

# Bride's Mind & Body Planner

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>Toning &amp; Strength</b> BodyPump Class @ 6.30PM	<b>Fat Burning &amp; De-stress</b> Power Yoga (Hot) Class @ 6.30PM	<b>Body Shaping</b> Session with your Personal Trainer + bioDensity	<b>Pampering</b> at The Beauty Spa. All V Club members get 15% off all treatments & services	<b>Fat Burning &amp; Fun</b> Zumba Class @ 5.45PM	<b>Fun &amp; Confidence</b> Exotic Dance Class @ 3PM	<b>REST</b>
DAILY NUTRITIONAL REMINDER	Remember how many calories you can consume daily.	Eat adequate sources of protein eg - Lean Meat	Drink 8 glasses of water.	Get more Fibre in your diet	Record your food and drink intake.	Eat sensible portions.	Reduce high calorie drinks like alcohol, soft drinks and fruit juices.
WEEK 2	<b>Toning &amp; Strength</b> BodyPump Class @ 6.30PM	<b>Fat Burning &amp; Fitness</b> Cycle Class @ 5.40PM	<b>Body Shaping</b> Session with your Personal Trainer + bioDensity	<b>Pampering</b> Enjoy a movie at the IMAX Theatre. All V Club members get 20% off all tickets	<b>Sculpting &amp; De-stress</b> Hot Hatha Yoga Class @ 5.15PM	<b>Fun &amp; Confidence</b> Pole Dancing Class @ 3PM	<b>REST</b>
DAILY NUTRITIONAL REMINDER	5 Servings of Vegetables per day.	2 Servings of Fruit per day.	Choose lower fat Dairy Products.	Don't skip meals. Aim to eat 4-5 meals a day as recommended by your Personal Trainer.	Substitute full cream milk in your coffee for skim or light soy.	Eat slowly and stop when you are full.	Take a Multi Vitamin everyday.
WEEK 3	<b>Toning &amp; Strength</b> Pilates Reformer Class @ 5.45PM	<b>Fat Burning &amp; De-stress</b> Power Yoga (Hot) Class @ 6.30PM	<b>Body Shaping</b> Session with your Personal Trainer + bioDensity	<b>Pampering</b> Express & Spoil yourself with KMS products at Global Salon. All V Club members get 20% off all treatments & services	<b>Fat Burning &amp; Fun</b> Zumba Class @ 5.45PM	<b>Fun &amp; Confidence</b> Hip Hop Class @ 4PM	<b>REST</b>
DAILY NUTRITIONAL REMINDER	Avoid processed meats like salami, devon, fritz or metwurst.	Choose entrée serves when eating out for evening meals.	Learn how to read food labels to avoid bad options.	Prepare snacks in advance to avoid snacking on chippies & cookies.	Eat salmon for a healthy protein source & ensure you are getting adequate Omega 3 essential fats.	Get enough Green vegetables in your diet.	Don't be overly restrictive, have some treats weekly.
WEEK 4	<b>Toning &amp; Strength</b> Cardio Circuit Class @ 1.10PM	<b>Fat Burning &amp; Fun</b> Brazilian Dance Class @ 6.30PM	<b>Body Shaping</b> Session with your Personal Trainer + bioDensity	<b>Pampering</b> Enjoy a nice meal at K Power café with a group of friends. All V Club members get 10% off	<b>Sculpting, Focus &amp; De-stress</b> Vinyasa Yoga/Meditation Class @ 6.20PM	<b>Fun &amp; Confidence</b> Pole Dancing Class @ 3PM	<b>REST</b>
DAILY NUTRITIONAL REMINDER	Substitute butter in your sandwich with avocado or hommus.	Go for quality not quantity.	Consume Antioxidants - Green Tea is a great source.	Eat regularly to avoid binge eating.	Use smaller plates.	Eat wholegrains especially on days that you train	Chew your food slowly.

## PROGRAM NOTES

- Ensure you get at least 3 sessions of training in your weekly program, including Cardio, Strength Conditioning & a De-Stress session.
- Find out what classes you enjoy the most and replace any recommended classes with your favourite.
- Make sure there is enough variety to keep you motivated but enough of the same to build results.
- Utilise the expert skills of a Trainer to work you through specific goals and guide you through the Nutritional program.
- Don't forget to REST. Ensure you get 8 hours of sleep a night to help your body recover and to revitalise your skin.
- You should feel great after each session - talk to your Trainer if anything is bothering you. This should be a positive time in your life.

If you would like the help of an expert contact V Club on 8088 8888 to achieve that perfect body shape for your perfect day!



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