

FAT-FREE CHRISTMAS?

UNIQUE FATSO
PLANT BASED
WEIGHT LOSS



*Disclaimer - This PDF serves as a collection of helpful suggestions/general information and is NOT a guarantee for a fat-free Christmas. It is NOT intended as medical advice and should not be relied upon as a substitution for professional consultation with a qualified healthcare provider. Please consult with your doctor or medical professional before undertaking any suggestions in this document.

20TH DECEMBER

Fitness: 45 min walk + 10 Min abs
*Russian twists.

Food: Eat healthily and stay hydrated.

Focus: 20 min meditation* *Lush Puff*
by ODYSSEE and HM Surf

Affirmation: 'I will have a fat-free Christmas!'

21ST DECEMBER

Fitness: 1hr 10 min quick walk + 30 mins dancing.

Food: Eat healthily and stay hydrated.

Focus: 25 min meditation. **Calm* by
ODYSSEE &
Florent Garcia.

Affirmation: 'I will not eat too much this Christmas.'

22ND DECEMBER

Fitness: 1hr 20 min quick walk + 15 min
Abs *Ab
roller.

Food: Eat healthily and stay hydrated.

Focus: 30 min meditation. **Horse
Betting* by HM Surf.

Affirmation: 'I show my body love by
nourishing it
with good healthy food.'

23RD DECEMBER

Fitness: 1hr 10 min quick walk + 20 mins stretching

**Stretch Bands.*

Food: Eat healthily and stay hydrated.

Focus: 45 min deep meditation **Owl* by HM Surf.

Affirmation: 'Drinking water is better than drinking alcohol.'

CHRISTMAS EVE

Fitness: 2hr 30 min power walk + 10 min deep stretch.

Food: Eat healthily and stay hydrated.

Focus: 20 min meditation **Moving Slow To Lofi*

Beats by Chilled Cow Lofi.

Affirmation: 'I live a healthy life!'



CHRISTMAS DAY

Fitness: Christmas Day run and stretch *Any length.

Food: Eat healthily and stay hydrated. Extra veg!

Focus: 15 min meditation **Vanilla Green* by HM Surf.

Affirmation: 'My body is healthy and I shall continue to nourish it with good healthy food.'

26TH DECEMBER

Fitness: Light stretch.

Food: Eat healthily and stay hydrated.

Focus: 20 min meditation **Horse Betting* by HM Surf

Affirmation: 'I'm healthy.'



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