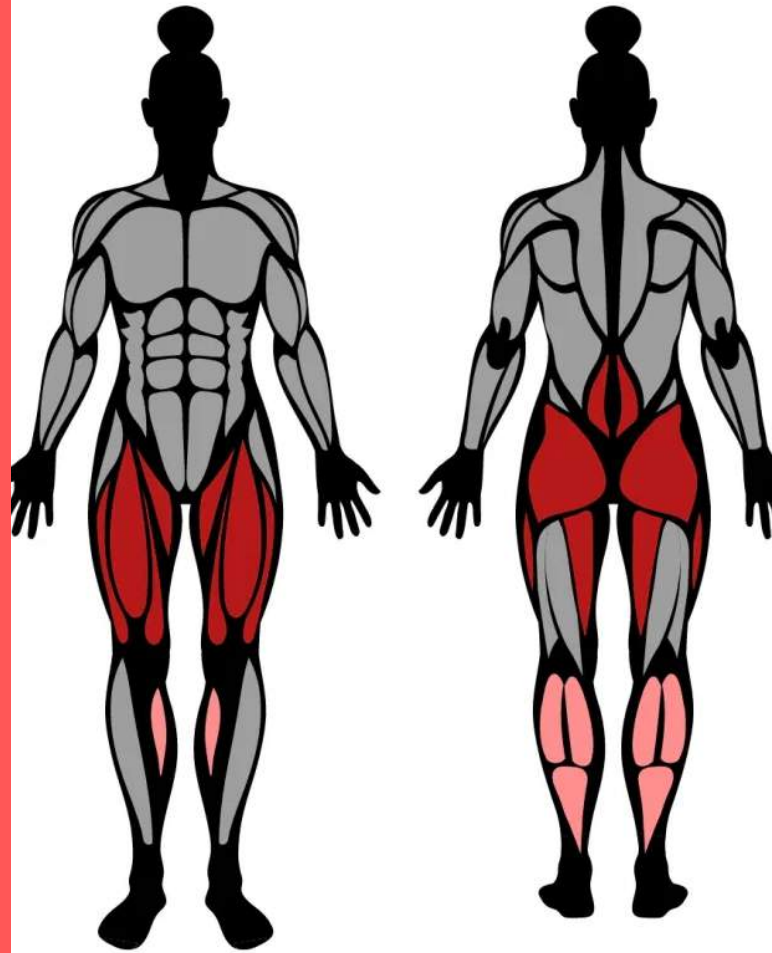


21 DAYS

100 SQUATS CHALLENGE



HEALTHY WITH APARNA



STAY HEALTHY
STAY HAPPY

100 SQUATS CHALLENGE

DISCLAIMER

The information provided in this manual is intended to promote general health improvement through healthy eating, being active and mental well being by focusing on building long lasting healthy habits. Please note that : it is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. These guidelines were not created to suit any nutrient deficiencies, sensitivities, allergies or any other food related health problems or concerns.

Every individual is unique and will have their own specific needs and the information and recommendations contained in this guide are designed as a set of "generic guidelines" only. This manual does not consider any person's specific objectives, situations or individual requirements.

Kindly note that, please avoid Squat if you had knee surgery in the past or suffer from any injury which may aggravate the pain. It is strongly recommended that you should consult with your physician or therapist before starting any exercise program. By engaging in this exercise or exercise program, you agree that you do so at your own risk.

100 SQUATS CHALLENGE

INTRODUCTION

Welcome to 100 Squats challenge !

What is 100 squats challenge?

- For 21 days on regular basis, you will add progression and learn to perform 100 squats.

Challenge benefits

- Through Right Nutrition : Reduce weight, inflammation, bloating , better metabolism, energy level, improved immunity.
- Through Exercise : Improve strength, mobility, endurance and flexibility
- Through Daily Practice & Mindfulness: Improve mood, better sleep and overall mental well being.
- Through Community Engagement: receive support, meet like minded, coach guidance, make connections, daily dose of motivation.

100 SQUATS CHALLENGE

CHALLENGE GUIDELINES

BALANCED NUTRITION

Eat well balanced meal consists of protein source, complex carbohydrates, good fat and with lots of vegetables.

REDUCE/AVOID

Avoid junk, processed and sugary foods, they tend to cause bloating, inflammation, water retention or may make you feel sluggish, reduce your metabolism and have many side effects in long run.

HYDRATE

Drink a minimum of 2-3L of water each day. Keep a bottle to measure daily intake.

FOCUS

Begin each day with a daily practice of mindfulness. This includes 5 minutes of meditation, journaling, reading or breath work.

SLEEP

Give importance to your sleep because it plays an important role in building your overall health.

SHARE

Share your daily journey and connect with an amazing community. Join the [Facebook group](#) for support & share your daily progress on Instagram with #healthywithaparna

100 SQUATS CHALLENGE

PILLARS FOR GOOD HEALTH



MENTAL WELL-BEING



SLEEP



BALANCED NUTRITION



PHYSICAL ACTIVITY



WATER

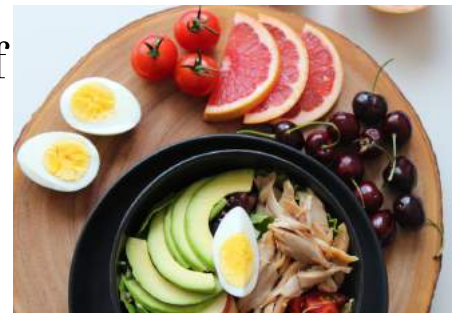
100 SQUATS CHALLENGE

NUTRITION

We need to eat different types of food everyday. A balanced diet contains all the nutrients in the correct amounts to meet an individual's nutrition needs.

VARIETY

A balanced diet contains different types of food from different sources, includes cereals, vegetables, fruits, meat, eggs & dairy.



MODERATION

Portion control doesn't mean eating too less or too much, it means eating as per our body needs.



BALANCE

We should eat as per our body needs. We should balance our food intake with our daily activities.



100 SQUATS CHALLENGE

FOODS TO AVOID/REDUCE

- Try to avoid foods which are high in Trans-fat, refined sugar, highly processed because they can cause many Health problems in long run.
- Some time indulgence is fine but adding these foods on regular basis can leads to lot of Health problems in future.

- Sugary cereals
- Margarine sticks
- Junk food
- Processed foods
- Canned/Packed foods
- Carbonated Drinks



100 SQUATS CHALLENGE

HEALTHY PLATE

My Healthy Plate is a friendly, easy-to-understand visual guide for creating balanced and healthy meals.



- Add protein in every meal, common sources of proteins are soy, tofu, edamame, chicken breast, eggs, panner.
- Look for filling your half plate with vegetables and rest half with protein and complex carbohydrates.
- Sources of complex carbohydrates are : multigrain flour, rolled oats, broken wheat.

100 SQUATS CHALLENGE

SOURCE OF CARBOHYDRATES

- Wheat flour
- Besan
- Rolled Oats
- Buckwheat(kutu)
- Sooji
- Rajgira flour
- Ragi flour
- Sattu
- Wheat Bread
- Brown Rice
- Sabudana
- White rice
- Brown rice
- Soy flour
- Wheat pasta/spaghetti



100 SQUATS CHALLENGE

SOURCE OF PROTEIN

When it comes to Veg source of protein : Soy & paneer contain good amount of protein

When it comes to Non-veg source of protein : Chicken & Eggs are best.

Apart from those mentioned above, Lentils & Legumes also contain protein, apart from carbohydrates.

- Chana dal
- Kulthi dal (Horse gram)
- Masoor dal
- Urad dal
- Moong dal
- Toor dal
- Chickpeas
- Red Kidney beans
- Pinto beans
- Black beans
- Black-eyed peas
- Soy beans
- Navy beans

100 SQUATS CHALLENGE

TIPS TO MAINTAIN HEALTHY EATING

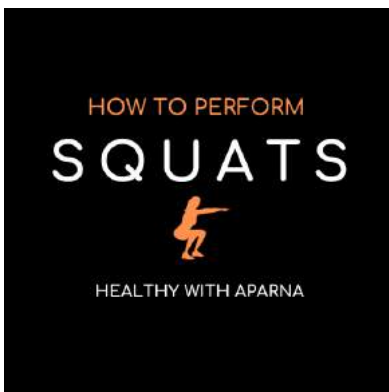
- Replace soft drinks, packed fruit juices and sports drinks that are loaded with sugar with water or fresh fruit juices.
- Choose a variety of foods from all the different food groups - fruits and veggies, grains, including whole grains, protein, and dairy.
- Keep healthy foods handy such as nuts, nut butter, fruits, dates, dark chocolate.
- Eat when you're hungry. If you're tempted to eat because you're bored, that's your mind telling you to find something else to do.
- Eat a healthy breakfast every day.
- Don't eat meals or snacks while watching TV because you'll probably end up eating more than you intend to.
- Pay attention to portion sizes. If a portion is large, cut it in half.



100 SQUATS CHALLENGE

GUIDE FOR PERFECT SQUAT

- Stand shoulder width-apart.
- Hands in front or on shoulder.
- Chest wide open.
- Go down, as if you are sitting on a chair.
- Make sure your back is straight.



GUIDED VIDEO

Here is guided video for proper form correction and to learn how to perform squat correctly.


Click [here](#)

Please note that proper form is very important to impact the target muscles and to reduce the injury.

Have FUN SQUATTING..

21 DAYS 100 SQUATS CHALLENGE

#21dayschallengewithaparna

DAY 1 30 SQUATS	DAY 2 30 SQUATS	DAY 3 40 SQUATS	DAY 4 REST DAY
DAY 5 40 SQUATS	DAY 6 50 SQUATS	DAY 7 REST DAY	DAY 8 50 SQUATS
DAY 9 60 SQUATS	DAY 10 60 SQUATS	DAY 11 50 SQUATS	DAY 12 70 SQUATS
DAY 13 60 SQUATS	DAY 14 60 SQUATS	DAY 15 REST DAY	DAY 16 70 SQUATS
DAY 17 80 SQUATS	DAY 18 80 SQUATS	DAY 19 70 SQUATS	DAY 20 90 SQUATS
DAY 21 100 SQUATS			

 HOW TO PERFORM SQUAT CORRECTLY 

For Beginners : Start with chair squats and target 0-50 in 21 days.



100 SQUATS CHALLENGE

TIPS TO STAY HEALTHY

- 1 Aim for variety & balance.
- 2 Have protein in every meal (eggs, paneer, chicken, soy, curd)
- 3 Eat fruits & vegetables.
- 4 Have 8 glasses of water everyday.
- 5 Exercise at least 30 minutes a day.

Take care of your body, its the only place where you have to live in.

100 SQUATS CHALLENGE

GET IN TOUCH

If you need personalised help and guidance, feel free to get in touch with me. I would be very happy to help.



fb.com/healthywithaparna



[@healthywithaparna](https://www.instagram.com/healthywithaparna)



[healthywithaparna](https://www.youtube.com/healthywithaparna)

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