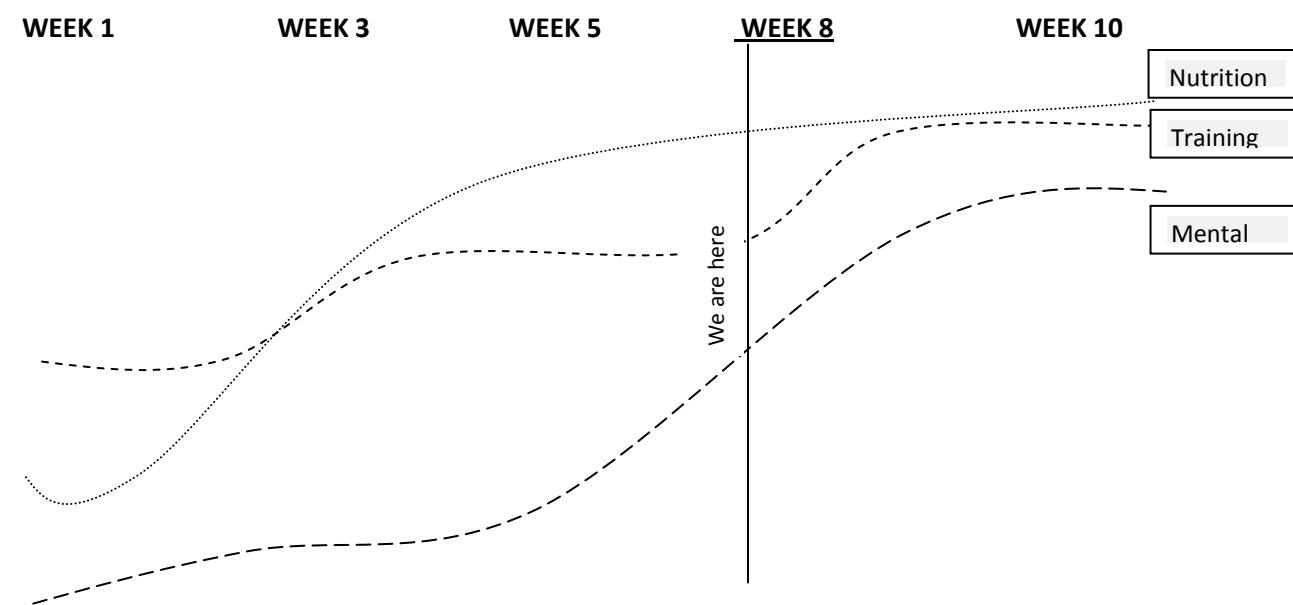


Our Ever-Shifting Challenge..... Over half way and still going strong....



Nutrition:



Where we came from: At the start of the Challenge, our main focus was on eating, because eating is the toughest thing to adopt! Knowledge, timing, size and practicing restraint were our main focus, and will remain so throughout the Challenge, and our daily life! (*Whole foods rock!*) That's because this is not a diet (giving you menu plans would have made this a diet plan). No, we're into a lifestyle change, and educating you about proper eating, which you've learned nicely! We also built our repertoire of recipes with the ***Clean Zone Cookbook*** (and we'll be adding more too)!

Where we're going: We can now move into *maintenance mode*! We hold to what we've learned, and maintain this new eating lifestyle, and add to our recipe and menu plans. Take a breather, but always stick to the plan, OK?

Training:



Where we came from: We moved slowly into exercise, teaching our bodies how to train, recover, move and grow strong. We learned about proper lifting techniques, reps, sets, drop sets, giant sets and more. We went from feeling sore and tired, to feeling stronger and more in control. Nice!

Where we're going: The remaining weeks will have you train 4 days a week with the Triple Split, and do cardio and core on our off days. Now we'll really see your shape and tone come out. We want to bring you into the finish gates a winner!

Mental / Spiritual:



Where we came from: Basic principles of motivation, determination and shifting your attitude were key. Getting family support and understanding were key factors here.

Where we're going: We're ramping up now, and moving from the *physical world* to the *spiritual world*. It's like gravity – whether you believe in it or not, *Universal principles* are at work here. We best learn about them and use them to our fullest potential. Did you really think we were just *physical* beings?