

Stronger in 60 Challenge

Diet

Eat life-giving food.
No sugar, no junk.

Exercise

30 minutes. Can be broken up into 2 segments.

Water

Women need to drink 90 ounces of water and men 120 ounces.

Alcohol

No alcohol

Bible*

Read one chapter (see below for an option).

Gratitudes

Write down 3 things you are grateful for.

Custom Challenge

Do a brain game
Kneel during prayer
Cold shower
Random act of kindness
Learn something new
Extra 30 minutes of exercise

Rules:

1. The 6 tasks of the challenge (plus one of your choice) are to be done daily for 60 days.
Kindly start over if you don't.
2. Take photo at the beginning of the challenge and weekly to track your personal progress.
3. Read and understand the Quick Start Guide
4. Read the disclaimer

Quick Start Guide

Tasks Explained

Food - We all have a pretty good idea of what eating healthy is like. So focus on nutrient-dense, life-giving foods. You have heard it said “food is medicine”; so you are being encouraged to treat it as such. Avoid sugar, (i.e. desserts, donuts, sodas, pancakes), fried foods, junk foods (i.e. potato chips).

Exercise - 30 minutes of any movement of your choice. If all you want to do is walk, that is fine. However, strength workouts, stretching, and sprints are very valuable. Feel free to do more than 30 minutes whenever you feel like it.

Water - Women need to drink 90 ounces of water and men 120 ounces. Adjust up if needed based on thirst, heat and/or activity.

Be sure to space it throughout the day, so that you are always well hydrated; plus it would not be good to cram in too much at the end of the day. Coffee, tea, and other fluids do not count, but feel free to add a little fresh lemon or lime, apple cider vinegar, electrolytes, or salt to your water.

Alcohol - None.

Note: If you happen to be someone who drinks 3 or more alcoholic drinks daily, this is not the plan for you. You need to taper gradually, and possibly get medical help in quitting alcohol as it is dangerous to go cold turkey if you are a heavy drinker.

Bible* - Read a chapter of the Bible of any length daily. If you are not comfortable with this, you may substitute it with reading 5 pages of a self-improvement book.

Gratitudes - Write down 3 things that you are grateful/thankful for. You are encouraged to even say them out loud.

Custom task - Kind of like choose your own adventure. Choose from any of the 6 below:

~Do a brain game - This can be working on a jigsaw puzzle, doing Sudoku, a crossword puzzle, Wordle, etc.

~Kneel during prayer - Pray on your knees for whatever length of time you choose. This can be helpful to stay focused on prayer. It is also uncomfortable, so the sacrifice can show honor and submission to God.

~Cold shower - Add a bit (or a lot) of cold shower to your shower time for toughness and a myriad of other benefits. More on the why of this later.

~Random act of kindness - Feel free to use your imagination!

~Learn something new - Options are endless. Anything from learning a language on Duolingo, how to crochet, the rules of pickle ball, how to cook a new recipe, how to change the oil in a car, how to play a xylophone, how to juggle, and how to do a handstand.

~Extra 30 minutes of exercise - Any movement of your choice.

It doesn't need to be the same one each day. Have fun with this task.

*****Disclaimer: Please discuss with your primary care physician before starting this challenge. Do not attempt if you drink 3 or more alcoholic drinks per day, have chronic kidney disease, or any other concerning health issues without consulting with a medical professional.**