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75 medium challenge

The 75 Hard challenge is an intensive fitness and wellness program that requires commitment to five daily tasks for 75 days. While it's ideal for those who can dedicate time, energy, discipline, and fitness level, beginners or busy individuals may find it too aggressive. To provide a more approachable alternative, the 75 Medium challenge offers a similar yet more flexible diet rule. In this article, we'll explore how to complete the 75 Medium challenge and its differences from the 75 Hard challenge rules. The main distinctions lie in the diet flexibility of the two challenges. The 75 Medium challenge offers more flexibility in diet adherence compared to the 75 Hard program. You can have up to 200 calories of "cheat" foods daily or follow a strict diet for nine days and then allow yourself a cheat day every tenth day. Adhering to your diet is crucial, as it directly impacts physical and mental results. The exercise requirement in the 75 Medium challenge is less intense, with one 45-minute workout per day, and no rest days are allowed. In contrast, the 75 Hard program demands two 45-minute workouts daily, with at least one session outdoors. The water drinking rule in the 75 Medium challenge is more body-size friendly, requiring you to drink half your weight in fluid ounces daily. This approach helps prevent hyponatremia and ensures a safer, more realistic hydration goal. For instance, if you weigh 160 pounds, you'd need to consume approximately 80 ounces of water daily. In contrast to the 75 Hard challenge's one-gallon-per-day water requirement, the 75 Medium challenge allows for more flexibility in hydration needs based on individual body size. While people with larger bodies might require more water to adhere to the 75 Medium challenge rule, those with smaller frames can benefit from drinking less than a gallon per day. The reading requirement remains the same as the 75 Hard program, with a minimum of 10 pages of nonfiction books daily. It's worth noting that social drinkers may prefer the 75 Soft Challenge, which allows for some leeway in diet rules to accommodate social drinking. Overall, the 75 Medium challenge provides a more balanced approach to achieving physical and mental goals while allowing for some flexibility in adhering to its rules. For the self-development portion of the 75 Medium challenge, pick any non-fiction book and read it physically; listening to audiobooks doesn't count. The rule involves reading or listening to 10 minutes of self-development content daily. This can include physical books on personal development, podcasts, or online articles as long as they fall under the self-improvement umbrella. Unlike the 75 Hard challenge, which emphasizes weight loss and progress photos, the Medium challenge focuses less on documenting daily body transformations and more on a "before" and "after" record with photos taken only on day one and day 75. The additional unique rule for the Medium challenge is meditating or praying for five minutes each day to promote mental clarity and discipline. Given article text here I am about to embark on a challenging journey that will test my mental toughness and drive me towards achieving a healthier lifestyle. The 75 Medium challenge is an impressive feat that requires discipline, motivation, and a willingness to make sustainable changes. By completing this challenge, I aim to build momentum and prepare myself for the next level - the 75 Hard challenge. However, given my busy schedule as a stay-at-home mom with a toddler, I've modified the rules to suit my needs. For me, this journey is about feeling healthier, stronger, and more energized. I'll be working out twice a day, but not consecutively, to accommodate my daily routine. My workouts will consist of 3 strength training sessions and 3 cardio-based activities that get my heart rate up, such as Pilates, brisk walks, cycling, or jogging. The remaining days will be active recovery days where I'll engage in light physical activity, like cleaning the house or taking a walk at the park. In addition to my workouts, I'll be drinking plenty of water and focusing on a balanced diet that includes protein, fruits, vegetables, and healthy fats. I'll prioritize whole foods over strict diets, as I've learned from my pregnancy experience with gestational diabetes. By balancing carbs with protein and fat, I aim to maintain stable blood sugar levels and support weight loss or maintenance. This journey is not about perfection; it's about progress and self-care. I'll be sharing my experiences, tips, and favorite meal ideas along the way, so please follow along for motivation and support. Before we begin, I want to remind everyone to consult with their healthcare professionals before starting any new fitness or wellness program. I've been sticking to a pretty strict routine lately! For starters, I try to avoid drinking alcohol except for one social drink per week. Instead of scrolling before bed, I like to wind down by reading - aiming for 10 pages of non-fiction every day. I also make sure to get around 7-8 hours of sleep each night (although that can be tough with a teething toddler!). To stay mindful and focused, I keep a journal at night before bed. And here's where things get interesting... I wanted to try out the popular "75 Hard" challenge, but since it requires two 45-minute workouts per day, I decided to modify it and make it my own - hence "75 Soft". The main difference is that instead of daily workouts, I do one longer workout outside once a week. I also allow myself cheat meals and alcohol on social occasions. Other than that, the rules are similar: drinking a gallon of water, reading 10 pages of non-fiction each day, taking progress photos... you get the idea! If you're interested in trying out "75 Soft" with me, just let me know and I'll share my personal checklist. The 75 Hard Challenge: Is it Sustainable? Since its emergence, the 75 Hard challenge has been gaining popularity on TikTok, but many women struggle to follow its rules. As strength and conditioning coach Andy Vincent explains, "Two workouts a day was ridiculous for anyone - training at any level of intensity." Instead, the 75 Medium challenge offers a more nuanced approach. The general base list of rules includes: - Hydrate: Drink half your body weight in ounces of water each day - Exercise: Work out for 45 minutes every day - Diet: Stick to your chosen diet 90% of the time, without cheating or consuming alcohol - Personal development: Read or listen to ten minutes of something inspirational daily - Mindfulness: Meditate or pray for 5-10 minutes daily - Progress pictures: Take one picture daily Vincent believes that the 75 Medium challenge may help develop solid habits around exercise, hydration, and reading. It is also less strict than 75 Hard and can be adapted to suit individual lifestyles. Given text has several concerns regarding its effectiveness and safety for individuals looking to improve their fitness and nutrition. Firstly, it lacks solid nutritional guidance, which can lead to misinformation and poor nutritional strategies. This can result in suboptimal recovery and energy for training. Additionally, the program does not specify workout recovery, leaving individuals to figure out how to manage their recovery on their own. This can lead to issues with overtraining, especially for those who are new to regular exercise or have a high level of physical activity in their daily life. The 75-day challenge is also associated with a risk of burnout due to the significant changes it brings to one's day-to-day life and the amount of decisions individuals need to make. Furthermore, the progress photos may not accurately reflect weight loss or fat loss changes, as they are heavily dependent on individual circumstances and nutritional variables. Lastly, there is no guarantee that individuals will experience improvements in their fitness level due to the vagueness of the nutrition element and potential negative effects on hunger and satiety regulation. Certain individuals may not be suited for a challenging program due to various reasons, including potentially detrimental effects on body composition because it lacks scientific principles of nutrition and exercise. Those already experiencing stress may find it adds to their burden. People with a history of eating disorders or unhealthy relationships with food might develop obsessive behaviors, especially with the emphasis on before-and-after photos. Individuals recovering from injuries could exacerbate their condition due to the intense exercise frequency that doesn't allow for proper recovery. On the other hand, those with established exercise routines and a good understanding of their body's capabilities might find structure in such a program, as it is less extreme. Busy professionals seeking sustainable wellness can modify the program by alternating workout days with walking days, appreciating its elements of productivity and self-care. Those who have previously failed to maintain exercise and nutritional habits might benefit from the focus on daily rituals and routines, aiming for long-term lifestyle changes rather than temporary adherence. Individuals who thrive on challenges and enjoy working towards goals could also find this beneficial, provided they approach it with awareness of its potential issues. To succeed, identifying one's motivation for participating and adapting the challenge to suit personal needs is crucial. This includes modifying workout types and durations, self-care practices, and personal development activities. Incorporating regular rest days is also essential for maintaining a healthy balance throughout the challenge. Don't push yourself too hard - include regular rest days in between workouts to let your muscles recover and avoid burnout. It's okay to have the occasional indulgent snack or meal that doesn't fit your diet plan, as this will make it easier to stick to your goals over time. Make sure you enjoy the workouts themselves! There's no point doing a fitness program if it makes you miserable. And don't get too caught up in progress photos - they may not always show the changes you're making, and taking them can be more stress than it's worth. Try exercising with friends or trying new workout classes to mix things up and stay motivated. And remember that fitness should fit into your life, not the other way around. Bridie Wilkins is Women's Health UK's Fitness Director, with a decade-long career in journalism focused on exercise, health, and nutrition. She advises on how to make healthy habits more achievable for busy people. If you're looking for an alternative to Andy Frisella's 75 Hard challenge, the 75 Medium Challenge might be the way to go! It's lighter and more flexible, with a focus on building better habits around exercise, eating, and mindfulness. Here are the six simple rules to follow each day: * Eat healthy most of the time (90%) * Do one 45-minute workout per day * Drink half your body weight in water * Take a photo at the start and end of the challenge * Meditate or pray for five minutes each day * Spend ten minutes on personal development, reading or listening to something inspiring. Given article text here is about two types of 75 challenge plans: 75 Hard and 75 Medium, with their differences in rules and expectations. The article also mentions additional resources such as an instant download 75 Soft Book, digital trackers, personal development ideas, meal planners, recipes, and more. To complete your purchase, please click ****Here**** and add the book to your cart. A special discount of 50% off is also available on the eBook, along with a set of Tracker's that can be added for free.

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