

The
**WINTER
WELLNESS**
Blueprint



MYBODYFIXERS.COM



Welcome to the
**WINTER
WELLNESS**
Blueprint

You're busy... you have goals... and you don't want anything to stand in your way!

That's why we've created a challenge to help you thrive during the holidays and finish the year **STRONG**.

How are we going to make that happen?

By focusing on the simplest, most results-getting actions you can take — and putting them on **REPEAT!**

Inside, you'll even find a habit tracker to set you up for success during this challenge (and beyond).

Studies show that when you track your habits, you not only reach your goals faster — but you can blow right through them.



At Body Fixers, we help men and women over 30 transform their body and mind in record time. We will create a realistic action plan that works for you. We help you focus on exercise, nutrition and lifestyle habits, all while providing you with around the clock accountability and support.

Want a sneak peek into how we've helped hundreds of men and women do this?

[Click here](#) to check out some of our success stories and learn how our simple approach can help you, too.

**COMMITTED TO
YOUR SUCCESS,**

Garin Walsh



Body Fixers Head Coach



WINTER WELLNESS BLUEPRINT

How-tos

Your goal: at least 5 days a week during December, you'll:

- ✓ *Work out (or move that body!) for at least 20 minutes*
- ✓ *Eat 80% "clean" whole foods*
- ✓ *Get 7-8 hours of sleep*
- ✓ *Drink 8-10 glasses of water*
- ✓ *Check off your daily actions on the Holiday Hustle Tracker!*

You'll also be setting a REWARD for yourself to keep you motivated and inspired (we'll show you how).

You'll also set a CONSEQUENCE for NOT following through on your commitment to yourself.

It's going to be a GREAT month, so let's dive in and get started!



WHAT WORKOUTS SHOULD I DO?

It's important to do a mix of cardio, strength training, and flexibility to get the best results.

Also important: taking at least one “active recovery” day a week, like going for a walk or doing some light activity. The walk or activity will count as a workout for this challenge.

Recovery days are an important part of the process.

WHAT FOODS SHOULD I EAT?

For this challenge, focus on healthy whole foods (lean proteins, veggies, whole grains, fruits, and healthy fats).

Basically: unprocessed foods that are low in sugar.

Aim for eating these foods 80% of the time. You can open up your food choices for the remaining 20%.

Remember to keep it simple. This is a busy time of year! Enjoy your favourite treats, but don't overdo them.



WHAT ABOUT SLEEP?

Aim for 7-8 hours of quality sleep every night.

When you're asleep, your body repairs your muscles, balances your hormones (including those that regulate your hunger), and boosts your immune system.

Plus, being rested helps you stay focused, energized, and motivated so your body can perform at its best.



STAY HYDRATED

Drink 8-10 glasses of water every day.

There are so many benefits to drinking enough water every day.

It helps with digestion, keeps your skin healthy, can help with nighttime carb cravings, and helps raise your energy level.

REWARDS & CONSEQUENCES

Contract

REWARDS

We recommend setting rewards that complement your goals – i.e., if you are focused on eating a healthy diet, don't "reward" yourself with a binge-fest on cake, chips, and ice cream!

Instead, treat yourself to a new pair of trainers, a cookbook of healthy recipes, a massage, or a fitness tracker.

CONSEQUENCES

Choose something you REALLY don't want to do – like donating to a cause you don't believe in. This one might be even more motivating for you than the reward.

MY REWARD

When I, _____, successfully complete my Winter Wellness goals, I will reward myself with

_____.

MY CONSEQUENCE

If I, _____, do not meet my goals for the Winter Wellness Blueprint, my consequence will be

_____.

Signature

Date

HOW TO USE YOUR *Winter Wellness Tracker*

We've created a simple tracking system to help you crush your Winter Wellness goals.

But first: It doesn't matter what day you start the tracker. Just start! (Preferably today or tomorrow.)

1. Fill out your contract on the previous page.
2. Every day you complete an activity, cross its icon off the tracker.
3. **EVERY WEEK**, aim for crossing off at least:
 - ✓ 5 Dumbbells (for 20 minutes of activity)
 - ✓ 5 Broccoli (for eating 80% "clean" foods)
 - ✓ 5 Moons (for getting 7-8 hours of sleep)
 - ✓ 5 Glasses (for drinking 8-10 glasses of water)

Then at the end of December, follow through on your commitment with the reward or consequence that you agreed to in your contract.



WINTER WELLNESS TRACKER

Calendar

Put a sticker or a checkmark in each box after you complete your actions for that day!

SUN	MON	TUE	WED	THU	FRI	SAT
					1 	2
3 	4 	5 	6 	7 	8 	9
10 	11 	12 	13 	14 	15 	16
17 	18 	19 	20 	21 	22 	23
24 	25 	26 	27 	28 	29 	30
31 						

WHEN YOU HAVE A PLAN

You're Unstoppable



Dan Before



Dan After

MORE INFO

READY TO TAKE YOUR 

Next Steps!

At Body Fixers, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle.

As thank you for downloading this guide and being a valued of the Body Fixers community you can claim 30% off our 28-Day Jumpstart coaching plan.

Click on the coupon code below and use the discount code TAKEACTION to claim your discount now.

We'd love to be part of your journey.



Garvin Walsh

Founder & Head Coach