

RCC LIVE WELL RESET

40 days program

Consists of 3 parts: Diet, Exercise, Sleep.

WEEK 1-2

Diet (Intermittent fasting)

Eating within a time period, 8 hour window (individualized according to your schedule)

Meals should consist of low carbs, high protein and moderate healthy fats.

Drink only water during this time.

Exercise

Walking Monday through Friday for 30-45 min (Goal of 10k steps per day) and Saturday morning exercise at church.

Sleep

6-8 hours of sleep per night during the 40 days program.

WEEK 3-4

Diet (Intermittent fasting)

Raw fresh fruits, veggies, nuts and seeds within an 8 hour window.

Drink only water during this time.

Exercise

Walking Monday through Friday for 30-45 min (Goal of 10k steps per day)

+ 2 day of home workout and Saturday morning exercise at church.

Sleep

6-8 hours of sleep per night during the 40 days program.

WEEK 5-6

Diet (Intermittent fasting)

raw fresh fruits and veggies and 2 days out of 24 hour water fasting.

Drink only water during this time.

Exercise

Walking Monday through Friday for 30-45 min (Goal of 10k steps per day)

+ 3 day of home workout and Saturday morning exercise at church.

Sleep

Participants must have 6-8 hours of sleep per night during the 40 days program.