

**January 2014 -Happy New Year!
Join me in an 11-month journey as I prepare for a third shot at a Musclemenia
World Championship title in Las Vegas, November 2014.**

**Each month I will create a simple challenge to support my journey and
provide you with a general framework to incorporate health and wellness as a
lifestyle.**

Follow me on Facebook for daily updates



More about January's
Challenge
Dress down the pounds is on
TV right now... I thought
everyone just wore
sweatpants until Jan. 15th
but maybe that's just me. I'm
on my challenge like
nobody's business because
I'd like to feel better in my
clothes in 2 weeks and back
on track at the end of the
month, yet feel guilt free
about taking a break.... so
yes I'll be looking like a gym

teacher for a couple weeks while re-aligning habits to fit the outcome I want.
No Magic to it – and no need to go about beating myself up. It's simple science
REALLY!

What Day is it?????

The First day to start recording miles for the January 100-mile Challenge
According to my personal breakdown I need to do 2.5 miles today....

Q: Need a framework to break down your mileage goal? A: Get a calendar and fill
it in --- for me there is a great sense of accomplishment in simply crossing
things out

Best wishes on your health journey 2014 -M. Redington

Day 3 reflections

100-mile challenge: 12 is my number at the end of the
day.

7 miles tonight and felt like a million afterwards. it really
is an equal "buzz" to the wine I enjoyed over the holidays.
Bonus was that the time flew by with great conversation. I
get excited to hear different plans for getting to 100 – there so many options.



Water after 8:00 Challenge: Well I'll tell you what ... last night I thought about an
after 8:00 snack a couple times....

I'm not saying this always happens but last night I was able to simply remind

myself that water was replacing snacks because of the outcome I want at the end of the month.

So 1 cup of tea, a protein shake and 3 small bottles of water brought me to morning.



Day 2 reflections
100-mile challenge:
5 miles – Whats your number?
Day 2 = 5 miles out of 100
right on my plan

Friday 5 miler at 5:00 Jan 3rd–
Matsu Sports Complex. All levels
welcome. Bring a buddy or come
by yourself – Run, walk and
network!
The track cost is \$3 – starting off
the weekend like this = priceless
**** If you don't live here
organize your own group.

Water after 8:00 Challenge:

Okay now I'm 2 for 2 on water/tea and low carb protein shake only after 8pm
So have I un-done the 5 weeks of splurge yet????

Not even going to check because I'm not letting a scale distract me from re-aligning to making healthy choices.... I know that if I take care of MY HOUSE that the numbers will fall into place eventually. HOWEVER it's the choices not the number that is MOST important

Day 1 reflections

100-mile challenge & Water after 8:00 Challenge:

1 day down on the new year – stuck to my challenge met the miles for yesterday and stuck with tea and water after 8:00 all that holiday excess is gone this morning right????