



7 Day Glow Up Challenge

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Introduction

Welcome to your 7 day glow up!

WHAT IS A GLOW UP?

A 'Glow Up' is a mental, physical, spiritual and/or emotional transformation for the better.

CHALLENGE BENEFITS

Through Balanced Nutrition: Reduce bloating, inflammation and water retention. Improve appearance of skin, hair and nails, increase energy + improve immunity

Through Daily Practice & Mindfulness: Improve mood, sleep, mental clarity and overall mental health

Through Movement & Exercise: Improve strength, mobility, endurance, circulation + flexibility

Through Community Engagement: Receive support, make connections, build friendships, feel confident + empowered.

WHAT YOU'LL NEED

Dumbbells: I use a variety of dumbbells in the Glow Up programs- from 3lbs to 20lbs. Use what you have on hand - the more variety the better! Choose weights that challenge you but allow you to perform each rep with proper form and control.

Exercise Mat: Or other soft surface for floor work. **This is the mat that I love and have used for years!*

Optional Mini Band: These are handy for increasing intensity and adding resistance - especially during booty exercises! They are optional as all of these exercises can be done with just your body-weight

Challenge Guidelines

EAT

Eat a balance of lean proteins, carbohydrates, healthy fats and colourful fruits + veggies. Reference the recommended foods list for ideas.

MODERATE

During the 7 days avoid or moderate foods from the list below. These foods may cause bloating, inflammation, water retention or may make you feel sluggish.

FOCUS

Begin each day with a daily practice of mindfulness. This includes 5 minutes of meditation, journaling, reading, being out in nature or breath work. Use this time to focus on positive affirmations, setting an intention for the day and/or expressing gratitude. ***This journal is part of both my morning + evening routine!**

HYDRATE

Drink a minimum of 2L of water each day. Add lemon, cucumbers, berries and/or mint for a refreshing hint of flavour!

SWEAT

Complete each workout session on the schedule and do YOUR best. Take extra rest or modify if needed and always listen to your body.

SHARE

Share your daily journey and connect with an amazing community. Join the **Facebook Forum** for support and share your daily workouts on Instagram and TikTok.

Tag **@heatherrobertsoncom** and use **#7DayGlowUp**



Nutrition

Use the following food recommendations as a guideline but always listen to your body, speak with your health care professional and follow a meal plan that is right for you.

This is a 7 day guideline - not a long term, sustainable plan. Foods that are listed under 'avoid' are not necessarily 'bad' foods and after the 7 days can be reintroduced and consumed in moderation if you choose.

OVERVIEW

- Avoid or moderate foods known to cause inflammation, bloating, water retention and gas
- Consume a balance of proteins, carbs and fats throughout the day and load up on nutrient dense fruits + veggies
- Hydrate. Hydrate. Hydrate
- If you are hungry eat! Food is fuel and it is important to consume enough calories each day so that you have the energy to power through your workouts and properly recover.
- Eat mindfully. Enjoy the process of planning and preparing your meals. Chew slowly and enjoy every bite!

*"People who love to eat are
always the best people."*

- Julia Child



Recommended Foods

PROTEINS

- ☐ chicken or turkey
- ☐ free range eggs + egg whites
- ☐ non gmo tofu or tempeh
- ☐ wild caught fish
- ☐ collagen peptides

CARBOHYDRATES

- ☐ rice
- ☐ quinoa
- ☐ sweet potato/yams
- ☐ oats

FATS

- ☐ extra virgin olive oil
- ☐ coconut oil
- ☐ avocado
- ☐ nuts + seeds
- ☐ natural nut butters

VEGETABLES

- ☐ spinach
- ☐ swiss chard
- ☐ bok choy
- ☐ arugula
- ☐ romaine lettuce
- ☐ asparagus
- ☐ bell peppers
- ☐ celery
- ☐ zucchini
- ☐ cucumber
- ☐ tomatoes
- ☐ egg plant
- ☐ green beans
- ☐ sauerkraut
- ☐ peas
- ☐ beets
- ☐ squash
- ☐ mushrooms
- ☐ artichokes

FRUITS

- ☐ kiwi
- ☐ berries
- ☐ honeydew
- ☐ papaya
- ☐ lemons
- ☐ limes
- ☐ bananas
- ☐ grapefruit
- ☐ grapes
- ☐ cantaloupe

FLAVOUR

- ☐ fresh herbs
- ☐ tamari
- ☐ black pepper
- ☐ sea salt
- ☐ turmeric
- ☐ tahini
- ☐ cinnamon
- ☐ cumin
- ☐ fennel
- ☐ coriander
- ☐ ginger
- ☐ lemon or lime juice
- ☐ mustard

BEVERAGES

- ☐ filtered water
- ☐ peppermint, ginger or green tea
- ☐ coffee
- ☐ unsweetened nut milk
- ☐ fresh pressed veggie juices

Foods to Avoid

**Balance is key. It's important to enjoy the foods that you love in moderation. Remember that these recommendations are for the 7 day challenge only and restrictive eating is not a sustainable method to achieving overall health & wellness.*

AVOID

- ⊗ alcohol
- ⊗ artificial sweeteners
- ⊗ sodas or other carbonated beverages
- ⊗ red meat
- ⊗ pre-packaged deli meats
- ⊗ white breads, pastas, flour
- ⊗ dairy milk and cheese
- ⊗ saturated fats and trans fats
- ⊗ refined sugar
- ⊗ hydrogenated oils
- ⊗ store bought salad dressings, sauces, dips & jams
- ⊗ cereals, granola and snack bars
- ⊗ chips and crackers
- ⊗ cookies, cakes and pastries
- ⊗ candy, ice cream, chocolate
- ⊗ fruit cocktails and juices
- ⊗ energy drinks
- ⊗ meal replacement shakes

*Tip #1: Opt for home made versions of condiments using oils, fresh herbs, spices & seasonings. For recipe ideas check out my [Dressings, Dips & Sauces ebook](#)

*Tip #2: Consume cruciferous vegetables in moderation during the 7 days if you find these types of veggies cause gas/bloating (cabbage, broccoli, cauliflower)

Meal Ideas

BREAKFAST IDEAS

- Steel cut oats, topped with almond milk, blueberries, almond butter and cinnamon
- Coffee

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- Scrambled eggs with olive oil, spinach, tomatoes, mushrooms & fresh basil
 - 1/2 grapefruit
 - Green tea

Smoothie

- Blend 1/2 frozen banana, spinach, berries, silken tofu + flaxseed with water or almond milk

LUNCH IDEAS

- Grilled chicken seasoned with cumin + pepper
- Brown rice
- Steamed green beans with lemon juice

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- Baked tofu seasoned with turmeric
 - Roasted sweet potato with cinnamon
 - Steamed swiss chard & cherry tomatoes drizzled with olive oil

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- Mixed green salad with spinach, alfalfa sprouts, chopped walnuts + sliced strawberries
 - Steamed salmon

DINNER IDEAS

- Baked halibut with lemon + fresh dill
- Quinoa
- Steamed asparagus

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- Turkey meatballs
 - Baked spaghetti squash
 - Roasted tomatoes + fresh basil

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- Tofu pan fried with olive oil, tamari, ginger, green onion + snap peas
 - Steamed bok choy
 - Sesame seeds

SNACK IDEAS

- Frozen banana blended with almond butter + cinnamon
- Air popped popcorn with coconut oil, sea salt + pepper
- Rice cakes, hummus and sliced hard boiled eggs
- Nuts and/or seeds
- Celery + almond butter
- Bell pepper slices + avocado mashed with olive oil, lime + ground pepper

Mindfulness

A true Glow Up occurs from the inside out. Not only does the food we put in our bodies effect our well-being but so do the thoughts that run through our mind. It's easy to get caught up in the stresses of life but starting each morning with even just 5 minutes of mindfulness can set the tone for the day and help us focus on what's important. Below are a just a few ways you can start your day with mindfulness.

- **Breath Work:** Breathe in through the nose for a count of 4, hold the breath for a count of 4 and then exhale through the mouth for a count of 6. Repeat. Aaahhhhhhh
- **Journaling:** Each morning write down at least 3 things that you are grateful for or that bring you joy. In the evening write 3 positive things that happened and 3 things that could make tomorrow great.
- **Meditation:** Sit in a quiet, comfortable space. Focus on counting your breaths - 1 on the inhale, 2 on the exhale until you reach 10. Repeat. Start back at 1 anytime you are distracted or interrupted by a thought.
- **Nature:** Get outside and surround yourself with nature. The sun, fresh-air and sounds of mother nature are one of the best remedies for stress and anxiety.

“Every morning we are born again. What we do today is what matters most.”

- Buddha



7 DAY GLOW UP CHALLENGE

Workout Schedules

Glow Up 1.0

DAY 1	Full Body HIIT <i>Dumbbells</i>
DAY 2	Cardio & Abs <i>No Equipment</i>
DAY 3	Legs & Booty AMRAP <i>Dumbbells</i>
DAY 4	Upper Body Tone & Sculpt <i>Dumbbells</i>
DAY 5	Tabata & Full Body Stretch <i>No Equipment</i>
DAY 6	Total Body Shred Supersets <i>Dumbbells</i>
DAY 7	No Repeats HIIT <i>No Equipment</i>



View playlist on YouTube

Workout Schedules

Glow Up 2.0

DAY 1	Total Body Metabolic Conditioning <i>Dumbbells</i>
DAY 2	Core & Booty Bootcamp <i>Optional Mini Band</i>
DAY 3	Cardio AMRAP <i>No Equipment</i>
DAY 4	Upper Body Shred <i>Dumbbells</i>
DAY 5	No Repeats HIIT <i>No Equipment</i>
DAY 6	Toned Thighs & Glutes <i>Dumbbells + Optional Mini Band</i>
DAY 7	Tabata & Full Body Stretch <i>No Equipment</i>

[View playlist on YouTube](#)

7 DAY GLOW UP CHALLENGE

Workout Schedules

Glow Up 3.0

DAY 1	Full Body Conditioning <i>Dumbbells</i>
DAY 2	Cardio <i>No Equipment</i>
DAY 3	Abs & Booty <i>Dumbbell & Optional Mini Band</i>
DAY 4	Total Body Strength & Toning <i>Dumbbells</i>
DAY 5	Fat Burning Tabata <i>No Equipment</i>
DAY 6	Power Pilates <i>Dumbbells</i>
DAY 7	No Repeats Full Body Workout <i>Dumbbells</i>



View playlist on YouTube

Shop



HR Nutrition Guide

My Nutrition Guide is a simple, informative and effective guide that focuses on getting back to the basics of healthy eating. Learning what to eat and why can empower you to make the right choices. Learn to create new habits and develop balanced meals that include foods that you love.

← Click the image for link

Or visit: <https://heatherrobertson.com/shop/nutrition-guide/>



Clean Eating Treats

Indulge without worrying about what ingredients you are putting into your body. These drool worthy recipes are full of wholesome, natural ingredient and will satisfy the strongest sweet tooth!

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Dressings, Dips, and Sauces EBook

Fifty different dressings, dips & sauces recipes. Add flavour & variety to any meal. DIY and avoid unwanted additives & artificial ingredients found in many store bought products. The perfect companion to my Nutrition Guide.

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