

2024 CHALLENGE INFO/RULES: January 6 through March 2, 2025

* Behaviors typically take 30-90 days to settle in to a new pattern. Substitute with something better/healthier. Change your thoughts about it. Know you are doing it for YOU!!

POINTS: As noted per day. Be honest, if you did it half way, no point.

BONUS: Get 10 extra points for the week if you have done 7 days consecutively.

If you miss a day, no bonus for that week.

Complete 4 weeks. Get another 50 point bonus.

Complete 8 weeks get another extra 100 point bonus.

- Circle which week you are on (1-8).
- Each day is noted as 1-7.
- You can start any day of the week but, suggested to start on Monday.
- Print off each weekly sheet and turn into your teacher/studio for verification.
- Mind-Body Dosha Questionnaire is a ONE TIME BONUS. Turn in to your teacher/studio.
- You choose what is appropriate for your lifestyle and get points accordingly. 😊
- LPYM is any program at Legacy Pilates, Yoga & More
- OWS is any program through Omaha's Water Store & Rejuvenation Center.
- Walk – 20 minutes consecutively. Joseph Pilates suggested doing "Contrology" 4 days a week and walking (fresh air, cardiorespiratory benefits, posture, core work etc.)
- Close your eyes and see yourself in a healthier lifestyle.
- Different styles of breath work can be done. Research options or just breath in your nose for 3-5 count, exhale for 3-5 count. The breath can be held for the same count at the inhale and exhale to formulate a box type pattern (in 4, hold 4, out 4, hold 4).
- Check your thoughts, emotions and reactions. Why do you think and do what you do? Be the observer. Step outside yourself and observe yourself on a deeper level.
- Choose healthier options for your own benefit/health. Most products are on the market because they are addictive. Humans love habit. Good or bad. Choose better. Feel better.
- Some items may not apply to you (ex., smoking). Good for you. You get daily points.
- Sugar, alcohol, iodized salt, fluoride, chlorine, parabens, sulfates, high fructose corn syrup, soybean/oil, energy drinks, Perfumes/Scents, Cleaning products, Dryer sheets, etc. affect YOUR IMMUNE, CARDIOVASCULAR, KIDNEY, COLON, RESPIRATORY, NERVE... FUNCTION. Look at products you use in your household, on your body as well as what you put in your mouth. I know. I know. Trust me. I know. Somethings you would die for. LITERALLY!! You will die for it and it will kill you. Just focus. You can do it if you choose to do it!

- JUST. STOP. THE. ELECTRONICS. We are electrical, magnetic animals/beings. It affects your brain and well as the rest of the body!! Your brain and heart can be monitored by EEG/EKG. Think about it. Really think about it. Yep, me too.
- Mainstream media is just that. You are not mainstream. Go upstream. Challenge what you've been taught. Challenge your behaviors. Challenge your beliefs. Be not afraid. Grow. Be better than you thought. Most of us have been put down in our lives at some point and perhaps it stuck. Well. Unstuck yourself. ☺
- Other items can just plain old be good for your soul. Do it.
- The items with 0's on the chart get **10 points for the week**. Do them daily or more frequently just because.
- Option to weigh yourself weekly and/or measurements for your own motivation/information. It motivates some and frustrates others. Totally up to you.

~ Well, this conflicts with the media item but, you are doing it to learn more about good health. ☺ Barbara's likeness has been hacked and many people use her videos/teachings, so just don't buy anything through those accounts unless you know it's her authentic/professional account (her retreat in Australia is Blue Mountain Retreat Center)

** What are you thinking? What is your gut reaction? What are your emotions? What triggers you? Catch yourself in the moment and change something about it. Breathe. Let Go. Smile. Send positive thoughts to yourself, the situation, the experience, the other person/people/animal. Be the Love.

** Get an old fashioned clock if you need an alarm. Get the radiation out of your energy field.

**We probably forgot a ton of things. We reserve the right to change this contest as needed.

^ If doing LPYM class>goes under that row. If doing at home>goes under this line.

TOTAL POINTS:

Prizes to be given out after March 11 (8 week cycle) but, we suggest you continue to monitor yourself throughout the year!

Points can carry forward from one week to another to win the following:

1000 – FREE FLOOR CLASS (max 2 total)

1500 – FREE PILATES CLASS (max 2 total)

1500 – FREE OWS BASICS SESSION (max 2 total)

If we have over 30 people participating in the Challenge, everyone will go into a drawing for:

1 – Semi-Private with Cindy (2 people in one session)

1 – Private with Cindy

1 – Floor class package of 4

1 – Pilates equipment package of 4

Archetypes:

We all have the following aspects within (+ additional archetypes depending on your destiny, life challenges; Dr. Carolyn Myss):

Prostitute (not just sexual, but willing to sell your soul for whatever....food, shelter, money, toilet paper in a crisis 😊)

Child (protect and take care of me)

Victim (whoa is me, help me, I can't do it)

Saboteur (pull someone else down)

So, what are you waiting for? 2025 is the year to “be the change” on the planet. So let's do it! Support each other. No jealousy. No hatred. No competition. Win-win for all!!