



100 Day LEAP Challenge

Stage 2 - Select Your Challenge Level

[Based On Your Current Health & Fitness]

Introduction

- Now that you have completed Stage 1 and you know where you're heading, you need to know where you're starting from.
- Stage 2 is important if you want to complete the 100 Day LEAP Challenge, with the greatest chance of success. It must be the right challenge for you, taking your current circumstances, especially your health and fitness into account.

Medical Clearance

- This is your responsibility and you should be happy and confident that you're able to do the 100 Day LEAP Challenge. If you've any concerns at all, it's always a good idea to get the "all clear" from your GP and we encourage you to seek support and guidance as appropriate.

Your Primary Objective - Group Focus

- Physical activity and walking in particular is the primary objective for everyone doing the 100 Day LEAP Challenge.
- We also encourage you to develop a "moving mindset" by moving during the day and to maintain your strength with body weight exercises.

Your Secondary Objective - Personal Focus

- While physical activity is very important and will always be front and centre in the Forever Young Club, it's also important to recognise that the development of an active, healthy, sustainable lifestyle, relies on many factors.
- Choose a secondary objective which, over 100 days, complements your physical activity and will make a significant difference in your life. Some examples to consider include: nutrition, weight loss, sleep, hydration and mindset.

Primary Objective - Your Current Walking

- Record your recent weekly walking in the table below. As this may vary, record your most and least active weeks and calculate your average week. This is not a precise exercise but it should be a realistic appraisal of your typical week.

Your Current Walking	Most Active Week	Least Active Week	Average Week
Days Per Week			
Hours Per Week			
Distance Km			
Pace [Mins/Km]			

- You can use the illustration below, to help you.

<i>ILLUSTRATION ONLY</i>	Most Active Week	Least Active Week	Average Week
Days Per Week	4	2	3
Hours Per Week	5	1	3
Distance Km	20	4	12
Pace [Mins/Km]	15	15	15

5 Challenge Options

- Choose the most appropriate challenge level based on your current fitness and walking activity, taking your personal circumstances into account. Each level progresses gradually over the 100 days as follows:

5 Options	Current Walking Hours/Week	Walking Goal Hours/Week	Walking Goal Days/Week
Level 1	1	5	4
Level 2	3	7	5
Level 3	5	9	5
Level 4	7	12	6
Level 5	Personalised*	Personalised*	Personalised*

- * When you choose Level 5, you receive at least 2 hours of personal coaching [extra cost**] and your challenge will be personalised to your particular needs.

** [There is no extra cost for Founder Members]

LEAP Level 1

- Choose Challenge Level 1, if you're starting or getting back into physical activity. You'll gradually progress from walking 1 hour to 5 hours a week, 4 days a week, over the 100 days.

LEAP Level 2

- Choose Challenge Level 2 if your average current activity is around 3 hrs/week. You'll gradually progress from walking 3 hrs to 7 hours a week, 5 days a week, over the 100 days.

LEAP Level 3

- Choose Challenge Level 3, if your average current activity is around 5 hrs/week. You'll gradually progress from walking 5 hrs to 9 hours a week, 5 days a week, over the 100 days.

LEAP Level 4

- Choose Challenge Level 4, if your average current activity is around 7 hrs/week. You'll gradually progress from walking 7 hours to 12 hours a week, 6 days a week, over the 100 days.

LEAP Level 5

- Choose Challenge Level 5, if you'd prefer a challenge, personalised to your specific needs, including a minimum of 2 hours personal coaching.
- Choose Challenge Level 1-4 as your base and then we'll build your personal challenge around it.
- Personal coaching costs €125 per hour, though this charge is waived for founder members.

Walking Test

- If you're still unsure which level is right for you, try this walking test where you time yourself walking for either 1 kilometre or 1 mile.
- It's important to just go out and walk as you would normally and not see this "test" as a race. Use the table below to guide you.

Walking Test	1 Kilometre Targets Mins.	1 Mile Targets Mins.
Level 1	15 - 20	22 - 32
Level 2	12 - 15	19 - 21
Level 3	10 - 12	16 - 19
Level 4	10 -12	16 - 19
Level 5	Personalised	Personalised

- For example, if you walk 1 kilometre in around 15 minutes then you should probably choose Level 1 if your current weekly walking is around 1 hour. However if your current weekly walking is around 3 hours, you should choose Level 2.
- Consider another example, if you can walk 1 kilometre in around 11 minutes, you could probably choose either Level 3 or 4, depending on how far you want to walk and how much time you have available.
- The table also shows comparable one mile targets for those of you who like to operate in miles.

Your Secondary Objective - Personal Focus

- The development of an active, healthy, sustainable lifestyle, relies on many factors. While our primary focus is physical activity and walking in particular, you should also choose a secondary objective, which will make a significant difference in your life.
- Unlike the physical activity which applies to everyone, your secondary objective has a personal focus. Over the 100 days of the challenge, it should complement your physical activity and we consider nutrition, weight loss and sleep below.

Secondary Objective - Nutrition

- Follow these instructions, If you think nutrition should be the focus of your secondary objective.

Track Current Nutrition

- Record everything you eat for breakfast, lunch, dinner and snacks, for at least a week, preferably two weeks.
- Include everything you drink; tea, coffee, smoothies, soft drinks and water.
- Use the attached form to give you a good picture of what you are actually eating and drinking and can be very useful in helping you decide to make any important changes.

Nutritional Actions

- When you have a good picture of where you are at present, you'll be in a good place to decide what nutritional actions, you need to make, such as the following:
 - What food and drink are you going to add to your diet? [e.g. whole food, organic, wild fish, grass fed beef]
 - What are you going to increase? [e.g. vegetables, fruit, water, nuts,]
 - What are you going to take away? [e.g. biscuits, cake, diet coke]
 - What are you going to reduce? [e.g. sugar, bread, chips, processed food]

Secondary Objective - Weight

- Follow these instructions, If you think your weight should be the focus of your secondary objective.
- Use the three measures set out below and you'll get a more objective picture of your current weight and realistic targets for the challenge.

Measure 1- BMI

- By itself BMI [Body Mass Index] is not a great measure even though it's probably the most popular measure used. This is because BMI cannot distinguish fat from muscle.
- To get your BMI go to Google and enter "BMI calculator". Then enter your height and weight. Your score should fall into one of these three areas:
 - * Normal: 18.5 - 24.9
 - * Overweight: 25.0 - 29.9
 - * Obese: 30.0 and above
- Your long-term goal should be to get your BMI into the normal range.

Measure 2 - Waist-to-Height Ratio

- This is a key measure because waist size tends to get bigger as we get older.
- Pay attention to this measure because it's correlated with abdominal obesity! We can accumulate dangerous visceral fat around some of our most important organs.
- Your waist-to-height ratio is defined as your waist circumference divided by your height and is a measure of the distribution of your body fat.
- To measure your waist, place a tape measure around your body at the top of your hipbone. This is usually at the level of your belly button.
- Calculate Your Waist-to-Height Ratio here:

[Your Waist Divided by Your Height x 100]

Equals: %

[Example: Waist = 90cm, Height = 180cm $90/180 \times 100 = 50\%$]

- Your ultimate [long-term] goal is to have a waist-to-height ratio less than 53% for men and less than 49% for women.

Waist To Height Ratio	Males	Females
Healthy Weight	43% to 52%	42% to 48%
Overweight	53% to 62%	49% to 57%
Obese	Over 63%	Over 58%

Measure 3 -Your Waist-to-Hips Ratio

- Another useful measure to use in conjunction with BMI and waist-to-height ratio is waist to hips ratio. It measures the ratio of the circumference of your waist to that of your hips.
- You measure your waist as before and your hips at the widest part of your buttocks with the tape measure parallel to the floor.
- Calculate your waist-to-hips ratio here:

[Your Waist Divided by Your Hips x 100]

Equals: %

[Example: Waist = 90cm, Hips = 105cm 90/105 = 86%]

- This is another indicator of the risk of developing serious health conditions. Research shows that people with "apple-shaped" bodies, who have more weight around the waist, face more health risks than those with "pear-shaped" bodies, who have more weight around the hips.
- This indicator is used as a measurement of obesity which in turn is a possible indicator of other more serious health conditions.
- As you can see from the table below a waist-to-hips ratio of say 87.5% is low risk if you are male but high risk if you are female.
- Your long-term goal should be to have a waist-to-hips ratio of 95% or lower for men and 80% or lower for women.

Risk Level	Males	Females
Low Risk	95% or Lower	80% or Lower
Moderate Risk	96% to 100%	81% to 85%
High Risk	Over 100%	Over 85%

Secondary Objective - Sleep

- Follow these instructions, If you think your sleep should be the focus of your secondary objective.
- I'm sure you know that sleep is very important but do you know if you're getting the right amount of sleep?
- Track your sleep for a week or two in the form below and ideally you'll find it's in the 7-9 hour range.
- For most people, an average of less than 7 hours a night is not good, in the long

SLEEP Record	Week 1 Hours	Week 2 Hours
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Average Hours		

run.

- Armed with this information, we will help you to develop higher quality sleep during the challenge. We also plan to have a sleep expert guest speaker, fairly early during the challenge.