

Pune Running No Sugar Challenge

Ok folks, time for a new fun challenge for all us blessed fitness conscious souls.

Sugar, as we know it, is a very unessential part of our diet. It is well established that sugar causes harm to our body. However, no thanks to our modern lifestyle, it has become an integral part of our lives.

There are significant side effects of sugar consumption - obesity, diabetes, early muscle fatigue and increase in acidic pH of blood which is a precursor to many more diseases like cancer etc.

A serious effort is required to undo this obnoxious habit. That's why this challenge. And then, what better way to climb this mountain than to do it with such a crazy group and fellow mad-hatters for company!

Our challenge will run from the 1st Sunday to the 2nd Sunday of every month.

Each one of us on this Whatsapp group has, by virtue of being here, opted into the program without a choice! No excuses, please. And why not, this is for our own benefit, right?

Who can opt out of this challenge?

We say entry is compulsory only coz we don't want excuses. On a more serious note, please consult your doctor before joining. You need to confirm there won't be any health issues if you take up this challenge.

What is permissible and what is a NO NO?

YAY	NAY
<ul style="list-style-type: none">-All fruits-All vegetables-Rice, wheat and other food grains-Tea / coffee without sugar-Milk-Honey	<ul style="list-style-type: none">-Any kind of mithai, but obviously!-Tea / coffee with sugar-Chocolates, cake, pastries-Sugar-free powder / granules-Energy drinks, sports drinks-Biscuits, cookies, health / energy bars-Aerated drinks, sherbets-Horlicks, Boost, Complan-Alcohol

How to handle sugar cravings?

As we realize, this is going to be a roller-coaster journey. There will be days when we will have extreme sugar cravings.

A good way to avoid cravings is to have a teaspoon of cinnamon powder in a cup of water every morning and evening.

Occasionally we can have brown jaggery, dry fruits (minimal quantity, not a lot), dates, dry figs and raisins.

Our Pledge

I hereby solemnly pledge that I will take part in the No Sugar Challenge and do my best to adhere by the rules of the game. I promise not to digress and lose my way but even if I do I will enter the CONFESSION BOX, explain my lapse and get back on track!

What is THE CONFESSION BOX?

Whenever you break the rules, you immediately post a message on the whatsapp group – I have a confession to make...blah blah blah....but I will try not to lose my way again.

How many confessions am I allowed?

Unlimited :)

How do we track?

We trust you. If you have not confessed it is assumed you are doing it right.

Let's Go For It, Gang! C'MON!!!