



ACTIVE LIVING *Program*

WARMUP WEEK

WEEKLY OVERVIEW

MON

*nourish:*  
wake up  
tonic

TUE

*move:*  
body weight  
workout

WED

*believe:*  
meditation  
exercise &  
pre-release

THU

*nourish:*  
2 nourishing  
recipes

FRI

*nourish:*  
shopping  
list

SAT

*move:*  
quick fire  
body  
weight  
workout

SUN

*believe:*  
final  
preparation  
checklist



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# ACTIVE LIVING *Program*

## WARMUP WEEK

### NOURISH DAY 1: WAKE UP TONIC

Starting the day with this wakeup detox tonic is a great way to refresh for the day ahead.



Prep time: 5 minutes serves: 1

#### YOU WILL NEED:

- 1 tsp apple cider vinegar
- Juice from ½ lemon
- 1 very small pinch ground cayenne pepper
- 1 cup (250ml) filtered water or coconut water

#### LET'S MAKE IT:

Place all ingredients in a glass and stir well. This drink can be served hot or cold depending on the season.  
Nourishing note: this tonic is a fast and effective way to kick start your metabolism and boost digestion.

*tip*

Try adding 1 teaspoon of honey for a sweet touch!



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# WARMUP WEEK

## MOVE DAY 2: BODY WEIGHT WORKOUT

Do each movement 20 times

Repeat each round 3 times

Believe in yourself challenge: plank for 1 minute between each round



**PUSH UPS**



**MOUNTAIN CLIMBERS**



**BICYCLE SIT UPS**



**DONKEY KICKS**



**PLANK UP DOWN**

*Lorna's tip*

This is a great workout to start me off for the week! I love pushing myself with a plank between every round.



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## BELIEVE DAY 3: HOW TO MEDITATE

### Simple Morning Meditation

#### *Lorna's tip*

Designate a quiet space in your home for your meditation practice. Do it first thing in the morning. Start small, with just 3 minutes being better than no time at all. Be easy on yourself when your mind wanders and don't worry about doing it wrong



#### 1 Sit

Sit comfortably with your spine straight, shoulders back and down and your chin slightly tucked. Close your eyes and imagine gravity pulling you down and connecting you to the earth. Make no effort to control your breath, simply breathe naturally.

#### 4 Breathe

Practice a 5 count breath (inhale for 5 seconds, hold for 5 seconds and exhale for 5 seconds). Working your way up to 8 seconds for each over time. Practice for a minimum of 3 minutes and over time increase to 10 minutes.

#### 2 Set an intention

After a couple of minute's place one hand on your heart and one hand on your belly. Inhale and exhale long deep breaths, imagine your stomach, lungs and chest expanding as they fill with oxygen. Feel yourself relax as you focus on your breath and set an intention for your practice that feels loving and expansive.

#### 5 Visualise

Let your breathing return to normal. See yourself surrounded by a white golden light and continue to increase this light with each breath. Imagine the Universe is a supportive and benevolent space of love and let go of all the things that no longer serve you.

#### 3 Hold a Mudra

Holding a hand gesture helps to calm your mind and stay present. Hold your pinkie finger down with your thumb and place your left fingers over your right. Relax your hands in to your lap.

#### 6 Sit, Honour and be yourself

When you feel ready to end the session simply open your eyes, sit in stillness and feel the benefits of your meditation. Now you're ready to take on your day with increased clarity, happiness and self-awareness.



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## WARMUP WEEK

### NOURISH DAY 4: GLUTEN FREE SALMON, GOAT'S CHEESE & ROCKET TARTS

Nourishing your body after a workout is so important to make sure you are feeding your recovering muscles properly.



Prep time: 5 minutes serves: 1

#### YOU WILL NEED:

- |                                   |                        |
|-----------------------------------|------------------------|
| 1/2 head cauliflower              | 1/4 tspn black pepper  |
| 1/2 cup almond meal               | 1 packet smoked salmon |
| 1 egg                             | 100 grams goats fetta  |
| 1/2 bunch parsley, finely chopped | 50g rocket             |
| 1 tbsp parmesan                   | 1 bunch asparagus      |
| 1/4 tspn Himalayan salt           | Lemon wedges to serve  |

#### LET'S MAKE IT:

Pre heat oven to 170°C/350°F. In a food processor combine cauliflower, almond meal, egg, Parmesan and pulse until dough like texture. Add parsley and season well. Press mixture into four 15cm round ramekins lined with baking paper. Bake for 25-30 mins until golden and firm to touch. Top with rocket, salmon, asparagus and goats cheese. Serve with lemon wedges.



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## WARMUP WEEK

### NOURISH DAY 4: VEGAN NORI ROLLS



4 rolls Prep time: 5 minutes

#### ROLLS:

1/2 avocado, sliced	1/2 red capsicum sliced
2 tspn pickled ginger	4 tbsp alfalfa or sunflower sprouts
1 cup mixed lettuce	3 spears asparagus, blanched
Handful of snow pea shoots	2 sheets nori, cut diagonally in half
2 tbsp sauerkraut	<i>Optional: Your favourite protein – we love marinated tofu!</i>

#### LET'S MAKE IT:

Assemble by placing avocado, pickled ginger, alfalfa, lettuce, snow peas, sauerkraut, capsicum, asparagus onto centre of nori, starting at top of sheet triangle. Fold over sides. Serve with coriander pesto or tamari.

#### AVOCADO, CORIANDER AND TOASTED SESAME PESTO:

1/2 avocado	1 teaspoons tamari
Handful of coriander, roughly chopped	1 teaspoon mirin
2 tablespoons toasted sesame seeds	Pinch salt and pepper

#### LET'S MAKE IT:

Blend all ingredients in blender until well combined.



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## WARMUP WEEK

### NOURISH DAY 5: SHOPPING LIST

This is a guideline of what you will need for week 1. Substitutes can be made to suit your taste, preferences, budget and availability of products and produce.

#### *Produce*

Blueberries (Fresh or frozen)  
Apples  
Bananas  
Avocados (this may depend on seasonality)  
Green vegetables (we love - spinach, rocket, iceberg lettuce, kale, alfalfa sprouts, broccoli, cauliflower, asparagus, zucchini, cucumber)  
Carrots  
Eggplant  
Mushrooms  
Capsicum  
Pumpkin  
Tomatoes  
Sweet Potato  
Onion (spring, red or brown – choose your favourite)  
Lemons (for dressings and for adding to water and herbals teas)

#### *Fat sources*

Raw, Unsalted Almonds  
Brazil Nuts  
Almond Butter  
Peanut Butter  
Tahini (for the vegetarian meal options but a fantastic addition to any meal!)

#### *Protein Sources*

Plain Yoghurt  
Protein Powder \*  
Eggs (aim for organic, free range if possible)  
Lean meats (we love chicken, fish, turkey and beef)

#### *Carbohydrate sources*

Wholegrain or Gluten Free Wraps  
Wholegrain, Spelt or Gluten Free Bread  
Brown Rice  
Rolled Oats

#### *Vegetarian/Vegan protein sources*

Chickpeas  
Seitan\*\*  
Firm Organic Tofu  
Silken Tofu  
Vegan Protein Powder\*  
Cashew Cheese\*\*  
Unsweetened Non Dairy Milk  
(we like Almond or Almond & Coconut)

#### *Beverages*

Herbal Tea

#### *Spices and Condiments\*\**

Paprika  
Turmeric  
Chili Powder  
Tamari  
Garlic  
Olive or Coconut Oil  
Nutritional Yeast (vegetarian/vegan meal plan)  
Miso Paste (vegetarian/vegan meal plan)  
Dijon or Wholegrain Mustard  
Apple Cider Vinegar  
Balsamic Vinegar  
Liquid Smoke (vegetarian/vegan meal plan)  
Nori

\*There are a number of different protein powder options, we recommend speaking to your local health and fitness professional or retailer to find the one that works best for you.

\*\*Optional



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## WARMUP WEEK

### MOVE DAY 6: QUICK FIRE BODY WEIGHT WORKOUT

Do each movement 20 times

Repeat each round 3 times

Believe in yourself challenge: wall sit for 1 minute between each round



LEG RAISES



STANDING LUNGES



SQUATS



DONKEY KICKS



STAR JUMPS

### Lorna's tip

I definitely feel this workout once I am finished! I always make sure I stretch to warm down so I am not so sore the next day.



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# ACTIVE LIVING *Program*

## WARMUP WEEK

### BELIEVE DAY 7: FINAL PREPARATION CHECKLIST

#### *Equipment checklist - active living program week 1*

- ✓ Yoga or Exercise Mat
  - ✓ Resistance Band
  - ✓ 2 x Dumbbells (2-8kg depending on your personal strength/fitness level)
- OR
- ✓ 2 x 1 Litre Filled Water Bottles
  - ✓ Your Best Lorna Jane Activewear <3
  - ✓ 1 x Water Bottle (to stay hydrated!)

*Sweat, Smile, Sleep, Repeat*

#### *Final preparation checklist - active living program week 1*

- ✓ Signed Up to the Active Living Program
- ✓ Following @lornajaneactive & @ljclarkson on Instagram
- ✓ Completed Warm Up Week Exercises
- ✓ Download the Lorna Jane App to track your moves
- ✓ Your Sweat Squad Signed Up to the Active Living Program ready to support each other, have fun and hold each other accountable :)
- ✓ Workouts booked into Calendar/Diary
- ✓ Meal prep started
- ✓ Alarm set ready for a great start
- ✓ Your favourite Lorna Jane Activewear laid out ready for tomorrow morning!
- ✓ Herbal tea and all devices off 1 hour before bed for a restful sleep

*Live The Life You've Imagined! ~ Lorna Jane Clarkson*



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