



RISE-OLUTION CHALLENGE 2023



Welcome to the 2023 RISE-OLUTION Challenge! We are excited you've joined this wellness community! The 2023 RISE-OLUTION Challenge is about resetting and focusing on building great habits and more about what we SHOULD be doing for our minds and bodies. As with all RISE Challenges, the key components are teams, spirited competition, nutrition, fitness, accountability, community and positive energy!

IMPORTANT DATES

Thursday, January 5 - Virtual Challenge Kick Off Meeting. Learn how to download and use the new RISE Challenge App, the ins and outs of the challenge, and get excited for a healthy, inspiring and FUN 8 weeks!

Sunday, January 8 - It's ON! Weigh and measure yourself at home. Record these measurements (for bonus points at the mid-point and end) and start entering points in the RISE Challenge App.

Saturday, February 5 - Mid-point. Weigh and measure yourself at home, record these measurements and enter them in the app for bonus points.

Saturday, March 4 - Last day of the Challenge. Enter final weight and measurements.

Monday, March 6 - Last day to enter all points.

Thursday, March 9 - Challenge Celebration Party - grab your team and get ready to party!!!!

EVENTS

These optional events are a great way to connect with other Challengers, improve your wellness knowledge and have some fun! Please stay tuned to the RISE Challenge App for more information about these special events.



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TEAM ASSIGNMENTS

Teams will consist of 4 participants. Please choose and enter your team name in the RISE Challenge App. Your team will have a designated Challenge Team Lead as your point of contact throughout the Challenge. Please share any questions, challenges, victories, setbacks, and advice with your Lead. We are here for you!



ACCOUNTABILITY

Accountability is critical for success. To stay focused and accountable during your wellness journey, you will work to earn a point in 10 categories every day. You will track daily points using the RISE Challenge App.

To log your daily points, open the RISE Challenge App and follow the prompts to enter your points.

DAILY POINTS

1. SIX SERVINGS OF VEGETABLES, 4 GREEN

You will receive 1 point per day for eating 6 servings of vegetables, making 4 of them green. One serving is generally 1 cup of non-starchy vegetables. Some of our favorite “green” veggies include: all green leafies/salad greens (kale, arugula, spinach, romaine, green or red leaf lettuce, butter lettuce, iceberg lettuce, endive, collards, chicory, chard, mustard greens, watercress, dandelion greens, turnip greens) zucchini, leeks, asparagus, kohlrabi, cucumbers, scallions/green onions, brussels sprouts, celery, broccoli, broccoli rabe, green beans, sprouts, cabbages, cauliflower, pea-pods, bok choy, and artichoke hearts.

Remember: all vegetables are our friends! Don't avoid other veggies, we just want these to be front of mind for their fiber content, chlorophyll, anti-inflammatory benefits. Questions? Please post on the community section in the RISE Challenge App or contact Jess at jessicalynnking1@gmail.com.





2. CUT THE C.R.A.P

You will receive 1 point for a C.R.A.P-free day, up to 5 days a week!

What is C.R.A.P?

C = Calorie rich, nutrient poor: if you are about to eat something highly caloric with little nutritional value, find something better; e.g. potato chips are crap, almonds are not.

R = Refined grains: not all grains are our friends, stay away from white/enriched flours, pastas and breads and get to know healthier choices like almond flour and Ezekiel bread. Wheat flour is considered refined. Choose food items with **whole wheat flour** or another unrefined flour as the main grain.

A = Added sugar, color, or artificial flavor: Sugary sweets and added sugars, colors and flavors in processed foods have no place in our wellness journey.

P = Processed to the max: highly processed foods with many ingredients that we can't pronounce or identify should be avoided. If you aren't sure, pose your question on the app and we will sort it out together.

A few concessions:

- Fruit is a natural sugar and OK to eat. Be careful with dried and frozen fruits – they sometimes contain added sugar so check labels.
- You may have up to 1 Tbsp per day of raw organic honey, maple syrup, or coconut sugar - total, not each. This amounts to about 15 grams of added sugar from these sources per day.

We anticipate there will be a lot of questions the first week about what constitutes C.R.A.P. This will not always be black and white - it's not a single ingredient. The best way to determine if it's C.R.A.P. is if the list of ingredients is long and unrecognizable. Use your best judgement, but if you are unsure, please post to the community section on the RISE Challenge App so everyone can benefit.

3. NO ALCOHOL

You will receive 1 point per day for not drinking alcohol up to 5 days per week. Some types of alcohol and mixers contain added or artificial sugars so be careful about what you are drinking in order to ensure that you don't lose your sugar points. You may choose to avoid alcohol all 7 days, but you will only receive points for 5 days.

4. 64 OZ OF WATER

You will receive 1 point per day for drinking 64 oz of water.





5. FOOD JOURNAL/PRACTICE MINDFUL EATING

There are two ways to earn this point.



- Log your daily food consumption. There are several great apps that can help you do this including LoseIt, MyFitnessPal and Yazio. They allow you to easily track your food intake and exercise and set your calorie limit. **If your goal is to lose weight or stay within your calories limit - tracking this is critical.** It's difficult to make decisions without information and this is a good way to understand your caloric intake and if it's in the ballpark of what you need to hit your goals.
- Practice Mindful Eating. If you are not working to lose weight or stay within a caloric limit, you may prefer this method. Before you make a choice about what to eat, ask yourself a few questions: 1) Am I hungry, or am I bored/stressed? 2) Is this what my body really needs right now? Will it fuel me, fill me or f*** with me? 3) If I'm treating myself, is it special? Is the occasion special, is the treat special?



6. NUTRITIONAL CHALLENGE

Each week brings a new nutritional challenge. These challenges are designed to provide focus and education on an important nutritional element that falls outside the daily points. You will receive 1 point each day you incorporate it.

7. EXERCISE

You will receive 1 point for exercising at least 45 minutes up to 6 times a week. This includes RISE classes, running, walking, yoga, or any type of intentional movement.



8. RISE POINT

You will receive an additional point if your workout is at/through RISE. Studio Zoom Replay classes as well as Challenge classes count. Attending the Weekly Meeting also counts as a RISE point!

9. FITNESS CHALLENGE

Each week brings a new fitness challenge. The goal is to keep you moving, make it fun, and explore different ways to push yourself. Each day you complete the fitness challenge, you get a point!

10. CONTACT A TEAMMATE

You will receive 1 point per day for contacting a teammate. You can email, call, text or talk to someone on your team (or with your whole team) to check in, provide encouragement, share a tip or recipe, etc. Support is crucial for success. Talk about your goals and hold each other accountable.





BONUS POINTS

Why bonus points? Listening to our former Challengers we've learned that if C.R.A.P. has been consumed, too often we throw the whole day away, or we get in a cheat day mindset and binge on sugar. The intention of bonus points is to give people incentive to limit their "cheating" to 2 "cheat plates" per week and 2 alcoholic drinks per week.

A "cheat plate" is any plate of food that has C.R.A.P. in it. It can be an appetizer, snack, entree or dessert. If you consume a cheat plate, you lose your "No C.R.A.P" point for the day, but if you can keep your cheat plates limited to two a week, you get 5 bonus points. It's the same concept for alcoholic beverages. Limit your drinks to two per week and you get 5 bonus points.



How do I track and log cheat plates to earn bonus points? All you have to do each day is log your points, cheat plates and alcoholic beverages. If you stay within the weekly limit (2 cheat plates and 2 drinks), the RISE Challenge App will AUTOMATICALLY bonus you at the end of the week. Keep an eye on the Rise community posts - some weeks may bring you extra cheat plates or drinks!



NUTRITIONAL AND FITNESS CHALLENGES

WEEK 1

Nutrition: Green Smoothies - Consume a 16 oz green smoothie or 8 oz green juice daily. Focus on adding more vegetables to your smoothie/juice instead of fruit. Ideally we want this to be a vegetable drink with a little fruit, NOT fruit drink with a little vegetable - >50% vegetables

Fitness: Mix it up - Your body and your mind need variety. Every day you do a different workout, you get a point. There are so many options - boxing, barre, yoga, circuits, bootcamp, pilates, cycling, walking, running....if you need some inspiration, check the Rise Class Schedule!



WEEK 2

Nutrition: Immune Boost/Gut Health - You can eat to fuel your immune system. Enjoy two servings a day of the most potent, immunity-boosting foods like red bell peppers, citrus, acai, broccoli, fermented foods (yogurt, kefir, kombucha, sauerkraut, kimchi, tempeh, miso), nuts, turmeric/ginger (1 tsp), garlic (1 clove), green tea or matcha, papaya, and kiwi.

Fitness: Integrated Exercise - 2 minutes of intentional movement, 3 times a day. These minutes can count toward your 45 minute total goal. Research suggests there are real health and brain benefits to these bursts of activity so start to make time for these exercise snacks!





WEEK 3

Nutrition: Plant Based Protein - Research shows that eating a WFPB (whole food plant based diet) reduces your risk of cardiovascular disease significantly. Use this week to try new plant based protein meals for at least one meal per day for your point. Look to the Rise Challenge Recipe Book for some great options.

Fitness: Stretch and Destress - Take 5 minutes to foam roll, stretch, practice mindfulness or meditate. Stay tuned to the community page for some examples and guidance.

WEEK 4

Nutrition: 12 Hour Fast - Space dinner and breakfast at least 12 hours apart. Why? Emerging data shows intermittent fasting has a positive impact on blood sugar levels, improved cognitive function, weight loss, increased energy and longevity.

Fitness: ABSolutely the BEST Week - Devote at least 15 minutes of your workout to your core. Watch the community page for a recommended circuit and some of our favorite moves!

WEEK 5

Nutrition: Feed a Friend - Work with your team to come up with a plan for helping each other eat well - drop off juices, make an extra salad, pick up some veggies - every day you help each other out - give yourselves a point! You can also make a donation to the Glen Ellyn Food Pantry and feed a friend in need to give yourself a point if that is preferred.

Fitness: Fitness Friend - Work out with a member of your team for at least 15 minutes to earn your point. Plan your week. Hold each other accountable. Walk. Zoom. Do a stretch together at the end of the day. Together is better.

WEEK 6

Nutrition: Eat the Season - Seasonal food is fresher, tastier, more sustainable, and more nutrient rich than produce consumed outside of the growth season. Get one serving (1 cup raw, ½ cup cooked) to earn your point. Fruit: Clementines, kiwi, lemons, oranges, passion fruit, pears, pomegranate Vegetables: beets, broccoli, chicory, endive, brussels sprouts, cauliflower, celery, celeriac, kale, leeks, mushrooms, parsnips, potatoes, radicchio, rapini, rhubarb, rutabaga, shallots, sprouts, sunchokes, turnips.

Fitness: Hundreds Week - Pick a move and hit 100 reps - squats, lunges, bicycle crunches, push-ups, burpees...your call. Break it up throughout the day or knock them out all in one session. If you hit 100, you earn your point.



WEEK 7

Nutrition: Bone Appetit! Focus on getting at least one serving of bone building foods per day to earn your point. This includes foods rich in magnesium, potassium, calcium and vitamin D.

Seafood (3 oz): halibut, mackerel, sardines, salmon, trout, tuna

Produce (½ c): avocado, banana, cilantro, mushrooms, parsley

Nuts/seeds (1 oz): almonds, cashews, pumpkin seeds

Dairy: cheese (1 oz), milk (1 c), yogurt (1 c). Leafy greens will not count toward this point since you have been incorporating these daily.



Fitness: 40k Steps a Day - Work with your team to get to 40,000 steps a day total. If you don't have a tracker, watch the community section of the RISE Challenge App for estimates.

WEEK 8

Nutrition: Elimination Week - Experiment with your body this week and remove one of the following to see how you feel: meat, dairy or gluten. True elimination diets are typically much longer than a week, so you may not notice a drastic difference, but this is a chance to experiment and see if this is something to consider for longer periods in the future.

Fitness: Burpee Week - Do five minutes of burpees throughout the day to earn your point!



DETOX

Why detox, you may ask? A 72-hour whole-foods detox aids the body in elimination, restoration, floods the cells with antioxidants, reduces the digestive load and helps re-engage energy levels. Detoxing during the Rise-olution Challenge is completely optional. If you do decide to detox, you will automatically receive your nutrition challenge points for that week. In addition, there is a place in the RISE Challenge App to indicate whether you detoxed for 20 bonus points.

There are two options for the detox:

- 3-day detox that you will make at home.
- You can purchase a 3-day detox through our partnership with The Joy Bar. Space is limited, so sign up now at www.thejoybar.com and look for the Rise Challenge Detox link. For questions regarding the 3-day Joy Bar detox please contact 630-504-0669 or alicia@thejoybar.com



WEIGH-INS, MEASUREMENTS AND MORE...

At Home Weigh-ins: Weigh yourself on Sunday, January 9th– this will be your starting weight. We recommend weighing yourself first thing in the morning after you go to the bathroom and before you eat or drink anything. Weights may be measured up to a tenth of a pound (i.e. 140.3, not 140.32). It's up to you if you'd like to weigh yourself every week. If you do, you can enter the weight change in the RISE Challenge App. While our focus is wellness, celebrating and recognizing weight loss can be impactful and motivating. If the scale frustrates you, feel free to skip it. The only other required weigh-ins will be at the mid-point and at the end.

At Home Measurements: We recommend that you wear the same outfit for each measurement to maintain consistency. On Sunday, January 8th, after you weigh yourself, collect the following measurement data:

- Chest: Use your nipples as the anchor
- Middle: Use your belly button as the anchor
- Hipbutt: Try to locate the most curvaceous part of your butt

As you measure, try to use your anchor points and keep the tape level. This will help you get back to the same spot when you go to measure again at the mid-point and end. If you can find a friend or family member to assist or do it for you, you might get a more accurate number. Measure to the half inch. If you don't have a measuring tape, we've got you covered. Stop by RISE during morning classes and grab a measuring tape to take with you.

RECIPES

You can pick up your 2023 RISE-olution Recipe book at the studio. We have participants with a wide range of time, kitchen proficiency, dietary needs and Challenge goals so we've attempted to include a wide variety of recipes. They will coincide with the Challenge requirements, so you can pick and choose what works for you.

RISE Challenge App

If you have issues with the RISE Challenge App, please contact your Challenge Team Lead. They can help troubleshoot your problem or help get you an answer to your question.

Community:

Here you will find links to all the Challenge documents and more importantly, have a way to connect with other Challenge participants to exchange ideas, engage in Q&A and have some laughs! We understand that people have varying degrees of interest in keeping up with the posts, but please keep your eyes open for posts from your Challenge Team Leads (Jessica King, Jennifer Benkert, Katelyn Kaese) regarding key dates, weekly challenges and other important information.



Rise Challenge



PERSONAL ATTENTION

Personal / Small Group Training - RISE offers both personal and small group training live and via Zoom. We are here to help you reach your fitness goals. Please email info@risefitandwell.com if you are interested in setting up weekly sessions.

We are committed to helping each and every participant get the most they can out of this Challenge. If you feel you are not making progress, please reach out to any of the Challenge Team Leads. You can find our contact information on the RISE Challenge App! We are here to help!

RECOGNITION AND REWARDS

We will compete as individuals and teams! There will be recognition and prizes throughout. We will recognize leaders in the following categories:

- Weekly accountability prize drawings for those that get their points in on time
- Total Challenge Points Only
- Total Challenge Points plus Weight and Measurement points
- Other fun Challenge Wins like best chef, fitness king/queen and more....

We are all in this together, but let's have some fun and push each other along the way!

QUESTIONS

Please post a question to our RISE Challenge Community Page if you think the entire group could benefit from your question. Otherwise, if it is a personal question, feel free to contact any of the Challenge Team Leads or email info@risefitandwell.com.

We hope that you enjoy this RISE Challenge. Our wish is that you gain powerful knowledge on how to fuel your body, feel motivated to move, enjoy a strong sense of community with your fellow Challengers and that you make great progress on your wellness journey!

WE CAN!

Let's go!