

FEEL AND LOOK AMAZING

AgeAmazing  
**rejuvage**

# 30-Day Challenge 2019



**Your Positive  
Health Plan**

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

# Age Amazing 30-Day Challenge

## Your action plan to feeling and looking great

Welcome to your guide to feeling and looking great. With just a few simple life changes, you can boost energy and even reverse the ageing process from the inside out.

Rejuvage believe there are a few simple truths to living well. Our plan is based on our philosophy that a personalised health plan filled with some proven best practices will enhance how you look and feel.

Feeling good starts from the inside. Medical research has shown a clear correlation between what you eat and drink and your overall health. Combine healthy eating with the right skincare, exercise, lifestyle and treatments and you will feel truly age amazing.

We all have our own ageing experiences and challenges, but that doesn't mean we can't all age amazing as well.

The target of our 30-day plan is to enhance your health happiness.  
We hope you love it so much it becomes a way of life.

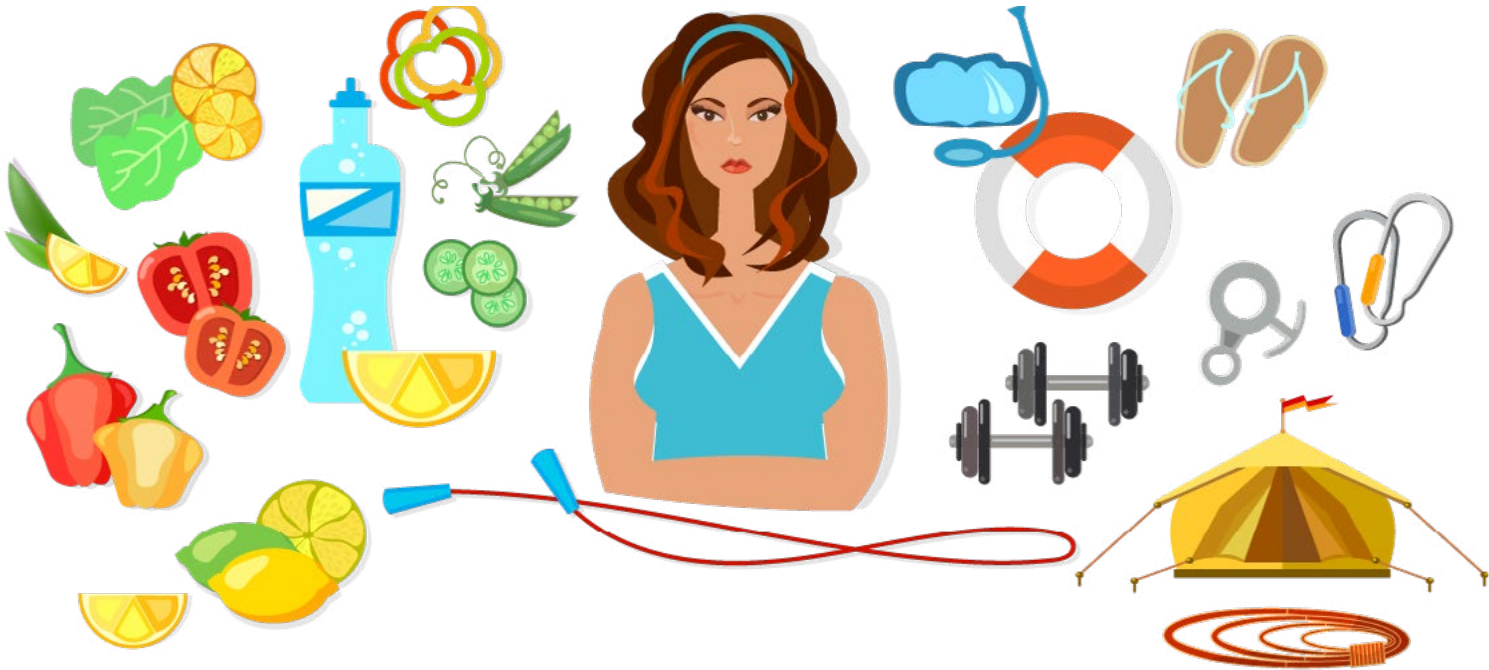
**We want to empower you with some new ideas, so you can truly feel the best you.**

# #AgeAmazing

Get Involved Online



# Positive Health Plan



## A NEW ROUTINE TO GIVE YOU A BOOST

Our 30-day plan is here to help you feel and look healthier as you age. Try out our tips and plan for the summer.

When you've completed the 30 days and you're feeling the benefits, you can adapt the plan to meet more of your challenges and goals, over next 12 weeks and rest of the year!

Set your goals and decide what you want to focus on using the challenges and goals on the next page.

# 30-Day Challenge Challenges & Goals

**Where do you start? Think small changes create great results.**

We all know that ageing affects each of us, so we asked a range of experts for some remedies and recommendations to ageing well.

Are you aware of the affects of your lifestyle? Have you started to feel less confident or have low energy? What's your current diet like? Do you regularly exercise, or stay active? To help you get in the right mindset, a good starting point is to set yourself some clear goals, then follow our 30-day plan to kick-start positive energy.

With this plan we will help you identify your challenges and how you can reach your goals- with diet advice and a meal plan, exercise suggestions and tips, and the best ways to help you age well inside and out.

## What are your goals?

- To have a new skincare/eating/fitness routine
- To boost your energy levels
- To feel less stressed and in control
- To manage weight
- Increase your muscle mass
- To have healthy, shiny hair
- To have a lifestyle routine that fits your age
- Balance your hormones and moods
- To start healthy eating
- To reduce the appearance of wrinkles and boost skin
- To feel healthier inside and out

## What are your challenges?

- Do you have noticeably ageing skin?
- Do you eat the right foods to rejuvenate and energise your body?
- Are you unable to shift stubborn weight?
- Are you spending money on products that don't seem to work?
- Do your muscles ache?
- Are you exercising regularly?
- Are you neglecting your skin?
- Is your daily routine difficult to keep up with, do you have a routine?
- Are you over-stressed or struggling to get a full night's rest?

**Set your goals and decide which areas you want to focus on with the checklist on the next page.**

## Use these checklists to decide which plans you want to try.

Is your priority to boost your energy? Or to feel more confident? Decide what you want to change about your skincare routine or add to improve you health, with our DIY checklists.

|       | Diet   | Tick /Cross |
|-------|--|-------------|
| DO    | Stay hydrated                                  |             |
|       | Eat fresh fruit and vegetables                 |             |
|       | Eat lean proteins                              |             |
|       | Eat whole grains                               |             |
|       | Keep up metabolism with small meals and snacks |             |
| DON'T | Skip a meal                                    |             |
|       | Over eat refined/processed foods               |             |
|       | Eat pre-packaged foods                         |             |
|       | Fry your food                                  |             |
|       | Drink too much alcohol                         |             |

|       | Exercise  | Tick /Cross |
|-------|---|-------------|
| DO    | 20 minutes of daily activity (Minimum)          |             |
|       | Move more, take more steps and stairs           |             |
|       | Incorporate stretching & toning                 |             |
|       | Push yourself gradually                         |             |
|       | Incorporate cardio & strength into your routine |             |
|       | Switch your workout regularly                   |             |
| DON'T | Track your progress to stay motivated           |             |
|       | Be inactive                                     |             |
|       | Forget to stretch your muscles                  |             |
|       | Forget to eat to keep up energy levels          |             |
|       | Do the same activity every day                  |             |
|       | Do too much too fast                            |             |

|       | Face  | Tick /Cross |
|-------|---|-------------|
| DO    | Take off your make up before bed              |             |
|       | Cleanse your face (day & night)               |             |
|       | Use suncream daily                            |             |
|       | Moisturise your face and neck (day & night)   |             |
|       | Try products that target your problem areas   |             |
|       | Start a skincare routine                      |             |
| DON'T | Over exfoliate                                |             |
|       | Apply too many products to your face          |             |
|       | Wash your face with hot water (use lukewarm!) |             |
|       | Use make up wipes                             |             |
|       | Pull at the skin around your eyes             |             |
|       | Smoke   |             |

|       | Body  | Tick /Cross |
|-------|---|-------------|
| DO    | Reduce intake of foods that bloat, i.e. dairy & fatty foods |             |
|       | Use bath soaks for aching muscles                           |             |
|       | Try body brushing at lease once a week                      |             |
|       | Take supplements for digestion, bones & muscles             |             |
|       | Use suncream when exposed to sun                            |             |
|       | Try yoga to keep up your body's flexibility                 |             |
| DON'T | Forget to moisturise  |             |
|       | Neglect dry areas i.e. Feet, elbows & knees                 |             |
|       | Sit for extended periods of time                            |             |
|       | Wear uncomfortable or poor fitting shoes                    |             |
|       | Forget to stretch   |             |
|       | Over exercise   |             |

## Use this checklist to decide which plans you want to try.

Is your priority to get fit? Or change your diet? Decide what you want to change about your skincare routine or add to improve you health, with our DIY checklists.

|       | Mind  | Tick /Cross |
|-------|---|-------------|
| DO    | Use a daily planner to time manage              |             |
|       | Use brain training apps & try crosswords/suduko |             |
|       | Take supplements to enhance your brain power    |             |
|       | Make time for hobbies & exercise                |             |
|       | Get a full nights sleep (7-8 hours)             |             |
|       | Try adult coloring books to relieve stress      |             |
|       | Try meditation or yoga to relax your mind       |             |
| DON'T | Under/over sleep                                |             |
|       | Stress yourself out                             |             |
|       | Isolate yourself socially                       |             |
|       | Over indulge on saturated fat and sugar         |             |

|       | Hormones  | Tick /Cross |
|-------|---|-------------|
| DO    | Consider your options HRT/natural   |             |
|       | Increase your Vitamin E intake  |             |
|       | Increase your Omega 3 intake  |             |
|       | Add leafy greens and lean meats for Vitamin B   |             |
|       | Do seek early advice and hormone test   |             |
| DON'T | Ignore your Blood Pressure! Check & see your GP   |             |
|       | Ignore your body. Ask about Osteoporosis, Colonoscopy, Mamograms when going through Menopause |             |
|       | Self diagnose, discuss and get expert advice  |             |

|       | Sleep  | Tick /Cross |
|-------|--|-------------|
| DO    | Start a sleep routine! Go to bed at the same time every night                            |             |
|       | Wear warmer pyjamas or use a thinner duvet to keep yourself at a comfortable temperature |             |
|       | Relax with meditation  |             |
|       | Stop drinking caffeine 4 hours before bed  |             |
|       | Keep active  |             |
| DON'T | Eat a large meal before bed  |             |
|       | Nap for longer than 15 minutes   |             |
|       | Use your devices before you go to sleep  |             |
|       | Smoke. It's a stimulant that can keep you up!  |             |
|       | Drink alcohol before bed   |             |
|       | Sleep with a light on  |             |

|       | Lifestyle                           | Tick /Cross |
|-------|-------------------------------------|-------------|
| DO    | Keep your home clean and inspiring  |             |
|       | See your GP & Dentist regularly     |             |
|       | Join in with social activity        |             |
|       | Spend time with friends and family  |             |
| DON'T | Give yourself daily goals           |             |
|       | Take time to look after yourself    |             |
|       | Isolate yourself                    |             |
|       | Hoard. Try to regularly de-clutter! |             |
|       | Spend all your time on social media |             |
|       | Do anything you hate                |             |

# Weekly Plan 1

|   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| <b>Hydrate well</b>   |       |       |       |       |       |       |       |
| Water/lemon on rising   |       |       |       |       |       |       |       |
| 8 glasses of water a day  |       |       |       |       |       |       |       |
| <b>Healthy eating</b><br>Enjoy fruit, vegetables, protein and carbs in moderation |       |       |       |       |       |       |       |
| Morning   |       |       |       |       |       |       |       |
| Mid morning snack   |       |       |       |       |       |       |       |
| Lunch   |       |       |       |       |       |       |       |
| Afternoon   |       |       |       |       |       |       |       |
| Early evening   |       |       |       |       |       |       |       |
| <b>Regular exercise</b>   |       |       |       |       |       |       |       |
| Walking steps 5-10k daily   |       |       |       |       |       |       |       |
| Yoga stretch<br>2-3 times a week  |       |       |       |       |       |       |       |
| Strength 1-2 times a week   |       |       |       |       |       |       |       |
| High intensity aerobic<br>2-3 times a week  |       |       |       |       |       |       |       |
| <b>Socialise</b>  |       |       |       |       |       |       |       |
| Talk to friends daily   |       |       |       |       |       |       |       |
| <b>Active mind</b>  |       |       |       |       |       |       |       |
| Work/Hobby  |       |       |       |       |       |       |       |
| Read  |       |       |       |       |       |       |       |
| Positive thinking   |       |       |       |       |       |       |       |
| <b>Sleep</b>  |       |       |       |       |       |       |       |
| Regular times to go<br>to bed/wake up   |       |       |       |       |       |       |       |
| Relaxing bedtime<br>routine/bedroom   |       |       |       |       |       |       |       |
| Comfortable bedroom   |       |       |       |       |       |       |       |
| Digital detox   |       |       |       |       |       |       |       |

# Weekly Plan 2

|   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| <b>Hydrate well</b>   |       |       |       |       |       |       |       |
| Water/lemon on rising   |       |       |       |       |       |       |       |
| 8 glasses of water a day  |       |       |       |       |       |       |       |
| <b>Healthy eating</b><br>Enjoy fruit, vegetables, protein and carbs in moderation |       |       |       |       |       |       |       |
| Morning   |       |       |       |       |       |       |       |
| Mid morning snack   |       |       |       |       |       |       |       |
| Lunch   |       |       |       |       |       |       |       |
| Afternoon   |       |       |       |       |       |       |       |
| Early evening   |       |       |       |       |       |       |       |
| <b>Regular exercise</b>   |       |       |       |       |       |       |       |
| Walking steps 5-10k daily   |       |       |       |       |       |       |       |
| Yoga stretch<br>2-3 times a week  |       |       |       |       |       |       |       |
| Strength 1-2 times a week   |       |       |       |       |       |       |       |
| High intensity aerobic<br>2-3 times a week  |       |       |       |       |       |       |       |
| <b>Socialise</b>  |       |       |       |       |       |       |       |
| Talk to friends daily   |       |       |       |       |       |       |       |
| <b>Active mind</b>  |       |       |       |       |       |       |       |
| Work/Hobby  |       |       |       |       |       |       |       |
| Read  |       |       |       |       |       |       |       |
| Positive thinking   |       |       |       |       |       |       |       |
| <b>Sleep</b>  |       |       |       |       |       |       |       |
| Regular times to go<br>to bed/wake up   |       |       |       |       |       |       |       |
| Relaxing bedtime<br>routine/bedroom   |       |       |       |       |       |       |       |
| Comfortable bedroom   |       |       |       |       |       |       |       |
| Digital detox   |       |       |       |       |       |       |       |



# Weekly Plan 3

|   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| <b>Hydrate well</b>   |       |       |       |       |       |       |       |
| Water/lemon on rising   |       |       |       |       |       |       |       |
| 8 glasses of water a day  |       |       |       |       |       |       |       |
| <b>Healthy eating</b><br>Enjoy fruit, vegetables, protein and carbs in moderation |       |       |       |       |       |       |       |
| Morning   |       |       |       |       |       |       |       |
| Mid morning snack   |       |       |       |       |       |       |       |
| Lunch   |       |       |       |       |       |       |       |
| Afternoon   |       |       |       |       |       |       |       |
| Early evening   |       |       |       |       |       |       |       |
| <b>Regular exercise</b>   |       |       |       |       |       |       |       |
| Walking steps 5-10k daily   |       |       |       |       |       |       |       |
| Yoga stretch<br>2-3 times a week  |       |       |       |       |       |       |       |
| Strength 1-2 times a week   |       |       |       |       |       |       |       |
| High intensity aerobic<br>2-3 times a week  |       |       |       |       |       |       |       |
| <b>Socialise</b>  |       |       |       |       |       |       |       |
| Talk to friends daily   |       |       |       |       |       |       |       |
| <b>Active mind</b>  |       |       |       |       |       |       |       |
| Work/Hobby  |       |       |       |       |       |       |       |
| Read  |       |       |       |       |       |       |       |
| Positive thinking   |       |       |       |       |       |       |       |
| <b>Sleep</b>  |       |       |       |       |       |       |       |
| Regular times to go<br>to bed/wake up   |       |       |       |       |       |       |       |
| Relaxing bedtime<br>routine/bedroom   |       |       |       |       |       |       |       |
| Comfortable bedroom   |       |       |       |       |       |       |       |
| Digital detox   |       |       |       |       |       |       |       |

# Weekly Plan 4

|   | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|---|-------|-------|-------|-------|-------|-------|-------|
| <b>Hydrate well</b>   |       |       |       |       |       |       |       |
| Water/lemon on rising   |       |       |       |       |       |       |       |
| 8 glasses of water a day  |       |       |       |       |       |       |       |
| <b>Healthy eating</b><br>Enjoy fruit, vegetables, protein and carbs in moderation |       |       |       |       |       |       |       |
| Morning   |       |       |       |       |       |       |       |
| Mid morning snack   |       |       |       |       |       |       |       |
| Lunch   |       |       |       |       |       |       |       |
| Afternoon   |       |       |       |       |       |       |       |
| Early evening   |       |       |       |       |       |       |       |
| <b>Regular exercise</b>   |       |       |       |       |       |       |       |
| Walking steps 5-10k daily   |       |       |       |       |       |       |       |
| Yoga stretch<br>2-3 times a week  |       |       |       |       |       |       |       |
| Strength 1-2 times a week   |       |       |       |       |       |       |       |
| High intensity aerobic<br>2-3 times a week  |       |       |       |       |       |       |       |
| <b>Socialise</b>  |       |       |       |       |       |       |       |
| Talk to friends daily   |       |       |       |       |       |       |       |
| <b>Active mind</b>  |       |       |       |       |       |       |       |
| Work/Hobby  |       |       |       |       |       |       |       |
| Read  |       |       |       |       |       |       |       |
| Positive thinking   |       |       |       |       |       |       |       |
| <b>Sleep</b>  |       |       |       |       |       |       |       |
| Regular times to go<br>to bed/wake up   |       |       |       |       |       |       |       |
| Relaxing bedtime<br>routine/bedroom   |       |       |       |       |       |       |       |
| Comfortable bedroom   |       |       |       |       |       |       |       |
| Digital detox   |       |       |       |       |       |       |       |

# Next Steps

Once you have a plan for what you want to achieve in place, take a look at our other guides for help with healthy eating and exercising.

## Midlife Exercise Guide

Your plan for getting fit, healthy and energised



### Exercise Guide

Exercising can sometimes seem overwhelming, but it doesn't need to be. Download our 'Midlife Exercise Guide' where we go through the different types of exercise and give you great workouts that are quick and easy to incorporate into your daily routine!

[DOWNLOAD NOW!](#)

## The Midlife Diet

Boost your metabolism and wellbeing



### Diet and Clean Eating Guide

Our midlife diet plan introduces you to the basics of clean eating. Clean eating involves eating food that is in its natural, unprocessed state. Whether it's from additives in your diet or just daily life stress, our body builds up toxins that can prove harmful. This diet plan will help you flood your body with nutrients to get rid of those nasty toxins! We also have delicious recipes to inspire you!

[DOWNLOAD NOW!](#)

## Want help with your 30-day challenge?

Contact us at [hello@rejuvage.com](mailto:hello@rejuvage.com)

We're here to offer advice and guidance, with certified wellness coaches on hand to help you through your journey!



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