



HEAL WELLNESS  
**POST SUMMER  
6 DAY DETOX**

## Introduction

Welcome to the Post Summer 6 day Detox Program.  
This program is designed to help you get back on track after an  
awesome summer.

I challenge you to eat clean for 6 days and feel the benefits of  
better sleep and more energy.

This is a family-friendly meal plan so get the whole family on  
board!

I will supply you with the complete meal plan, recipes and  
grocery list and meal plan guide along with this program guide.

Modify it to suit your needs and commit to the challenge.

Are you in? Let's do this!



## **How do you know it is a good time to do a detox?**

You might be feeling run down or lethargic. You may have slacked off on healthy eating and put on some extra weight.. Maybe you would like to kick-start a weight-loss plan or boost your energy level. Regardless of your reason, my 7-day clean eating plan will help you re-frame your attitude towards food and health. In reality a detox is just creating healthier habits and dropping all of the unhealthy food and habits that you have picked up and over indulged in over Summer. Hopefully you will continue along the path of healthy clean eating as you feel more energy and healthier.

## **How do I get started?**

Have a read of the 6 Day Meal Plan that you received with this guide. See if you already have some of the ingredients on the list, adjust any quantities on your shopping list to reflect the amount of people following the plan. Head to the shops and purchase the ingredients listed Feel free to improvise a bit and add additional vegetables, and nuts if you choose, and if you are exercising more than 3-4 times a week you may need to increase your portion sizes especially around protein to allow for muscle repair and satiety. You shouldn't be feeling hungry so adjust serves accordingly but you must limit your shopping to only the foods permitted and preferably whole foods. As far as beverages are concerned, stick with water as much as possible. Herbal tea & green tea is ok as well.



## Exercise Plan

If you are currently not active, moving your body will help support your health, the detox and energy. In the 6 day plan try and get these 4 training sessions in to fire up your metabolism and accelerate your detox.

Day 1, 3, & 5 of the exercise plan are circuit based training programmes. Each circuit contains 10 exercises. Each exercise is to be completed for 30 sec followed by a 15 sec rest. Once the 10 exercises are complete you may take a 60 sec rest before beginning the circuit again. The circuit must be completed a total of 3 times. Adjust exercises and weights (only body weight for any little ones joining in) to suit your ability and fitness levels, the key here is to move your body, therefore any exercise that has you moving will be a great substitute.

Day 4 is a run/walk it may be completed outdoors or on a treadmill. Aim to run/walk at a moderate pace for 30min

Day 2 & 6 are stretch, yoga or rest days.



## Follow this programme

### Day 1 + 3

1. High Knees
2. Squat + Press\*
3. Mountain Climber
4. Bicep Curl\*
5. Burpee
6. Push Ups
7. Squat Pulses
8. Lateral Raises\*
9. Plank
10. Crunches

### Day 5

1. Shadow Boxing\*
2. Lunges
3. Tricep Dips
4. High Knees
5. Jumping Jacks
6. Bicycle Crunches
7. Glute Bridges
8. Bent-over Row\*
9. Squat Pulses
10. Plank

### Day 4

1. Run/Jog/Fast Walk 30 minutes

For exercises (\*) you can use light dumb bells, soup cans, water filled milk bottles, resistance bands or something similar to give you some weight or resistance. If you have access to a gym you will have plenty of options



## **Disclaimer**

Heal Wellness Post Summer 6 Day Detox is copyrighted. You cannot give away, reprint, copy, duplicate, reproduce, auction or sell copies of this content (these are copyright violations) and all rights are reserved.

The information contained within this document are intended as an aid to general health and wellbeing and do not offer medical advice.

If you suffer from, or think you may suffer from, a medical condition you should consult your doctor before changing your nutrition or exercise program

If you decided to change your diet or begin exercising after a period of relative inactivity you should start very slowly and consult your doctor if you experience any discomfort, distress or any other symptoms.

If you feel any discomfort, nausea or pain while taking part in this plan, do not continue.

The information contained within this document are not intended for women who are pregnant or breast-feeding. Exercises within this program should not have weights for any person under the age of 16, body weight exercises only.

If you suffer from any food allergy, it is your responsibility to check the ingredients of food items.

Heal Wellness has no liability over results or affects from those participating in this program, all participants have chosen to do this program at their wishes.