



LES MILLS
ON DEMAND

#BeLimitless

INTRODUCTORY

Information Pack
+ Workout Guide

Get
involved,
#BELIMITLESS
to be in to win weekly
spot prizes

T&Cs apply

GET SET TO MAKE 2019 YOUR BEST YEAR YET

Start the year strong by stretching your limits and becoming the best you can be. We've developed a workout guide that has been specifically designed to help you take your fitness to the next level, push boundaries and become limitless.

THIS NEW GUIDE FEATURES:

- Your choice! Choose what releases you feel like doing based on the daily workout type
- A celebration of user favorites featured throughout February
- Structured guidance that will embed healthy habits for the years ahead

IS THIS WORKOUT GUIDE FOR YOU?

You'll find this #BELIMITLESS Introductory workout guide is ideal if you're still in the early stages of your fitness journey and want to stretch your boundaries. You'll train for between 2.5 and 5 hours each week (with one full day of rest per week).

If you're a regular exerciser and want to take on the most challenging workout guide we've ever created, then our new #BELIMITLESS workout guide would be perfect for you. With this challenging workout guide you can:

- Be told exactly what workouts to do each day
- Train for between 4 and 6 hours over a week
- Enjoy one full rest day per week

RECEIVE EXPERT GUIDANCE AND ESTABLISH THE NINE HEALTHY HABITS YOU NEED TO #BELIMITLESS

Taking your health and fitness to the next level requires more than just regular exercise. Setting and sticking with a wide range of other healthy habits is also key. Follow this #BELIMITLESS Introductory guide and you'll be coached through the steps it takes to establish and embed the nine habits that are fundamental for good health and wellness.

BE IN TO WIN ONLINE PERSONAL TRAINING WITH CLAIRE BELLINGHAM PLUS 30 X SPOT PRIZES!

Here's your chance to win three months of online personal training from Les Mills Personal Trainer, Claire Bellingham. **Secure this fantastic prize and you'll receive:**

- One-on-one Skype sessions every month for three months
- A personalized training plan – designed to suit your goals and progress
- Unlimited advice via email

WHY WE LOVE CLAIRE – AND YOU WILL TOO

Claire has been a personal trainer since 2005 and specializes in low-fuss, family-friendly solutions for weight loss and stress management. Claire has a fantastic ability to connect and deliver results with her clients – not to mention a vast knowledge on health and fitness. In fact, this year, she was a finalist for New Zealand Personal Trainer of the Year at the 2018 New Zealand Exercise Industry Awards.

Every week, Claire runs a health and fitness Q&A in the Facebook group ([link](#)). Each week focuses on a different topic, such as the relationship between hormones and exercise, exercise for joint health, smart stretching etc. Be sure to check it out!

HOW TO ENTER THE COMPETITION FOR ONLINE PERSONAL TRAINING

Keen to win this personal training package? Simply tell us why you want to win!

1. Make sure you're a member of the [LES MILLS™ On Demand Facebook Group](#)
2. Publish a post, or photo, or video telling us why you want personal training with Claire. Make sure you use the hashtag #BELIMITLESSCLAIRE

*Limited to one entry per person. For full terms and conditions, visit: <https://lmod.co/TCs>

YOU CAN ALSO GO IN THE DRAW TO WIN 1 OF 30 MYSTERY SPOT PRIZES!

Entering is easy:

1. Make sure you're a member of the [LES MILLS On Demand Facebook Group](#)
2. Complete the DAILY HEALTHY TASK prescribed in the workout guide
3. Publish a post, or photo, or video of showing how you've completed the DAILY HEALTHY TASK. Make sure you use the hashtag #BELIMITLESS

*Terms and conditions apply. Limited to one entry per person per day.

WEEK 1

DRINK MORE WATER

Drinking water is a cheap, easy, effective way to improve your general health and stay in a healthy weight zone. Being adequately hydrated improves your metabolic rate, reduces your appetite, increases your energy and can crowd out some less healthy food and beverage choices. Three litres a day is a good goal to work towards. Remember your actual requirement depends on various things such as your weight, the temperature, and the food you've eaten. It's okay to have a different goal for weekdays and weekends. Make a plan and get hydrated!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	01 JANUARY STRENGTH – 30 MIN 	02 JANUARY CARDIO – 45 MIN 	03 JANUARY STRENGTH – 30 MIN 	04 JANUARY MINDFULNESS – 15 MIN 	05 JANUARY REST	06 JANUARY CARDIO – 30 MIN 
	CHOOSE FROM: BODYPUMP, LES MILLS BARRE, CXWORX, BODYBALANCE/ BODYFLOW STRENGTH	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP	CHOOSE FROM: BODYPUMP, LES MILLS BARRE, CXWORX, BODYBALANCE/ BODYFLOW STRENGTH	CHOOSE FROM: LES MILLS MINDFULNESS	CHOOSE FROM:	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM
	I CHOSE:	I CHOSE:	I CHOSE:	I CHOSE:	I CHOSE:	I CHOSE:
DAILY HEALTHY TASK Build up to your water target gradually and track your progress via a free diaring app such as Myfitnesspal. Share a screenshot showing how much you've consumed over the day.	DAILY HEALTHY TASK Motivate yourself to drink more water by investing in multiple drink bottles that you enjoy using. Share a picture of your favorite bottle.	DAILY HEALTHY TASK Reach your water quota by starting early – have one glass with breakfast, two before 10am, two before 1pm, two before 4pm, one with dinner. Set up reminders on your phone and share a screenshot.	DAILY HEALTHY TASK Make your water interesting – add lemon or choose sparkling water or decaffeinated herbal tea. Share a picture showing the water you find the tastiest.	DAILY HEALTHY TASK Line up multiple water bottles in the fridge. Grab one every time you head out. Share a picture of your water bottle out and about.	DAILY HEALTHY TASK Make it your policy to never say no to a glass of water when one is offered. Let us know which water you said yes to today.	DAILY HEALTHY TASK Look for opportunities to add water into your daily life, for example always have a glass in a meeting or while you wait for takeaway coffee. Share a picture of your daily DAILY HEALTHY TASK.

 Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!

WEEK 2

SLEEP MORE

Sleep is the body's time for rejuvenation and repair, when you consolidate the gains you've made from exercise. People who get adequate sleep tend to carry less body fat than people who do not. Sleep affects appetite hormones ghrelin and leptin which tell you when to start and stop eating – being sleep deprived can increase your appetite by up to 25 percent! Sleep deprivation stimulates cortisol which encourages you to eat even more, slows your metabolic rate and promotes weight gain around the middle. With this in mind, a healthy sleep habit is one of the most important things you can do for your wellbeing.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07 JANUARY CARDIO – 45 MIN 	08 JANUARY STRENGTH – 45 MIN 	09 JANUARY CARDIO – 30 MIN 	10 JANUARY CARDIO – 30 MIN 	11 JANUARY REST	12 JANUARY STRENGTH – 30 MIN 	13 JANUARY FLEXIBILITY – 30 MIN 
CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP	CHOOSE FROM: BODYPUMP	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM		CHOOSE FROM: BODYPUMP, LES MILLS BARRE, CXWORX, BODYBALANCE/ BODYFLOW STRENGTH	CHOOSE FROM: BODYBALANCE/BODYFLOW
I CHOSE:	I CHOSE:	I CHOSE:	I CHOSE:		I CHOSE:	I CHOSE:
DAILY HEALTHY TASK Sometimes sleep deprivation is unavoidable, but often a late bedtime is just a bad habit. Set a weekday bedtime that suits your lifestyle, structure your habits to adhere to it and stick with it by setting a bedtime alarm on your phone. Share a screenshot of your bedtime alarms.	DAILY HEALTHY TASK Get organized to get to bed on time. As early as 5pm start to close up the house, send final emails, lay out clothes for tomorrow, this will ensure you're not too tired to begin your bedtime routine. Share a shot showing your bed-ready preparations.	DAILY HEALTHY TASK Foster a relaxing sleeping space by keeping your room tidy, temperate and free of artificial light. Share a picture of your tranquil sleeping area.	DAILY HEALTHY TASK Measure your sleep and use a Sleep Cycle App to check you're meeting your goals. Share a screenshot of your results.	DAILY HEALTHY TASK Using a digital device right up until bedtime interrupts the body's natural circadian rhythms because artificial light from devices suppresses the release of sleep hormone melatonin. Set reasonable daily deadlines for the last time you'll look at your laptop, TV and phone. Let us know the times you choose.	DAILY HEALTHY TASK Stimulants like coffee and sugar can give you a second surge late in the day but they can also create a tired, wired state which makes it difficult to rest. Set a reasonable daily deadline for your last stimulant of the day and let us know the time you choose.	DAILY HEALTHY TASK Try out a LES MILLS MINDFULNESS track or BODYBALANCE®/BODYFLOW® Evening Chill to wind down at night. Share a photo of your relaxation in action.

 Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!

WEEK 3

STRESS LESS

Prolonged stress has a damaging effect on our health and our ability to maintain a healthy weight. When we are under pressure the “fight or flight response” kicks in and adrenaline and cortisol are released to give us superhuman strength and energy. This is appropriate occasionally, but elevated cortisol over a period of time affects appetite hormones and destabilizes blood sugar levels to create cravings. It also destroys lean muscle mass, slowing down metabolic rate and encouraging weight gain around the middle. Reducing negative stress not only improves your quality of life, it significantly improves your health as well.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14 JANUARY CARDIO – 45 MIN 	15 JANUARY HIIT – 30 MIN 	16 JANUARY COMBO – 45 MIN 	17 JANUARY CARDIO – 45 MIN 	18 JANUARY REST	19 JANUARY STRENGTH – 30 MIN 	20 JANUARY FLEXIBILITY – 55 MIN 
CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP	CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: COMBO WORKOUTS	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP		CHOOSE FROM: BODYPUMP, LES MILLS BARRE, CXWORX, BODYBALANCE/ BODYFLOW STRENGTH	CHOOSE FROM: BODYBALANCE/BODYFLOW
I CHOSE:	I CHOSE:	I CHOSE:	I CHOSE:		I CHOSE:	I CHOSE:
DAILY HEALTHY TASK Disorganisation leads to a chaotic mindset that promotes over-eating and under-exercising. By being organised you promote an upward spiral of healthy choices, so choose one thing you could do this week that would make your household run more efficiently. Let us know one action you're taking to become more organized.	DAILY HEALTHY TASK Appropriate exercise can help metabolize excessive stress hormones and promote the release of the happy hormones that help you cope. Scheduling your exercise in advance ensures you block out the time. Send a screenshot of your diary showing your exercise appointments.	DAILY HEALTHY TASK A schedule that's too busy can sap your vitality. Consider streamlining your commitments so you can give better energy to the most important things and enjoy them more. Let us know one time commitment you have or could say "no" to in order to reduce stress.	DAILY HEALTHY TASK Exercise can be a positive stress that releases endorphins and encourages adaptation. But for an already stressed body it can be a negative stress that releases more cortisol and depletes your health. Let us know how you adapt your exercise regime when you're under stress.	DAILY HEALTHY TASK Meal planning can be time-consuming but can reduce a lot of stress and reduce the risk of you making unhealthy choices you'll regret. Take some time to think about what meals you will make next week and share one recipe to inspire the squad.	DAILY HEALTHY TASK Most people have an area of chaos in their home that saps emotional energy. It might be a room, a desk or even just an inbox. Make a resolution to start a clear-out, let us know what you choose.	DAILY HEALTHY TASK Starting your day on the right foot sets you up for stress management success. Try out the BODYBALANCE/ BODYFLOW Morning Energizer and share a screen shot or selfie.

 Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!

WEEK 4

EAT MORE PLANT-BASED FOODS

Vegetables are a great source of hydration and nutrients, enabling your body and mind to perform at optimal levels. Vegetables provide fiber which helps regulate your appetite and blood sugar levels, and this helps keep your mood stable and minimizes cravings for treat foods. Focusing on plant-based foods can also crowd out other less healthy food choices. It's particularly important to work towards reducing ultra-processed packaged foods from your diet because they are low in nutrients, high in empty calories and extremely addictive. They are much more of a worry than starchy vegetables or fruit. All plant-based foods nourish the body and any can be part of a balanced diet in appropriate quantities.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
21 JANUARY CARDIO – 45 MIN 	22 JANUARY STRENGTH – 45 MIN 	23 JANUARY FLEXIBILITY – 30 MIN 	24 JANUARY REST	25 JANUARY STRENGTH – 45 MIN 	26 JANUARY HIIT – 30 MIN 	27 JANUARY CARDIO – 45 MIN 
CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP	CHOOSE FROM: BODYPUMP	CHOOSE FROM: BODYBALANCE/BODYFLOW		CHOOSE FROM: BODYPUMP	CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP
I CHOSE:	I CHOSE:	I CHOSE:		I CHOSE:	I CHOSE:	I CHOSE:
DAILY HEALTHY TASK It's ideal to aim for 5-8 vegetables/fruit per day but advisable to build up gently. Let us know how many you currently eat and how many you'll aim for this week.	DAILY HEALTHY TASK When you go to a restaurant, broaden your tastes and maximize your nutrients by trying the most interesting vegetarian dish on the menu. Share a picture of your choice.	DAILY HEALTHY TASK Do a regular fresh food shop at a specialist outlet or market, but if it isn't convenient then just use the supermarket. Share a picture of your produce-laden grocery shop.	DAILY HEALTHY TASK It's ideal to have at least one meat-free meal per week. Try out a new recipe that you might consider adding to your regular rotation, share a photo.	DAILY HEALTHY TASK Find a place in your day or week where you can substitute an ultra-processed packaged food for a minimally-processed plant-based food. Let us know what you choose.	DAILY HEALTHY TASK Plan ahead for meals and snacks particularly work lunches. Try cooking extra vegetables with evening meals and use them as a base for upcoming lunches, meals and snacks. Share a picture of your pre-prepared nutrient-packed meal or snack.	DAILY HEALTHY TASK Try out canned, frozen or pre-chopped vegetables to make your healthy choice the easy choice. Share a picture of your favorite super-convenient vegetable option.

 Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!

WEEK 5

ACTIVATE YOUR RELAXATION RESPONSE

Our nervous systems are comprised of two divisions. The sympathetic nervous system (SNS) controls the body's "fight or flight" response. It acts as the gas pedal when we experience a stressful event, triggering a cascade of stress hormones which make our hearts beat faster to push blood to muscles and other vital organs. The parasympathetic nervous system (PNS) is responsible for the body's "rest and digest" function. It's the brake pedal that puts your body into a state of renewal. The benefits we get from exercise actually happen when the body is at rest, knitting itself back together stronger than before. It's also important to rest our minds. Mindfulness is the psychological process of bringing attention to experiences in the present moment. When our bodies and minds are rested we can achieve peak performance in all areas.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28 JANUARY CARDIO – 45 MIN 	29 JANUARY HIIT – 30 MIN 	30 JANUARY STRENGTH – 55 MIN 	31 JANUARY FLEXIBILITY – 55 MIN 	01 FEBRUARY REST	02 FEBRUARY HIIT – 30 MIN 	03 FEBRUARY STRENGTH – 30 MIN 
CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP	CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: BODYPUMP	CHOOSE FROM: BODYBALANCE/BODYFLOW		CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: BODYPUMP, LES MILLS BARRE, CXWORX, BODYBALANCE/ BODYFLOW STRENGTH
I CHOSE:	I CHOSE:	I CHOSE:	I CHOSE:		I CHOSE:	I CHOSE:
DAILY HEALTHY TASK Meditation can improve mental clarity, reduce the risk of depression and anxiety, and improve immunity. Try out a LES MILLS Mindfulness track you haven't done before or download a new app / track. Share a screenshot of the one you choose.	DAILY HEALTHY TASK Sleep is the greatest healer. Plan a super-early night this week and send a screen shot of your sleeping accomplishment.	DAILY HEALTHY TASK Plan a rejuvenating activity that you wouldn't normally have time for, such as having a bath or reading a book. Let us know the activity you choose.	DAILY HEALTHY TASK Focus on flexibility. Range of motion around a joint doesn't just reduce the risk of injury, the process of gently, mindfully stretching activates our relaxation response. Try out a new BODYBALANCE/ BODYFLOW Flexibility workout and share a screenshot.	DAILY HEALTHY TASK Fresh air, sunshine and green space all help with mental wellness, try to take time outside every day. Share a selfie of you enjoying the great outdoors.	DAILY HEALTHY TASK Taking rest days from exercise is important to allow connective tissue to rebuild. For most recreational athletes this means one day per week. Let us know how you schedule rest into your weekly schedule.	DAILY HEALTHY TASK Take a regular break from technology. Let us know when and how you schedule this in your week.

 Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!

WEEK 6

MOVE MORE

Keeping moving is not just about burning calories – movement means that oxygen and nutrients can get to where they need to be. When our brains are working properly we have better cognitive function, stress management skills and emotional resilience. All movement promotes circulation and burns calories, whether it's scheduled exercise or general activity. Energy expenditure across the day all adds up. Incidental exercise not only burns calories, it can save you consuming calories because incidental exercise activities are often incompatible with eating. It's hard to stuff food into your mouth while you're vacuuming vigorously! Make the active choice the standard choice for you.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
04 FEBRUARY HIIT – 30 MIN	05 FEBRUARY STRENGTH – 55 MIN	06 FEBRUARY CARDIO – 55 MIN	07 FEBRUARY REST	08 FEBRUARY HIIT – 30 MIN	09 FEBRUARY MINDFULNESS – 15 MIN	10 FEBRUARY STRENGTH – 55 MIN
CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: BODYPUMP	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM		CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: LES MILLS MINDFULNESS	CHOOSE FROM: BODYPUMP, LES MILLS BARRE, CXWORX, BODYBALANCE/ BODYFLOW STRENGTH
I CHOSE:	I CHOSE:	I CHOSE:		I CHOSE:	I CHOSE:	I CHOSE:
DAILY HEALTHY TASK Set a goal for daily steps and commit to achieving it. Use a tracker to record your activity and post a screenshot of your success.	DAILY HEALTHY TASK Dress for success. Where possible, wear clothes that enhance your ability and incentive to move. Post a picture of you rocking your activewear.	DAILY HEALTHY TASK Practise the two floor rule – if your destination is less than two floors away then don't bother with the lift. Post a stair selfie while you're stepping.	DAILY HEALTHY TASK Set yourself a daily challenge such as 10 push-ups each morning before you take a shower – start on your knees, build up to one on your toes, progress to 10. Let us know when you've done them and encourage others to join the challenge!	DAILY HEALTHY TASK Socialize on your feet – choose a walk with a friend over a meal together. Share a selfie of you and your accountabilibuddy!	DAILY HEALTHY TASK Park further away from your destination at the mall or supermarket. An added benefit is that your car is less likely to get knocked by another carpark user if you're in a less convenient location. Post a picture of you ready to pace it in the carpark.	DAILY HEALTHY TASK Build strength, protect functionality, burn calories and save time by doing physical household chores quickly. Let us know which household chore gets your heart rate up the highest.

Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!

WEEK 7

MANAGE EMOTIONAL EATING

Emotional eating is different to enjoying a treat, it's a way of using food to suppress negative feelings. It often happens mindlessly, before you know it a whole bag of chips is gone without you really paying attention or even enjoying it. The three main causes of emotional eating are stress, boredom and loneliness. If you routinely eat in response to negative feelings this creates a habit, which creates a neural pathway. This makes cravings for unhealthy foods feel less like an inclination and more like a compulsion. Emotional eating is often a symptom of a deeper problem and you may need professional assistance to address it. It's important to identify your patterns and triggers so you can anticipate red zones and try to avoid them.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 FEBRUARY CARDIO – 45 MIN 	12 FEBRUARY STRENGTH – 55 MIN 	13 FEBRUARY FLEXIBILITY – 55 MIN 	14 FEBRUARY REST	15 FEBRUARY STRENGTH – 55 MIN 	16 FEBRUARY HIIT – 30 MIN 	17 FEBRUARY CARDIO – 45 MIN 
CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP	CHOOSE FROM: BODYPUMP	CHOOSE FROM: BODYBALANCE/BODYFLOW		CHOOSE FROM: BODYPUMP	CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM, THE TRIP
I CHOSE:	I CHOSE:	I CHOSE:		I CHOSE:	I CHOSE:	I CHOSE:
DAILY HEALTHY TASK Negative feelings are unavoidable, but we can choose how we respond to them. Often speaking to a friend can diffuse a destructive train of thought. Let us know your favorite strategy for improving your mood.	DAILY HEALTHY TASK Consider your weekly habits and make changes to avoid temptation. For example, if an afternoon stop at the gas station means you tend to load up on chocolate then organize to visit the gas station early in the day. Let us know which habit you've adjusted.	DAILY HEALTHY TASK Be mindful of your eating pace and place. Don't eat on the run, in front of the fridge or over the sink. Chew and enjoy your food. Share a picture of a healthy meal you've created.	DAILY HEALTHY TASK Distraction is a great tool to avoid emotional eating. There are many activities that are incompatible with eating, these are great strategies to keep busy while a craving passes. You could fold washing, pat the cat, take a shower. Let us know your favorite trick.	DAILY HEALTHY TASK If you're easily tempted by supplies of comfort foods in the house then you may need to remove them! Take a pic of the foods you need to dispose of to keep temptation away. Then dispose of them!	DAILY HEALTHY TASK When you reach your fitness milestones reward yourself with non-food treats. Choose rewards that support your good habits such as new gear or equipment. Let us know which goals you're aiming for and what you're planning to do for yourself when you arrive at them.	DAILY HEALTHY TASK Emotional eating is more likely to happen later in the day when serotonin (happy hormone) naturally dips. Have a strong bedtime routine which signals to your body that eating is finishing and resting is beginning. Let us know how you wind down for the day and avoid bedtime binging.

 Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!

WEEK 8

FOCUS ON GUT HEALTH

We all have around one to three kilograms of bacteria living in our large intestine. This is collectively known as the gut microbiome. There are hundreds of different species of bacteria, some are friendly and some are not. When the gut flora contains too many harmful bacteria and not enough friendly bacteria, an imbalance can occur. Good gut health affects many parts of our physical and mental wellbeing – mood, sleep, nutrient absorption, immunity and weight management. A healthy lifestyle contributes to a healthy gut, and in an upwards spiral a healthy gut then rewards you with further good health. Physical activity brings blood flow to the gastrointestinal tract, promoting the growth of beneficial bacteria. A healthy gut is better able to regulate melatonin and cortisol, assisting with sleep and stress management which then promote beneficial bacteria.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
18 FEBRUARY CARDIO – 55 MIN 	19 FEBRUARY HIIT – 30 MIN 	20 FEBRUARY FLEXIBILITY – 55 MIN 	21 FEBRUARY HIIT – 30 MIN 	22 FEBRUARY REST	23 FEBRUARY STRENGTH – 55 MIN 	24 FEBRUARY CARDIO – 45 MIN 
CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM	CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: BODYBALANCE/BODYFLOW	CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT		CHOOSE FROM: BODYPUMP	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM
I CHOSE:	I CHOSE:	I CHOSE:	I CHOSE:		I CHOSE:	I CHOSE:
DAILY HEALTHY TASK Daily movement is really important for gut health. Revisit your steps goals from week 6 and consider building on the movement you currently have in your life, even if it's just doing some stretches at work. Let us know which more-movement strategy you choose.	DAILY HEALTHY TASK Increase your intake of probiotic-rich foods – try a new unpasteurised fermented food such as kefir, kimchi, kombucha, miso, sauerkraut, tempeh or yoghurt. Or talk to a medical professional about whether probiotic supplementation might be right for you. Share a photo of the product you choose.	DAILY HEALTHY TASK Prebiotics are a type of fiber that is a fertilizer for the gut. Examples of prebiotic foods are apples (particularly apple cider vinegar), asparagus, bananas, beans, chickpeas, garlic, jerusalem artichokes, leeks, lentils, nuts and tofu. Try a new one this week and share a photo.	DAILY HEALTHY TASK Sleep is critical to good gut health. Hopefully you've already made some improvements to your sleep habits in weeks 2 and 5. Let us know the next DAILY HEALTHY TASK you're going to integrate.	DAILY HEALTHY TASK Whole foods promote diverse variety of good bacteria. Fake foods destroy good bacteria and feed bad bacteria. This week choose one packaged product you regularly consume and replace it with a less processed version. Let us know what you choose.	DAILY HEALTHY TASK Effective gut function requires good hydration. Hopefully you made some improvements to your water intake in week 1. Let us know the next hydration habit you're going to integrate.	DAILY HEALTHY TASK Excessive stress hormones can interfere with gut health. Hopefully you created some new stress management strategies for yourself in weeks 3 and 5. Let us know the next habit you're planning to implement.

 Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!

WEEK 9

CONSIDER YOUR CALORIES

It's difficult to achieve health goals without addressing food. The best way to look at your nutrition is to keep a food diary. This doesn't mean obsessively measuring and monitoring every mouthful, an effective food diary is just a tool to educate yourself. When you understand nutritional content and calories you have the information to make empowered choices. You'll know when it's appropriate to eat for fuel and when it's appropriate to indulge a little. Treats can be part of a healthy lifestyle but if you eat them daily with reckless disregard for portion control you won't see improvement. You don't need to keep your food diary indefinitely, it's just a way to learn about food and make some changes to your habits.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
25 FEBRUARY HIIT – 30 MIN	26 FEBRUARY STRENGTH – 55 MIN	27 FEBRUARY COMBO – 60 MIN	28 FEBRUARY CARDIO – 55 MIN
CHOOSE FROM: LES MILLS GRIT, LES MILLS SPRINT	CHOOSE FROM: BODYPUMP	CHOOSE FROM: COMBO WORKOUTS	CHOOSE FROM: BODYCOMBAT, RPM, BODYATTACK, BODYSTEP, SH'BAM
I CHOSE:	I CHOSE:	I CHOSE:	I CHOSE:
DAILY HEALTHY TASK Don't worry about diary-ing accurately at first. Even if you just input one food a day you'll start to get a feel for how your usual foods stack up calorie-wise. Share a screen shot of one meal you had today.	DAILY HEALTHY TASK Input your water intake too. Share a screen shot of today's total.	DAILY HEALTHY TASK Consider your macros. Some free apps such as MyFitnessPal will automatically set your macros at 50 percent carbs, 20 percent protein, 30 percent fat, which is quite carb-heavy. If you'd like to build muscle and burn body fat then go into settings and change these to 30 percent carbs, 35 percent protein, 30 percent fat. Share a screen shot of how you're tracking.	DAILY HEALTHY TASK Keeping a food diary can be very enlightening! You can discover that your daily foods aren't as healthy as you imagined, and calories can add up very quickly. Let us know the biggest learning you've had so far this week.

YOU DID IT! 

 Complete and share each daily healthy task on the [LES MILLS On Demand Facebook Group](#) with the hashtag #BELIMITLESS to be in to win!