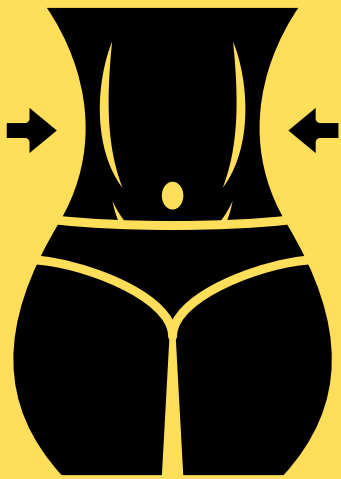


21 DAYS

LOSE BELLY FAT CHALLENGE



HEALTHY WITH APARNA

HEALTHY WITH APARNA



STAY HEALTHY
STAY HAPPY

LOSE BELLY FAT 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 exercise if you had any surgery in the past or suffer from any injury which may aggravate the pain or you have DR or recently had delivery. It is strongly recommended that you should consult with your physician or therapist before starting any exercise program. By engaging in this or exercise program, you agree that you do so at your own risk.



LOSE BELLY FAT CHALLENGE

INTRODUCTION

Welcome to Lose belly fat challenge !

What is Lose belly fat challenge?

- For 21 days on regular basis, you will learn to eat healthy and incorporate regular workouts and learn about healthy lifestyle.

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.



LOSE BELLY FAT 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](#)

LOSE BELLY FAT CHALLENGE

PILLARS FOR GOOD HEALTH



MENTAL WELL-BEING



SLEEP



BALANCED NUTRITION



PHYSICAL ACTIVITY



WATER



LOSE BELLY FAT 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.



LOSE BELLY FAT CHALLENGE

FOODS TO AVOID/REDUCE

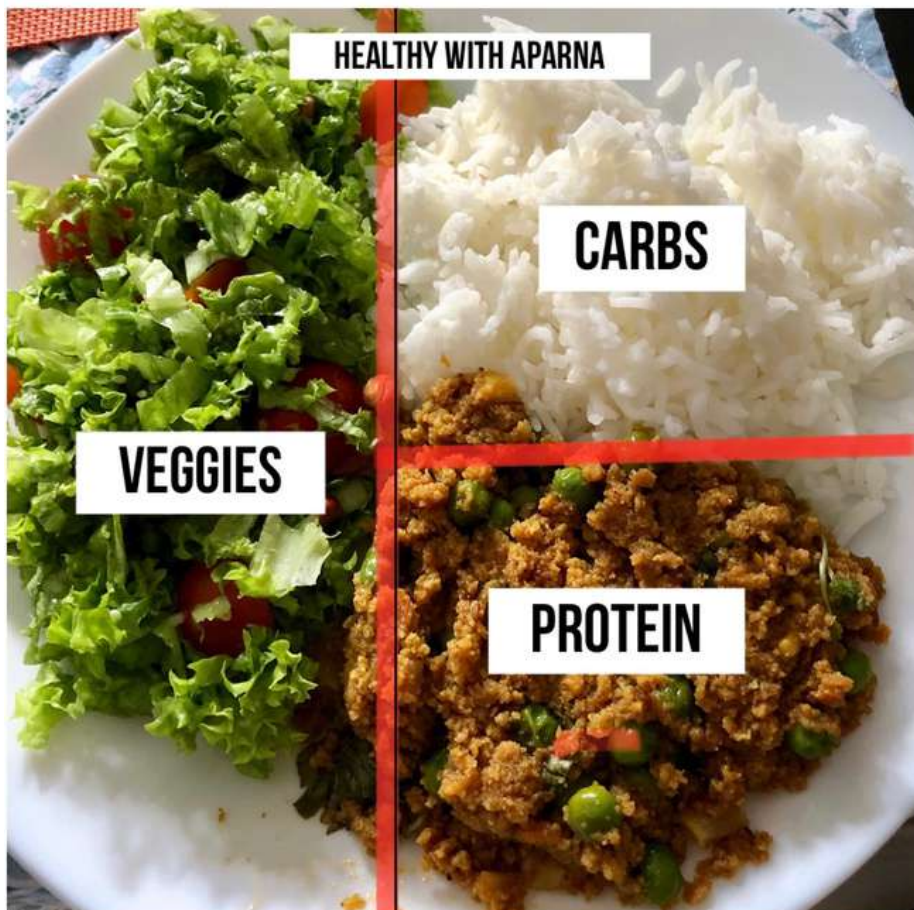
- Try to avoid foods which are high in Trans-fat, refined sugar, highly processed because they can cause many Health problems in long run.
- Some time indulgence is fine but adding these foods on regular basis can leads to lot of Health problems in future.
 - Sugary cereals
 - Margarine sticks
 - Junk food
 - Processed foods
 - Canned/Packed foods
 - Carbonated Drinks



LOSE BELLY FAT 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.

LOSE BELLY FAT 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



LOSE BELLY FAT 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



LOSE BELLY FAT 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.



LOSE YOUR BELLY FAT CHALLENGE 21 DAYS PROGRAM

WWW.HEALTHYWITHAPARNA.COM

Click on the link of workout and you can lead to the video

| | | | | |
|---|--|--|---|---|
| DAY 1 5 min Belly Workout | DAY 2 Full body workout | DAY 3 5 min Belly Workout | DAY 4 Full body workout | DAY 5 5 min Belly Workout |
| DAY 6 REST DAY | DAY 7 REST DAY | DAY 8 Total body Tabata | DAY 9 Core Workout | DAY 10 Full body workout |
| DAY 11 Core Workout | DAY 12 Total body Tabata | DAY 13 5 min Belly Workout | DAY 14 REST DAY | DAY 15 REST DAY |
| DAY 16 HIIT Workout | DAY 17 Core Workout | DAY 18 Lower body Workout | DAY 19 Core Workout | DAY 20 Total body Tabata |

DAY 21

[Core
Workout](#)
OR [HIIT](#)



[View playlist on Youtube](#)

LOSE BELLY FAT 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.



LOSE BELLY FAT 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



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**STAY HEALTHY
STAY HAPPY**