

ROCKIT

Ladies Cardio Kickboxing Preparation Guide



Love Your Body

Being Prepared is the key to **SUCCESS!!**

1. Clean out your kitchen by eliminating ALL temptation. Now is the time to get rid of the 'junk food' and make room for all the healthy nutritional food you are now going to incorporate into your every day life.
2. Start thinking about a meal preparation strategies that will work for you. Are you going to wake up early to prepare your meals? Are you going to do most of your prep work on Sunday? Think of a routine that will work best with your schedule.
3. Start reducing bad behaviours such as consuming alcohol, drinking too much caffeine and start increasing your intake of fruits and vegetables. This is so important because a rapid change in diet can send your body into a state of chaos causing your eliminating organs to be totally overwhelmed. Eating properly will naturally pull out toxins, shed weight and make you feel fabulous!
4. Check your closet to make sure you have the proper workout attire. Wearing clothes that are comfortable and cute will make working out a whole lot more **FUN!**
5. A good water bottle is essential. Our classes will surely work up a sweat (helping rid those toxins). Staying hydrated will help your body recover faster, as well as, keep you energized and feeling great.
6. A good blender is also a must have for achieving greater health. We are **BIG** on drinking our green smoothies to help us nourish our bodies with an abundance of nutrients every single day.
7. One of my favourite kitchen gadget's is a spiralizer - this little gadget will turn your veggies into a work of art. Even the pickiest of eaters will enjoy spiralled veggies.

I hope these TIPS will help you in preparation for your 42 day Journey to LOVING YOUR BODY!