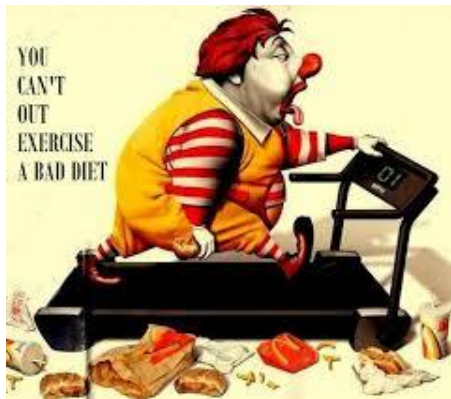


## *Active Healthy Lifestyles Challenge*



Steps to a Successful Fitness Plan

## *YOUR FITNESS PLAYBOOK*



*Your Health Savvy Advocate*

*Diana Hoffman*

*Active Healthy*



*Lifestyles*

*Move from Apathy to Action*

## Active Healthy Lifestyles Challenge

Get Clear:

*How To Begin Rebuilding Your Life And Make It Ridiculously Amazing*



Luminita D. Saviuc, [Purpose Fairy](#), Guest, The Mind Unleashed, Dec 2014

“Our real blessings often appear to us in the shape of pains, losses and disappointments; but let us have patience and we soon shall see them in their proper figures.” ~ Joseph Addison

What if one day you woke up and decided that you were tired of feeling tired and that you had enough of everything?

Enough of stress and anxiety

Enough of anger and resentment

Enough of struggle

Enough pain

Enough poverty

Enough tears

Enough heartbreak

Enough self-destructive thoughts

Enough behaviors

Enough relationships

Enough of all that is negative and toxic.

What if you decided that you wanted to change yourself and your life but didn't know where exactly to start, what then?

There are many things you can do to begin rebuilding your life and make it ridiculously amazing. In the following pages is a 21-Day Plan to help you do just that. Are you ready? Let's begin:

*Your Health Savvy Advocate*

## Active Healthy Lifestyles Challenge

### *Let's Get Ready, The Preparation*

## *Get Clear on What You Want and How Much You Want It.*

Change Your Life by Taking Better Care of Yourself

For anyone who's been looking for a good reason to be healthier. Whatever it is, you probably don't do it often enough, and putting "me time" on the backburner is a big part of why we can all feel run-down, frenzied, and overwhelmed. **Self-care, to the rescue!**

**Self-care makes up an essential part of a healthy lifestyle that keeps us healthy, happy, and more in-tune with our minds and bodies.** The problem is, we probably aren't doing enough of it.

Many of us still do not know what we are seeking. Sit silently and get a clear idea of what you want to happen during this March Madness. It's important to have an emotional connection to what you want, because your emotions root you into a deeper level of participation in life.

### Preparation for your fitness plan includes:

**Your Goal in writing on a 3 x 5 card:** Sample Fitness Goals: Build Muscle ~Lose Weight ~Get Healthy ~Tone Up~ Increase Energy ~Lower Cholesterol. Now be more specific. (Diana's goal is to give up 5 pounds or more by the **end of the third week (game)**). I have set a goal and date to be achieved. This is a doable goal. I will weigh \_\_\_\_\_ by the date. This is a promise to yourself. A commitment. Now write down your goal on an 8.5 x 11 paper. Your goal may be totally different than mine. You may want to be stronger, more endurance, be able to do a task(s) without huffing and puffing.

**Your Why:** Visualize it and believe it! (Diana's why: Today, I change the way I eat because I want to be healthy, I want my organs not to have fatty tissue around them, so that they function perfectly. I want to see that fatty roll gone from my waist. This part helped me visualize. My waist will be smaller.) I have included emotional triggers. Your turn. **Write down your why on the 3 x 5 card.** Write it on the *Playbook Plan at a Glance* form, too.

**Your Coach & Team Players:** Ask anyone who plays a team sport. You cannot be successful all by yourself. Not only do you want to be in better health, but so do others. **Join the team.** When you sign up on our FB private group you can cheer others, share your stories, become accountable and get support. All this will lead to **you becoming a Winner**. Private means only those in our group can see your posts, not the general public and not your family and friends.

*Your Health Savvy Advocate*

*Diana Hoffman*

[www.activehealthylifestyles.com](http://www.activehealthylifestyles.com)

## *Active Healthy Lifestyles Challenge*

*Let's Get Ready, Your Play Book*

### *Get Clear: Know Your Measurements*

**Know where you stand today:** Getting Prepared. In basketball, the players started out at one level of skills and making it to the finals requires stepping up their commitment. This requires assessing where you are today so you can see improvement at the end of 21 days. If you are not clear here, it will be impossible to finish the goal as a Champion.

Your Score Today: Please request to **JOIN** Facebook group, **Active Healthy Lifestyles Private**, [www.facebook.com/groups/activehealthylifestylesprivate/](http://www.facebook.com/groups/activehealthylifestylesprivate/)

**YOUR Fitness PLAYBOOK:** Go to [www.activehealthylifestyles](http://www.activehealthylifestyles.com) and download for free.

**Measurements:** Height, Weight, BMI Score. **Print the chart.**

**Food & Exercise Diary:** Record everything you eat and the quantity for all the days beginning **on Day 1 and ending on Day 21**. Record every time you exercise and for how long.

**Go to files on our Facebook page and download the Food & Exercise Diary**

**Take your picture:** (Have a friend do this, or stand in front of a mirror. Hold a paper that has written in bold black today's date. Repeat taking your picture on Day 21.

**Join Beach Body:** You do not have to order any product to join Team Beach Body Club. Beach Body has a Digital On Demand membership (**FREE the first 30 days!**) where you have access to most of their programs, menus, exercises on your computer, iPad, iPhone, and you can stream it. Join Beach Body. Sign up for Team Beach Body Club which includes Beach Body on Demand for \$41 for 3 months. That is less than 45 cents each day. This is the perfect time to try out most of the programs. You get many other benefits as well. You do not have to be on auto home delivery to have membership. This gives you exercises, tells you the day to exercise, and recipes and other fitness tips.

**Meet Diana:** [www.activehealthylifestyles.com](http://www.activehealthylifestyles.com) and/or check me out on Facebook.

*Your Health Savvy Advocate*  
*Diana Hoffman*

# Active Healthy Lifestyles Challenge

## Let's Get Ready, Your Check List

### Get Clear: Keep Score with Your Daily Check List

Warm Ups -foundation for success: Here's what to do before starting "Your Plan"

1. Like [www.facebook.com/activehealthylifestyles](http://www.facebook.com/activehealthylifestyles)
2. Join the private Facebook group [www.facebook.com/groups/activehealthylifestylesprivate/](http://www.facebook.com/groups/activehealthylifestylesprivate/)
3. Message or email your email address to [diana@activeairpurifiers.com](mailto:diana@activeairpurifiers.com)
4. Request **Your Fitness Playbook**
5. Print out the forms. Go to our group page. Go to Files. Download the forms.
6. Fill out all the forms in **Your Fitness Playbook and the forms from our group.**
7. Print 3 copies of your Food & Exercise Diary. Read how to use from the eBook.
8. See form **Fitness Playbook Plan at a Glance.** Fill out the information.
9. Write your goal/why on a 3 x 5 card and on post-it notes.
10. Take your picture.
11. Create Your Exercise Plan. I can help with this. Digital Beach Body on Demand.
12. Schedule your time of daily exercise. Make an appointment with yourself.
13. Create Your Celebration/Rewards List. Decide when you reach a mini-goal or accomplishment what your reward will be. Share with your group on Facebook. We want to celebrate with you. **Refer to Your Fitness Playbook at a Glance.**
14. Optional. Purchase a pedometer. Begin using it right away. This will help you set your daily goals in steps. See what you do regularly and then up the steps by let's say 1,000. When you accomplish this, celebrate.
15. Print out Diana's Affirmations. Create your own.
16. Optional: Order Shakeology and/or A Challenge Pack (most economical combines Shakeology and a DVD Workout Kit.) I can help with selection. And/or Sign up for Team Beach Body Club and a 30 Day free membership to Beach Body on Demand (digital exercise programs.)

Drills to Becoming a March Madness Champion

1. Visit our Facebook group page daily. (It now shows up under your name in the left column under groups. Just click on it.) Comment. Post. Share. Support others. Like.
2. Read the daily motivation from your Fitness Coach, Diana Hoffman on the group page.
3. Record throughout the day on your Food & Exercise Diary.
4. Record your water intake in oz. on your Food & Exercise Diary throughout the day.
5. Read your Game Plan Affirmations 3 or more times daily(AM, during the day, PM)
6. Read your Goal and Why 3 or more times daily (wake up read it, often during the day, and just before bed.
7. Set your pedometer goal. Record your steps just before bed on Exercise & Food Diary.
8. Evaluate and make adjustments as needed.

*Your Health Savvy Advocate*

*Diana Hoffman*

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[www.beachbodycoach.com/dianahoffman](http://www.beachbodycoach.com/dianahoffman)

## Active Healthy Lifestyles Challenge

*Let's Get Ready, The Food & Exercise Diary      21 Day Plan*

### *Get Clear On What You Eat and How Long You Exercise*

#### **How to Use Your Daily Food & Exercise Diary**

- Make 3 copies of the Food & Exercise Diary
- Fill in the information at the top right. It is healthy to give up 1-2 pounds each week.
- Our week will start on Friday, Mar 17.
- Record your weight daily.
- Divide your weight in  $\frac{1}{2}$  and that is the minimum total ounces of water. (coffee/alcohol do not count.) I use a glass that holds 8 oz and place a hash mark next to water and for each glass I drink I mark it. So obviously 8 times the number of glasses gives me my total ounces for the day.
- For Meals and Snacks: Record what you eat. The more detailed you are and the more care you take in measuring portion sizes the quicker you will see results. You can record amount consumed. Avoid prepackaged foods, sugar, white flour, dairy, and salt.
- On the back you can list abbreviations for foods. Portion size makes the difference if you want to eat less. Must measure it. Then you will see results.
- Drink a Shakeology for a meal replacement. Check mark on the form when you have had a Shakeology. Shakeology is also great for food cravings. This will make a difference in your nutrition plan. It's so easy and the most nutritious meal/snack of the day. Information on my website [www.activehealthylifestyles.com](http://www.activehealthylifestyles.com) and [www.beachbodycoach.com/dianahoffman](http://www.beachbodycoach.com/dianahoffman) Coach number is 244188
- Your Exercise Plan. Have it written out. I can help you devise a workout. (See list within **Your Fitness Playbook**). Schedule this as an appointment for you. If you skip exercising, you are missing out on an important phase of being a healthy fit person. Minimum time should be 30 minutes including warm up and cool downs. Beach Body has a Digital On Demand membership where you have access to most of their programs on your computer, iPad, iPhone, and you can stream it. Join Beach Body. Sign up for Team Beach Body Club which includes Beach Body on Demand for \$41 for 3 months. Less than 45 cents each day. This is the perfect time to try out most of the programs. You get many other benefits as well. You do not have to be on auto home delivery to have membership. You Join the Team Beach Body Club. FREE first 30 days!
- Plan short segments of exercise throughout the day. I have "Extra-cizes" that is a list of activity you can do. I will be making this available. You record these at the column that has 2-5 minutes. Use a check mark or hash mark here. Do this every 15 – 30 minutes. 😊
- Read affirmations 3 times or more. Use a hash mark or check mark. You will be amazed at how your brain uses this information all day while you are on your Active Healthy Lifestyle Journey to fitness. The subconscious mind is a powerful thing.
- Place a capital G on your chart for each time of day you read your Goal and Your Why.
- Sleep is very important. Record when lights are out and when you rise and shine. 8 hours + is your goal.

*Your Health Savvy Advocate*

*Diana Hoffman*

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## *Active Healthy Lifestyles Challenge*

### *Let's Get Ready, The Drills*

### *Get Clear On What Exercises You Will Do*

### *Get Clear On What Nutrition Changes You Will Do*

Below is a list of exercises you can choose from to improve your level of fitness that will lead to maximizing your quality of life. There are many ways to accomplish this. Just as any athlete has his or her own level of fitness, so too does each person participating in our Challenge Group. Your level of fitness will influence which exercises you select to improve for your journey to fitness. Start today. Evaluate. Make changes. Assess your progress. Celebrate your victories.

Walk for distance and/or time. Outdoors, indoors, hallways, stairs, etc. Change your speeds.

Use fitness equipment you have at home and create your program. Track specific exercises, weight used and reps. Share this with others in our FB group. Your creativity may be perfect for someone who does not want or know how to set up their own workout.



Do you want a workout already determined for you? Select a Beach Body Fitness Program/Challenge Pack. These have been designed by experts. First you need to join Beach Body for free and sign up with me as your coach. [www.beachbodycoach.com/dianahoffman](http://www.beachbodycoach.com/dianahoffman) Coach #244188. All you do is put in the DVD and start exercising with the Coach. Warm ups, exercises, and cool downs. Many are just 30 minutes. There are a variety of exercise programs available. There are DVD's, charts, recipes, and tracking information with each kit. The program tells you which workout to do each day for

90 days. You can win prizes. The programs are geared to all levels of fitness. Check with me for help in selecting an exercise program that will work for you.

**NEW DIGITAL BEACH BODY:** Beach Body has a Digital on Demand membership where you have access to most of their programs on your computer, tablet, smart phone, and you can stream it. Join Beach Body as described above. Sign up for Team Beach Body Club which includes Beach Body on Demand for \$41 for 3 months. This is less than 45 cents each day. This is the perfect time to try out most of the programs. (Over a \$2,500 value.) You **do not** have to be on auto home delivery to have membership. You can select a different workout program every day. It is fun to sample the many programs and pick out your favorite. There are other tools available such as a calendar, eating plans, recipes, etc. Sign up today. The first 30 days are FREE.

Let's say you prefer doing your own workout. Listed below are samples of activities you can choose from to be on the road to fitness.

### **OTHER WAYS TO EXERCISE**

Jump rope  
Ride a bike (stationary works, too)  
Stepper  
Mini Tramp  
Hula Hoop  
Weighted Medicine Balls  
Yoga and/or Pilates  
Play sports (tennis, basketball, golf, etc)  
Treadmill  
10,000 steps daily  
Seasonal: shovel snow, work in gardens, etc.  
Swim  
Dance  
Weight Lifting  
Exercises

There is more exercise information on my website [www.activehealthylifestyles.com](http://www.activehealthylifestyles.com)

Exercise alone will not accomplish your goal. I am a prime example of this. I have faithfully exercised. I continue to lose the same 10 pounds over and over. This is so frustrating! Many of you may be experiencing this as well. My not stepping up my "nutrition plan" is preventing me from winning my Fitness Challenge. Portion size is huge. (That is, it should not be huge.) I need to practice "eating to win" versus "eating because it tastes good and it's time to eat." One of the easiest ways to change your eating habits is to choose Beach Body's Shakeology beverage, the healthiest meal of the day. It is a scientific fact that if you eat less, you will weigh less. You can learn more by going to my website [www.activehealthylifestyles.com](http://www.activehealthylifestyles.com) and ordering from [www.teambeachbody.com](http://www.teambeachbody.com) and sign in. The 21 Day Fix has food containers to help control portions.

It's a win win when you select me as Your Health Savvy Advocate with the Active Healthy Lifestyles Fitness Challenge on Facebook and also me as your coach on Beach Body. Participating in both programs gives you choices for how you want to plan your Fitness Challenge. With the information in this eBook, the tools in the Active Healthy Lifestyles Fitness Challenge Group and using the Beach Body exercise programs all combined with healthy eating hints will guide you to become the **person living the lifestyle you want and desire.**

*Your Health Savvy Advocate*

*Diana Hoffman*

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## Active Healthy Lifestyles Challenge

*Let's Get Ready, Play the Games*

### Get Clear on Your Game Plan: Exercise & Eat to Win



You have done the preparation. You have designed your workout plan. You are doing the actions. You are tracking everything you do. You will need 3 copies of Your Food & Exercise Tracker. Post this where you can see it and mark on it regularly. It could be in the kitchen, your office, bedroom, and bathroom. Or you may take it with you so you can track during the day. The important thing is you are doing (**playing the game**) and recording your victories (**wins**). You know exactly how you are performing. You are on the road to being the **winner of your 21 Day Fitness Challenge**.

The days before you have begun your fitness journey are considered a bye. You have not started the game. Today you are choosing to play. Mark your calendar for the first day. **Let your fitness challenge begin NOW! Take the action to be a winner!**

The end of week one -- How did you do in the first week of the challenge/tournament against yourself? Ask yourself: What worked? What didn't work? What next? Write on back of your Diary.

How did you celebrate this week's wins? Share with your support team on Facebook.

The end of week two -- How did you do in round two of the challenge/tournament? Ask yourself: What worked? What didn't work? What next? Write on back of your Diary. How did you celebrate this week's wins? Share with your support team on Facebook.

The end of week three -- **Day 21** -- How did you do in round three of the challenge/tournament? Ask yourself: What worked? What didn't work? What next? Write on back of your Diary. How did you celebrate this week's wins? Share with your support team on Facebook.

Did you achieve your goal? Did you win your **21 Day Fitness Challenge**?

Now you may get to repeat the process for another 21 Day Fitness Plan as you are continuing your journey towards your desired fitness and health goal. I suggest you re-evaluate your fitness level. See where you have improved and decide what you want your next 21 day goal to be. This journey is a process. It may have taken years for you to be where you are today. So be realistic in your new goal.

*Your Health Savvy Advocate*

*Diana Hoffman*

## Active Healthy Lifestyles Challenge

### Let's Get Ready, The Affirmations

## Get Clear on My Self-Talk

### Decide Commit Succeed

"To eat is a necessity, but to eat intelligently is an art." Francois deLaRochefoucauld

I am using positive self-talk as a tool to achieve of my goal. The Power of Self-talk: How you speak to yourself impacts your workout, strength, confidence, happiness ---even your ability to shed pounds. Read the list 3 or more times daily. (Please change statements to fit your situation and goal). Share some of your self-talk with our group. You are a team player. What works for you may help the entire team. Please make one or more copies of this form. Carry it with you.

Options: Say all 21. Say 5 at a time. Say odd numbered ones. Next time even numbers. Highlight the ones that will help you most. **JUST DO IT!**

1. **MY GOAL:** \_\_\_\_\_ is perfect for me.
2. I am a winner. I am doing what it takes, the action steps.( See Playbook Plan Glance)
3. I **see** myself already achieving my goal for **30 seconds**. (**Your brain believes what you visualize, think, look, and feel.**)
4. I drink **Shakeology** every day and I have more energy.
5. I do my exercises and workouts every day. It is now a habit for me.
6. I celebrate my wins. It is fun achieving my small goals along the way.
7. I get 7 or more hours of sleep every night.
8. I eat healthy foods for meals and snacks for home, work, and when I'm out and about.
9. I plan healthy meals and snacks. The meal plan is written out.
10. I drink 64 ounces or more of water daily. My body thanks me! It is continuously thirsty.
11. I measure my portion sizes. I record on the Food Diary (One way is the 21 Day Fix containers).
12. I eat less food by measuring. It is **ok** not to eat everything. Left overs are good.
13. Get up and leave the table/kitchen for a while. Your brain takes 20 minutes to know it is full.
14. Before I take a bite, I ask myself, "Will this food choice will help me attain my goal?"
15. I see my body as stronger and lean. The exercises are getting easier to do.
16. I depend upon God and his influence to help me.
17. I have fun walking \_\_\_\_\_(10,000) steps daily. I like competing with my friends and family.
18. I have fun doing " extra-cises", chair yoga, head rolls, shoulder circles, and any movement etc. for 2-5 minutes every 30 minutes (especially if I have a job where I sit a lot).
19. I like having Diana Hoffman as my Health Savvy Advocate. I like having Diana guide me to my health fitness victory. She motivates me. Diana makes a difference for me.
20. I **post daily** on our **Active Healthy Lifestyles Fitness Challenge FB page**. I am accountable. This motivates me. And I like supporting others in their quest for fitness.
21. When I give my word, I follow through. I **commit** to a healthy lifestyle. I promise to do all that it takes to be a **winner!**

Put a hash mark here or on your Food & Exercise Diary for each time you say this list.

*Your Health Savvy Advocate*  
*Diana Hoffman*

## Active Healthy Lifestyles Challenge

Let's Get Ready, Your Play Book

### Get Clear: Know Your Measurements

MEASUREMENT TRACKER									
Let the numbers tell your story.									
BEFORE					AFTER				
DAY _____					DAY _____				
Chest _____					Chest _____				
R. Arm _____					R. Arm _____				
L. Arm _____					L. Arm _____				
Waist _____					Waist _____				
Hips _____					Hips _____				
R. Thigh _____					R. Thigh _____				
L. Thigh _____					L. Thigh _____				
Weight _____					Weight _____				
RECORD the DIFFERENCE from your start to end date:					RECORD the DIFFERENCE from your start to end date:				
Chest _____	R. Arm _____	L. Arm _____	Waist _____	Hips _____	R. Thigh _____	L. Thigh _____			
Total Inches Lost _____					Total Weight Lost _____				

YOUR BMI \_\_\_\_\_

[http://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

YOUR BLOOD PRESSURE \_\_\_\_\_ YOUR CHOLESTEROL \_\_\_\_\_

YOUR GOAL:

YOUR WHY?

I commit to my 21 Day Active Healthy Lifestyle Challenge

Signed \_\_\_\_\_ Date \_\_\_\_\_

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