

Kickstart 2025

3-week guide



WEEK 1
PHASE 1

2-3 litres of water daily
8+ hours of sleep per night
>8,000 steps per day

WEEK 3
PHASE 3

Continue phase 1 and 2
5 serves of vegetables per day*
>10,000 steps per day

WEEK 2
PHASE 2

Continue phase 1
2 pieces/serves of fruit per day
>9,000 steps per day

Plus each day, complete one of the sessions below. Click on the links to watch the videos.

Password: HealthHub

WEEK 1	DAY 1 <u>15 min walk or run</u>	DAY 2 <u>Stretch & reset</u>	DAY 3 <u>Strength session</u>	DAY 4 <u>Meditation</u>	DAY 5 <u>HIIT class</u>
WEEK 2	DAY 1 <u>Cardio boxing</u>	DAY 2 <u>Strength exercise program</u>	DAY 3 <u>Strength session</u>	DAY 4 <u>Breathwork</u>	DAY 5 <u>Core blast</u>
WEEK 3	DAY 1 <u>Yoga</u>	DAY 2 <u>Pilates</u>	DAY 3 <u>Strength session</u>	DAY 4 <u>Recovery stretch</u>	DAY 5 <u>Abs, glutes & thighs</u>

the health hub

CBHS

Commonwealth Bank

bankwest

Thrive

*You can access the serve size guide via <https://www.eatforhealth.gov.au/food-essentials/five-food-groups/vegetables-and-legumes-beans>

All information contained in this handout has been prepared by CBHS health professionals and is intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.