on Instagram using the hashtag #100forCharity. You can also use an app that donates money for every mile you run! Let's raise 1 Million dollars as a TEAM! <http://www.charitymiles.org>

#100forCharity

## CHOOSING A CHARITY!

Additional suggested charities and races:

<https://www.charitynavigator.org> or <http://charity.org/ABTA.org>

<http://www.therose.org>

<https://www.michaeljfox.org/>

<http://www.charitywater.org/>

<https://www.stjude.org/>

Someone's story on [gofundme.com](https://www.gofundme.com)

# FALL flavors

TO KEEP YOU FIT!

## CINNAMON

This comforting spice adds a depth of flavor along with tons of health benefits to smoothies, baked goods, pancakes, puddings and parfaits! We also love it in coffee... not to mention your metabolism boosting Meta-D drink (find the recipe in your [Tone It Up Nutrition Plan](#))! It naturally brings out the sweetness of smoothies and baked goods without the addition of sugar, while balancing insulin levels so your blood sugar stays within healthy zones.



## ALMONDS

These are one of our all time favorite multi-tasking superstars! Filled with fiber, protein and the kind of healthy fat that contributes to dewy, glowing skin, it's no wonder we're so smitten! Almonds contain magnesium, phosphorus, zinc, folic acid and are also the best whole food source of vitamin E, an essential nutrient for overall health! From making almond meal, almond milk or providing quick energy, almonds are a pantry must-have!

TIP: Make almond flour in your coffee grinder for a nutty & nutritious addition to baked goods and Perfect Fit Pancakes!

## PUMPKIN

From breakfast to dessert and everything in between, pumpkin is a long time fall favorite. It's rich in fiber, vitamin C, vitamin A and carotenoids like beta carotene which contribute to healthy skin and eyes. It also contains more potassium than a banana, making it a post workout delight! Be sure you have this delicious star player on hand this season. Add it to parfaits, smoothies and soups for satisfying autumn flavor.

## PUMPKIN SEEDS

With the abundance of pumpkin treats, pumpkin seeds tend to also make a prominent fall appearance in your grocery store! This nutrient powerhouse is great in homemade trail mix, on top of oatmeal, yogurt or straight outta the bag! We love that they're high in magnesium, a really important mineral for overall health and proper muscle function, as well as protein, copper and zinc! We're so impressed by these delicious seeds, we included them as a key ingredient in the new, delicious Perfect Fit Protein.

## APPLES

How do you like 'dem apples!? This autumn fruit is naturally rich in minerals, antioxidants, polyphenols, vitamin C and fiber. The type of fiber found here not only keeps you feeling full, but has also been shown to help with blood sugar levels and heart health! We love them as is, in salads, roasted with veggies or baked for a sweet dessert—and as a wonderful topping for morning Perfect Fit Pancakes!

## APPLE CIDER VINEGAR

Apple Cider Vinegar helps regulate your blood sugar levels. This is an essential component of getting and staying lean! It's also rich in important enzymes that help your body detox and can keep you feeling full and control your appetite. ACV is rich in potassium which is important for growth, building muscles and maintaining a healthy nervous system. It's also extremely high in malic acid which is anti-viral, anti-bacterial and anti-fungal. ACV also helps break down fats so your body can use them and not store them!

## GREENS

Regardless of the season, vitamin and mineral rich greens always have a big place in our hearts... and in our healthy lifestyle! For the fall months, we love sautéing spinach, Brussels sprouts and steamed kale with a little bit of garlic! Chlorophyll, the green pigment found in all greens cleanses your system, detoxes your body, and gives you a fresh boost of energy! Incorporating this superfood is a great way to give your body some alkalizing goodness, along with a good dose of vitamins A & C for bright eyes, soft skin and a healthy glow.

# FALL INTO A NEW ROUTINE

## sexy tips for success

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1

### GO SHOPPING

A visit to the grocery store sets the stage for a healthy week! For a fool-proof way to stock your kitchen, keep your focus on the outer perimeters of the grocery store. There, you'll find nourishing foods like fresh produce, lean protein and healthy snacks. Our weekly staples include lemons, fresh herbs, tons of greens, almonds, coconut yogurt, salmon, chicken, sparkling water and of course, a little dark chocolate.

2

### MEAL PREP

It's time to prep for success! We love planning our healthy meals and snacks on Sundays, but choose whatever day works best for you. Every week we want you to set aside a few hours to grill chicken or tofu, cook a batch of quinoa, chop veggies and portion out on-the-go snacks like trail mix! This is also a great time to make a batch of Perfect Fit muffins for the week. Take a look at your Tone It Up Nutrition Plan for delicious make-ahead recipes to keep your body feeling right & tight!

3

### POWER UP WITH PROTEIN

This macronutrient is a must when thinking about your healthy lifestyle, and it's particularly important for replenishing your body after a workout. It's made up of amino acids that your body needs to build sexy, lean muscles— not to mention keep your nails, hair and skin looking healthy. As a huge bonus, including a little bit of protein throughout the day helps your physique get and stay lean by balancing blood sugar levels and keeping snack attacks at bay!

Stay FIT TIP: Start the day with a protein rich breakfast like a Perfect Fit Smoothie or Pancake to help your body fuel up for the day ahead.

4

### WATER

As the weather cools, sipping on water may not be as much of a focus as during warmer months. While your body may not crave water the same way it does in the summer, your beautiful body needs to stay hydrated. Dehydration causes fatigue and unhealthy cravings, but that's not the worst of it. When your body is dehydrated, it can't burn fat efficiently, meaning your hard work won't pay off. Start sipping, babe! We want you drinking at least 1/2 your body weight in ounces daily. If you weigh 150 lb., you should be drinking 75 ounces of water each day :)

5

### PRACTICE GRATITUDE

Feeling grateful makes you sexy! It's true. Every morning we want you to start the day by thinking of 3 things you're grateful for. It can be anything... your strong body, your BFF, family, your delicious breakfast. Bonus points if you write these 3 things down and look at your list throughout the day.

6

### A GOOD MORNING STARTS WITH A BOOTY CALL!

We want you to wake up and sweat with us every morning! Morning exercise gets your body geared up to burn calories all day long. Research suggests it can help your body burn a higher percentage of fat than exercising later in the day. Most importantly, doing something first thing in the morning ensures nothing comes in between you and your goals! Check out [ToneltUp.com](http://ToneltUp.com) every Sunday for your weekly workout schedule and follow along with it daily. We love getting a cardio session in first thing in the morning and following it with a toning routine, but we want you to find whatever works best for you and your schedule.



# 3 steps to living your **DREAM LIFE**

## THE KIND OF GOAL YOU SET MATTERS.

Focus on setting process oriented goals. If your aim is to get healthier and fit into those fall skinny jeans, that's awesome. But, you need to set process oriented goals too. This means, instead of thinking solely on that big aim, make it your goal to also complete the things you know will get you there. Say to yourself, *I'm going to fit in my morning Booty Call every day and include twice as many leafy greens with my dinner.* If you want to run a long race, make it your objective to increase your mileage each week.

When you give yourself actionable tasks, it makes it simple for your mind to just go for it.

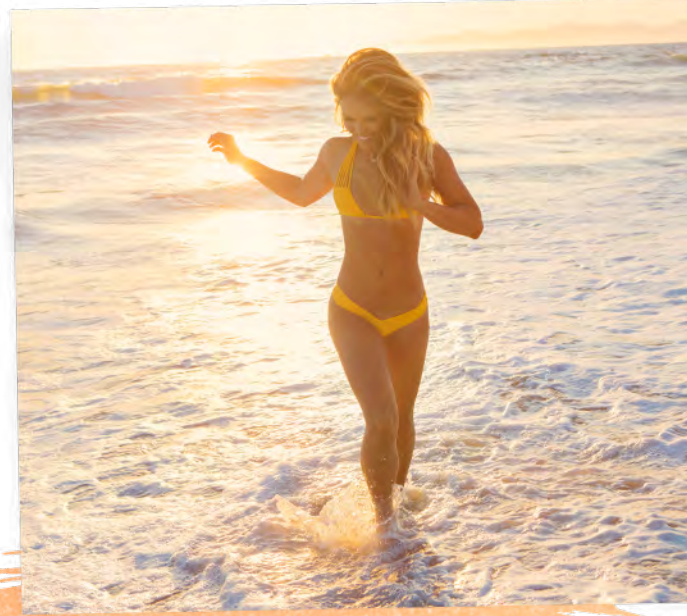
## WRITE THEM DOWN!

Vision boards, lists, journals, post-its - use them all! When you physically write down your goals, you're telling yourself: I'm serious about this one.

Read over your list often and don't be reluctant to change, alter or add to it whenever the mood strikes! Reading it over when you wake up in the morning and right before you go to sleep at night is optimal. Another great tip is to write your goals in present tense, as if they are happening now!

## BROADEN YOUR FOCUS.

When you need an extra boost and an added dash of energy, we want you to focus on factors outside of yourself. Complete that workout for your charity. Make a TIU approved meal choice for your team! Think of how motivated this [#TIUteam](#) will be once they see your completed workout, healthy meal and beaming smile on Instagram. Every action you take can positively impact others. Stay strong for the next 8 weeks for yourself, for your team, and for your charity!



# getting smart with **LEAN, CLEAN, N' GREEN**

What do we want you to eat? Tons of veggies, fresh fruits, lean protein and healthy fats are all important parts of your healthy lifestyle. Ditch processed foods and fill up on satisfyingly whole, nutritious ones instead!

Bombshell warning: this is a total game changer. Eating this way will completely transform how you look and feel so much so that you may never treat processed foods the same way again! To help get you started we're including an EXCLUSIVE SNEAK PEEK into the [Tone It Up Nutrition Plan](#) below! Our Nutrition Plan is a fully laid out nutrition system designed by us, your trainers! It shows you what to eat and when to get lean & tone up, along with over 250 TIU-approved recipes.

# FALL recipes



## SWEET POTATO BREAKFAST COOKIES

*makes 12 cookies*

### INGREDIENTS

½ cup sweet potato puree  
(1 whole sweet potato  
roasted in oven for 40 mins  
or so)  
½ cup peanut butter  
(or almond butter)  
¼ cup cranberries  
¼ cup pecans  
¼ cup coconut flakes  
½ cup agave or honey  
2 Tbs GF flour  
¼ cup flax meal in ¾ cup  
water mixed up together  
first (egg replacer so let sit  
a few mins to thicken up)  
1 tsp vanilla extract  
1 tsp baking soda  
1 tsp nutmeg

### DIRECTIONS

1. In large mixing bowl, mix together the sweet potato puree, peanut or almond butter, agave, and flax-water mixture. Add GF flour, vanilla, spices and salt. Add baking soda. Mix together thoroughly.
2. Add cranberries, pecans and coconut flakes. Mix again.
3. Drop 3 Tbs per cookie on a parchment covered cookie tray. The batch should make 12 medium sized cookies.
4. Cook at 350-degrees for 25-30 minutes. Let cool 15 minutes before diving in and eating!
5. Keep in a sealed container for yummy nutritious breakfast cookies every morning of the week!

## GROUNDING COFFEE CAKE

*Serving Size: 9 (4 oz.) slices*

### INGREDIENTS

¾ cup almond flour  
¾ cup GF baking flour  
2 tsp baking powder  
1 tsp baking soda  
¼ tsp salt  
½ cup coconut palm sugar  
1 cup almond milk  
⅓ cup unsweetened applesauce  
1 Tbs vanilla  
1 Tbs apple cider vinegar

### TOPPING:

1 cup chopped brazil nuts  
(or favorite nut)  
¾ cups GF flour  
½ cup coconut palm sugar  
3 Tbs espresso or strong coffee  
2 Tbs room temperature coconut oil 1 Tbs cinnamon  
½ Tbs nutmeg  
1 tsp cloves

### DIRECTIONS

1. Preheat oven to 350-degrees
  2. In large mixing bowl, combine both flours, baking powder, baking soda and salt together. Mix together with a fork or whisk until thoroughly mixed together.
  3. In separate bowl, add sugar, milk, applesauce, vanilla and apple cider vinegar together until incorporated.
  4. Little by little, add dry mixture to wet mixture. Stir until just mixed. Pour into a 8 x 8 baking dish.
  5. In 3rd bowl, mix together, topping ingredients with hand until it has a crumbly texture. Sprinkle topping mixture on top of cake mixture. Swirl together. Bake at 350-degrees for 30-40 minutes.
- Enjoy with your favorite coffee drink!





# FALL recipes



## SWEET AND SAVORY PUMPKIN SOUP

3-4 servings

### INGREDIENTS

2 cups of pumpkin purée  
¼ cup unsweetened coconut milk  
½ cup vegetable stock  
optional: 2 sweet potatoes, peeled and diced  
1 cup carrots, chopped  
2 Tbs honey or 2 Tbs of brown sugar  
1 Tbs coconut oil  
1 tsp turmeric  
1 tsp pumpkin pie spice  
1 tsp cinnamon  
pinch of sea salt  
pinch of all spice  
pinch of nutmeg  
1 whole clove

### DIRECTIONS

1. Add all ingredients to a slow cooker and simmer on low for 3-4 hours.
2. If you're not using slow cooker, use a large soup pot and heat over medium heat for 30 - 40 minutes or until potatoes are tender.
3. Use an immersion blender to puree the soup or carefully transfer mixture to a blender and pulse until smooth.
4. Serve with fresh parsley and pecan pieces.

## ITALIAN STUFFED EGGPLANT

makes 4 servings

### INGREDIENTS

1 lg eggplant, cut in half  
½ cup EVOO  
1 onion, thinly sliced  
2 Tbs minced garlic  
1 14oz can unsalted roasted tomatoes (5 fresh roma tomatoes)  
2 handfuls of fresh shredded kale or spinach  
¼ cup sundried tomatoes  
¼ cup parsley, chopped  
2 Tbs oregano  
1 Tbs rosemary  
1 tsp pepper  
¼ cup green olives  
¼ cup raisins  
pinch of sea salt  
freshly grated parmesan cheese (optional)

### DIRECTIONS

1. Cut the eggplant in half length-wise. Make several large shallow cuts lengthwise as well, so the veggie can absorb oil. Add 4 Tbs. oil to a frying pan and heat on medium heat. Add the eggplant face down first and let brown, about 5 minutes. Turn, flip over and cook for another 5 minutes. Remove from heat and place both sides in a shallow baking dish.
2. Preheat oven to 350 degrees. When eggplant is cool enough to touch, scoop some of the outsides out to make room for filling. Save for later, dice up.
3. In same frying pan, heat another 4 Tbs oil. Add onions, garlic, sundried tomato, olives, raisins, spices, salt and pepper. Cook for about 5 minutes until onions are soft. Add tomatoes. Add diced eggplant. Simmer for another 10 minutes. Take off heat and add fresh parsley.
4. Spoon flavorful mixture into middle of eggplant. Bake at 350-degrees for 30-40 minutes. Add parmesan the last 5 minutes if desired.
5. Can serve with quinoa, millet or rice... however carbs not needed. This is a meal on it's own. Each ½ of eggplant should serve 2 people.. about 5-6 oz each.





## WHERE ARE YOUR WORKOUTS?

Find your workouts for the week under “Weekly Schedule” on [ToneItUp.com](http://ToneItUp.com). Look out for new Fit for Fall routines!

Did you see that the new Beach Babe DVD is out too!? 8 brand new, amazing routines to tone up from head to toe. These workouts are the perfect complement to your FIT FOR FALL workouts. Take your body and results to the next level with the Beach Babe DVD workouts!

Also, all Members of the Tone It Up Plan keep a lookout for your newsletters every Thursday with exclusive Fall tips!

If you're not a member yet, Welcome!! See our Tone It Up Program [HERE!](#)

## WHERE WILL YOUR DAILY POSTS BE?

We'll be posting daily challenges, motivation and special videos on [ToneItUp.com](http://ToneItUp.com), on both of our Instagram accounts, [@KarenaKatrina](#) & [@ToneItUp](#).

## WHERE DO YOU CHECK IN?

Checking in with us and each other is easy! Check in with each other in the Tone It Up Community~ [community.toneitup.com](http://community.toneitup.com), Twitter [twitter.com/ToneItUp](https://twitter.com/ToneItUp), Facebook or on Instagram #CHARITYCHALLENGE. We'll also be posting often on [ToneItUp.com](http://ToneItUp.com)

We will be choosing check in winners EVERY WEEK for the entire challenge, donating \$200 in your name to the charity of your choice! Winners will also receive additional amazing prizes and MUCH more!

## WHERE DO YOU START?

Start with your Weekly Workout & Fitness Schedule! Every week we post it on Sunday under the [FITNESS tab](#). Make sure you order your bundle... we created an 8 Week Journal for you!!!

Each day you're going to be completing both cardio & toning workouts along with a special Sunset Challenge for an extra dose of motivation! We like getting our cardio in first thing in the morning, as our AM Booty Call® ~ but if that doesn't work with your schedule, just be sure to fit it in anytime!

Make sure you come to us on [ToneItUp.com](http://ToneItUp.com) every day, for all of your daily tips, NEW workouts & more!

THINGS ARE ABOUT TO GET WILD, SO GET READY TO DISCOVER  
A PART OF YOURSELF YOU NEVER KNEW EXISTED. DIVE IN WITH  
AN OPEN HEART AND MIND AND YOU'LL FIND SUCCESS IN  
EVERY ASPECT OF YOUR LIFE.



## CARDIO

See all of our favorite cardio routines on [ToneItUp.com](http://ToneItUp.com)! You'll also love HIIT The Beach on both of your Beach Babe DVDs or your NEW "Ultimate Booty Call" routine on Beach Babe 3. What about 'off days' or 'rest days'? We still challenge you to get moving for an active rest day~ go for a walk, a bike ride or take a yoga class. This way, your daily workout is part of your routine and lifestyle. You're also going to be TONING IT UP every day :)

Every season we challenge you to complete a total of 100 miles of cardio! This is all about challenging you to get out and get active —whether you run, walk, jog, swim, elliptical or dance! 100 miles in 8 weeks amounts to less than 2 miles a day, which could mean just 30 minutes of cardio each morning. We want you to track your miles and share your journey to motivate each other on Instagram using the hashtag #100forCharity. You can also use an app that donates money for every mile you run! Let's raise 1 Million dollars as a TEAM! <http://www.charitymiles.org>

What counts as 'MILES'? Jogging, running, biking, swimming, dancing, jump roping and any additional movement you add to your day that makes you glow! For your daily cardio, choose your favorite activity or complete one of the routines [HERE!](#)

Biking: Divide your miles by 3. ex. 9 miles = 3 miles

Swimming: multiply by 3! ex. 1 mile swim = 3 miles

Beach Babe DVD: 40 minute HIIT = 4 miles!

Don't go crazy trying to figure out the miles... as a general rule, about 10 minutes of intense cardio= 1 mile ;)

\*\*\* Do not 'run' your miles every day. Remember to mix in spin class, boxing, biking, stairs, elliptical!!

Whether you're on the stairs at home, outside, on a spin bike or elliptical~ you can spring into summer! See more cardio routines [here](#).

## WHAT IS MY BOOTY CALL WORKOUT?

It's not what you think. #BootyCall® is your morning cardio! This team wakes up 30-60 minutes early to sneak in a fat burning workout - a walk, jog, yoga, workout DVD - anything! Just get moving first thing to burn stubborn fat, awaken your heart and mind, break a quick sweat and to start your day off a few steps closer to your goals. We promise, this will become a habit. We are not naturally morning people, but this is something that is part of our day.. if we don't get it in, we don't feel right! If you want, coffee and a piece of fruit is best before your workout and then have your recovery breakfast after ~ Perfect Fit Protein Waffles or something from the Tone It Up Nutrition Plan!

We're counting on you in the morning. Imagine us waking you up and saying 'DO THIS FOR YOU! You will not regret it'. Your alarm better be set!! :) Set it 30 minutes early & sneak it in! Studies show that people who workout first thing in the morning burn a slightly higher percentage of fat AND are more likely to stick to a program. It increases your core temperature for the rest of the day :)

Do you prefer to workout later in the day? That's okay too! Add 1 mile or 10 minutes to your cardio.

## WHAT ABOUT NUTRITION?

Most of you know that we have our Tone It Up Program and membership!!! Join today and choose one of the amazing bundles we're offering!

**JOIN THE TONE IT UP TEAM TODAY!**  
BECOME A MEMBER AND TAKE YOUR GOALS TO THE NEXT LEVEL!