

**SIMPLY SURVIVING TO  
*TOTALLY THRIVING!***



**CHALLENGE THREE - PART I**



## WELCOME TO YOUR 90 DAY CHALLENGE!

### **The way the challenge works..**

There are 6 CHALLENGES.

Each challenge involves 2 parts...

#### *Part I* - INSTANT ACTION TAKING

Taking yourself through an exercise, a reading, a video, or making an upgrade to your routine.

#### *Part II* - IMPROVEMENT AND SUSTAINABILITY.

Continue taking action with the intention of making it consistent and more manageable. Act, review, improve, repeat.

### **Each WEEK, we release a part of the challenge.**

At the end of each week, every challenger will update us on the action that they took or the improvements that they made.

Momentum... is everything.

Challengers succeed because they take action quickly, and fight to complete what truly matters to them on the deadlines.

### **Warning: These Challenges are easy, but not without constantly showing up.**

They are covering...

- ✓ The 6 Pillars of Health
- ✓ Your Health Map
- ✓ The Defining Things that Shape Your Map
- ✓ Systemising your Nutrition
- ✓ Daily Habits to make Health Sustainable
- ✓ Hitting the Benchmarks for your version of Health
- ✓ High Performance Bio-Hacks

All of this, has one outcome...

## **A TOTALLY THRIVING YOU!**



## GUT HEALTH

Gut health is one of the most important indicator of overall health.

Your gut – also referred to as your ‘second brain’ – is responsible for numerous bodily functions that keep us happy and healthy. For example, did you know that 90% of serotonin (the key hormone that stabilises our mood, feelings of well-being, and happiness) is released by the gut!

Without good gut health, people can experience poor digestion, low energy, weight gain, food sensitivities, skin conditions, painful bowel movements, low moods, depression and anxiety, and so many more unhealthy symptoms.

When you improve your gut health, many other aspects of health will naturally get easier. And creating good gut health habits is such a powerful way to feel physically and emotionally stronger and happier.

**ACTION:** Watch the Gut Health presentation by Nutritionist Amalie Pearce.

The video is available in the Facebook Community or you can go to:

<https://www.youtube.com/watch?v=5uIYso7U6LQ&feature=youtu.be>

In the video, you'll learn:

- How does the gut functions and why gut health important
- Pro-biotics: What they are and why they're important
- Pre-biotics: What they are and why they're more important than prebiotics
- The latest research on gut health in relation to:
  - Weight Regulation
  - Mental Health / Food and Mood
  - Immunity
  - Inflammation
- What to eat for optimal gut health
- Serving sizes to promote health
- How to understand your current gut health
- How you can improve the health of your gut





## UNDERSTANDING YOUR GUT MICROBIOME

### What is your microbiome?

Your 'gut microbiome' is made up of the trillions of microorganisms and their genetic material that live in your intestinal tract. These microorganisms (mainly comprising bacteria) are involved in functions critical to your health and wellbeing. These bacteria live in your digestive system and play a key role in digesting food and helping to absorb and synthesise nutrients.

Gut bugs are involved in many other important processes including your metabolism, body weight, and immune regulation, as well as your brain functions and mood. There are many factors that influence the type and amount of bacteria we host and each person has a unique bacterial footprint.

Becoming more aware of your unique microbiome is really important in helping you understand how your body is currently functioning and how you can go about optimising your gut health.

**ACTION:** Complete the below questionnaire, ticking the options that most sounds like you.



## QUESTIONNAIRE

### Bloating

1. I never bloat
2. I bloat when I eat a lot of fibre (bread, beans, fruit, veg)
3. I bloat when I eat a lot of sugar (fruit, refined sugar, dairy products)
4. I bloat when I eat fermented foods or brassicas
5. I bloat for no reason that I can identify

### Poo health

1. My poo is small pebbles
2. My poo looks like pebbles cobbled together
3. My poo has a firm shape with lots of cracks in it
4. My poo has a firm shape and is squishy and smooth
5. My poo comes out in blobs
6. My poo is runny
7. I have a mix of runny and pebbled poo



### **Immune Function**

1. I rarely get sick
2. I get sick a few times throughout the year
3. I have unexplained aches and pains
4. If there's a bug in my vicinity I will always catch it
5. I feel like I can hold off a bug for a long time but when it gets me I get quite sick
6. When I get sick it passes quickly

### **Dietary change**

1. I find it difficult to make dietary change from a habit perspective
2. I can change what I am eating from a whole diet perspective without a second thought

### **Mood**

1. Sometimes I feel unhappy or apathetic for no reason that I can identify
2. Sometimes I struggle to regulate my mood
3. I don't have a particularly high or low mood
4. I feel like my mood regulates when it needs to

### **What's one thing I can commit to doing consistently to improve my gut health?**

- Stick to recommended portion sizes
- Eat more veg
- Eat more variety
- Add fermented food into diet
- Eat more wholegrains
- Take a probiotic
- Drink more water (2L+ per day)

### **What's one thing I can commit to STOP doing that will constantly improve my gut health?**

- Overeating
- Skipping meals
- Eating processed food
- Reducing Alcohol intake
- Eating refined sugars

How am I going to start incorporating this into my weekly routine TODAY? What is your commitment to improving your gut microbiome?

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## INTERPRETING YOUR QUESTIONNAIRE

### What you're aiming for...

If you have a healthy gut, you will have answered...

**Bloating** - I never bloat

**Poo health** - My poo has a firm shape and is squishy and smooth

**Immune health** - I rarely get sick / I get sick a few times throughout the year

**Dietary Change** - I can change what I am eating from a whole diet perspective without a second thought.

**Mood** - I feel like my mood regulates when it needs to

Any other answers and there's probably some improvements you can make to your gut health that will impact your overall health and happiness.

Check out Amalie's video for more insight into this!

<https://www.youtube.com/watch?v=5ulYso7U6LQ&feature=youtu.be>