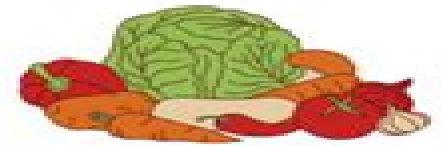


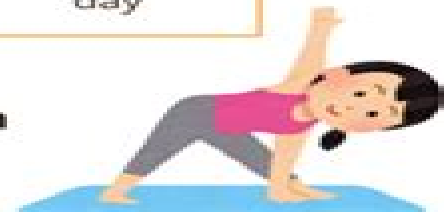
Bingo Office Weight Loss Challenge



Drink 8 glasses of water	Walk 10,000 steps	Skip sugary snacks for a day	Try a new healthy recipe	Eat 5 servings of vegetables
Do a 30-minute workout	Meditate for 10 minutes	Avoid fast food for a day	Stretch for 15 minutes	Climb stairs instead of taking the elevator
Substitute soda with water	Get 8 hours of sleep	Write down everything you eat in a day	Eat a protein-rich breakfast	Do 50 squats
Cook a healthy meal at home	Practice mindful eating	Replace dessert with fruit	Do a 20-minute HIIT workout	Avoid eating after 7 PM
Eat a salad for lunch	Do 30 minutes of yoga	Take a walk during lunch break	Try intermittent fasting	Avoid processed foods for a day



You can take up to 5 rest days a month



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The Part-Time Diet Approach For Full-Time Weight Loss John Hogan, 2007-12-02 The Part Time Diet Approach For Full Time Weight Loss is a book that describes a truly unique way to accomplish weight loss that actually can require dieting on as little as one day per week and prohibits YES PROHIBITS DAILY DIETING It also details in a user friendly nuts and bolts fashion why most diets don't work and how to use this approach to actually improve the results of other weight loss systems To further underscore how this approach might actually be implemented the book also follows two composite dieters through this system and the vagaries of new love and life in general **The New Evolution Diet** Arthur De Vany, 2010-12-21

Identifies the dietary and lifestyle behaviors of the Paleolithic era while arguing that many common diseases including aging can be avoided explaining the benefits of such principles as eating strategically exercising periodically and skipping meals

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