

feel fabulous



for the summer

with my **2 week challenge**



by
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what to do



It's so easy, as I have
created for you
this 14 day plan that you
follow along to
daily.

Each day tick off
the challenge I have
set for you.



The benefits YOU will get from doing my workouts are



No: 1 is I am getting your HEART stronger
(yay, this is what excites me the most)



more benefits

You are investing in your future health.

You are making exercise become part of your lifestyle. You are treating your body to the gift of movement.

You are taking control of your body, health, and mind. You are investing time wisely in you.

You are not falling for any rubbishy quick fixes, such as protein powders, slimming teas, apple cider vinegar diets, slimming pills, or any other ridiculous nonsense.

You are generating more energy.

You are boosting your circulation.

You are going to reduce anxiety.

You will be massively increasing your body's natural ability to burn lots of calories.

You will be toning up all over and sculpting every corner.

You will be improving your posture so you stand tall and proud like you should.

You will be increasing your flexibility so you can stretch and reach higher.

You will be melting away any excess body fat.

You will be noticing that your skin is glowing.

You will be loving your body, as it is simply amazing, and it's time to be kind to it.

You will be feeling the confidence to rock your swimsuit, bikini, or whatever you wear in the summer, because you have taken control, and you should feel as good as you look.

And finally, remember that we are all uniquely different in every sense, from our music choices to our body shape.

So love yours, and always keep in mind that beauty is more about what's on the inside than on the outside.

Week 1



Click on the play button for the workout (you will need to be online) then once completed tick it off.

**the
workout**

**tick when
done**

Day 1

Feel Fab For Summer



Day 2

Feel Fab For Summer



Day 3

Feel Fab For Summer



Day 4

Feel Fab For Summer



Day 5

Feel Fab For Summer



Day 6

Love Handle Workout



Day 7

Walk Fit Workout



Tip: Why not print this off and stick it somewhere you see each day, to keep you on track.

Week 2



Click on the play button for the workout (you will need to be online) then once completed tick it off.

**the
workout**

**tick when
done**

Day 1	Feel Fab For Summer		
Day 2	Feel Fab For Summer		
Day 3	Feel Fab For Summer		
Day 4	Feel Fab For Summer		
Day 5	Feel Fab For Summer		
Day 6	<u>Muffin Top Workout</u>		
Day 7	<u>Walk for Health</u>		

TOP TIPS

(to follow to get your best results)

Temptation-proof your kitchen and all your drawers, and make sure you don't have any of those tempting high-sugar snacks around when you start this challenge.

To look and feel your best it is important to do the workouts but also focus on healthy eating. So by this I mean avoid processed foods and trust me healthy food can still be utterly delicious.

Always make your vegetables the main feature on your plate. Use smaller plates to eat your meals from. (Did you know that the average plate has doubled in size in the last 20 years - it's gone from 9 inches to 20 inches.)

Keep your steps up. If you can aim for between 8 - 10 thousand daily this will be amazing

Be a Cinderella and be sure to be in bed before midnight, and indeed a good time is 10 -10.30pm. And switch off all social media a good hour before bed.

Be super disciplined and make sure you stick to this. It's only 14 days, and the benefits you will get are endless. Be accountable. And a fun way of doing this is to connect with others online doing the challenge, so you can encourage each other. @Facebook
#LucysSquad2Week Challenge

RESULTS

So the results from this challenge will be in the form of inch loss and health and you are also going to have heaps more energy. What I want more than anything as your online trainer is that you feel fabulous for summer, so I have a couple of ideas for the way you can take your measurements. First one is optional which is measurements but the second one is compulsory!



OPTIONAL

Measure at the narrowest part of your waist



Measure at the widest part of your hips

Waist

Hips

Measurements Day 1

Measurements Day 14

I FEEL GOOD ABOUT ME SCALE



Number 5: I don't feel confident and I want to hide away



Number 4: I am not really that happy with how I feel or look



Number 3: I am ok but would like to feel more contented



Number 2 : I am feeling good



Number 1 : I am me and I love who I am and I own my body and quite frankly feel great because this is my life and about me enjoying every moment of it

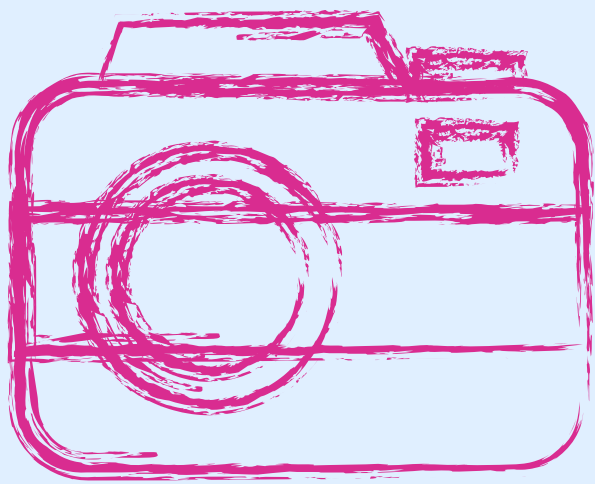
Simply write down the number you can relate to

Day 1

Day 14

SUMMARY

I really hope you have enjoyed this challenge. Do update me on any of my social media platforms and tell me how fabulous you feel, and of course send me a picture of you enjoying your summer.



If you do want to take before and after pictures then do, but **ONLY** if you want to and you can share on social media or email to me at info@lwrfitness.com

If you do want to simply just share your feedback on social media then use this tag

#LucysSquad2WeekChallenge

USEFUL BLOGS FOR YOU

Here are some blogs of mine that are full of helpful information, just click on the title of the blog to read it in full.

CUT DOWN ON SUGAR

TIPS ON CLEAN EATING

NO-BAKE GRANOLA BARS

SWEET POTATO AND AVOCADO BUDDHA BOWL

BLUEBERRY & BERRY SMOOTHIE BOWL

have
a fabulous
summer

and
love
who
you
are

Lucy xx



*Keep me updated on how
your progress*

connect by clicking on any of the icons



#LucysSquad

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