



BELLY & BOOTY BLASTER

RECIPE &
EXERCISE
PACK



Welcome to The Healthy Mummy, we are so excited to have you join us!

Besides looking better naked, the belly and booty are super important for body function and fitness. While working these areas will help you to tone and tighten, the belly and booty are also crucial for everything you do in daily life.

Strengthening the inner core (belly) and glutes (booty) will help you to perform your daily activities, improve posture and help to pull in your waist.

The belly and booty areas can often be a cause for concern for many mums, and not just immediately after giving birth. Our busy lives and the stress of being a mum can sometimes make it harder for us to focus on reducing fat from and strengthening these areas. Annoyingly belly fat in particular is harder to lose than any other area of fat. Patience is a virtue as losing weight from and toning these key areas takes time and effort and doesn't happen overnight.

This is where the 28 Day Weight Loss Challenge can help. It's loaded with delicious meals created by our fabulous team of nutritionists that are easy to prepare, family friendly and will fuel your body to blast that belly and boost your booty!

Plus we are so excited to be launching our NEW Belly & Booty Busting workout program! Led by our amazing fitness trainer Wendy Smith, the new workout program focuses specifically on the belly and booty areas to strengthen, tone and increase overall weight loss. Wendy has developed a fun, varied program that will help get faster results around the abs, butt and thigh areas.

We hope you love it and that it helps you get the results you want.

Love Rhian

and The Healthy Mummy team

THE 28 DAY WEIGHT LOSS CHALLENGE

BLAST BELLY FAT + BOOST YOUR BOOTY IN 28 DAYS!

Belly and booty fat is more than a nuisance that makes your clothes feel tight. Losing fat from these areas and building strength can be difficult, but there are several things you can do to get your belly and booty in tip top shape.

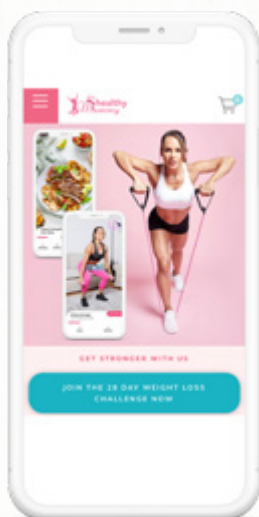
You can start blasting belly and booty fat today following the Healthy Mummy 28 Day Weight Loss Challenge which has been scientifically created by our expert team to give you results FAST!

PLUS try our NEW Belly & Booty Busting workout program that focuses specifically on the belly and booty areas to strengthen, tone and increase overall weight loss. Our expert fitness trainer, Wendy Smith, has developed a fun, varied program that will help you get faster results around the abs, butt and thigh areas.

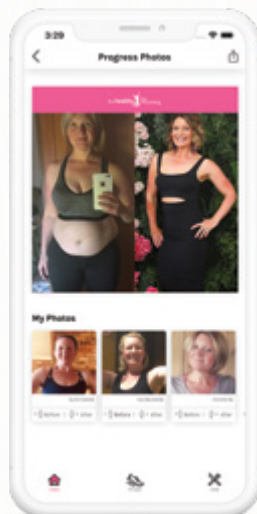
The 28 Day Weight Loss Challenge works as all meals provide the perfect balance of macros and nutrients to give a busy mum all she needs to lose weight in a healthy and balanced way.

HERE'S HOW TO GET STARTED ...

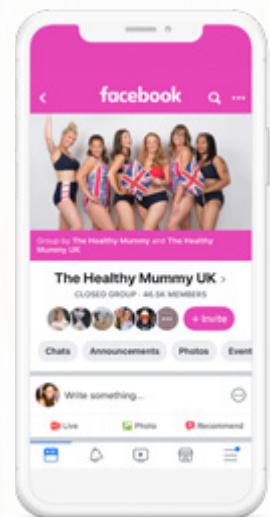
1 🖱️ **Join the 28 Day Weight Loss Challenge [here](#)** and get started on your weight loss journey!



2 📷 **Take your before photo.** This will help you stay on track and recognise your hard earned results!



3 👤 **Follow the program & the tips provided in emails & the private support group** So you can stay on track and become body confident!



4 🙌 **Give yourself a pat on the back!** You have just taken the right steps towards a healthier you!

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)

TO BLAST YOUR BELLY FAT

1 MAKE WATER YOUR NUMBER ONE DRINK OF CHOICE

Many people don't realise they drink a lot of their calories; 2 x 600ml bottles of soft drink contain as many as 500 calories – this could be the difference between losing weight and hitting a plateau.

2 DRINK MORE GREEN TEA

The catechins in green tea – called Epigallocatechin gallate (EGCG), have a proven effect on metabolism and weight loss. Make a pot of green tea, sip, enjoy and reap the benefits.

**3 CHEW YOUR FOOD WELL**

Your stomach doesn't have teeth so chewing your food better will reduce the amount of air you swallow with the food (a cause of bloating). It also makes you eat slower, which is helpful in reducing food intake – therefore helping you to eat smaller portion sizes.

4 EAT FERMENTED FOODS

These foods have a probiotic effect on the gut, helping to produce more good bacteria. These good bacteria help keep our weight in check by preventing obesity. Some easy to make fermented foods include kombucha, kefir water and sauerkraut.

5 AVOID FOODS HIGH IN FRUCTOSE

Fructose is usually better tolerated in the presence of glucose. This means food containing at least as much glucose as fructose is often better tolerated by the body than just foods high in fructose. Fructose intolerance can lead to bloating immediately after eating. If you suspect you have an intolerance to fructose then seek medical advice or go to a nutritionist to confirm your suspicions.

6 EAT HIGH FIBRE FOODS

The best thing you can do for your body is to eat fibre. It helps prevent weight gain, by reducing appetite and helping to normalise bowel movements. There is some evidence that the weight loss effects of fibre target belly fat specifically. The best high fibre foods to eat include: chickpeas, apples, rolled oats, green beans, sweet potato and fresh berries.

7 ENJOY MORE LEAFY GREENS

Greens are high in fibre and phytonutrients. They are also a natural detox for the body, helping to alkalise and neutralise stomach acid. Kale, baby leaf spinach, wheat grass and barley grass all promote alkalinity therefore helping with conditions such as IBS (Irritable Bowel Syndrome). This can help reduce belly bloat.

**8 INCLUDE LEAN PROTEIN**

Protein is the macronutrient that helps keep us feeling fuller for longer. Proteins should be eaten at every meal and snack (if possible) alongside healthy carbohydrates and good fats. The best sources of protein include: boiled eggs, tinned tuna, nuts and seeds, low fat cheese, Greek yogurt, chicken breast and leg ham.

9 SPICE THINGS UP

Spicy foods contain an active component called capsaicin. By adding some chilli or bell peppers to your meals, you're helping boost your metabolism naturally, without any harsh accelerants. Capsaicin also turn the bad, unhealthy white fat into fat-burning brown fat through a process of creating heat from burning fat.

TO BLAST YOUR BELLY FAT

10

AVOID THESE FOODS

Key foods to avoid when wanting to blast away belly fat include simple carbohydrates like white bread, crisps, sweets, soft drinks, pre-made cakes, donuts etc.



These simple carbohydrates are digested faster by our bodies and therefore we don't feel satisfied for very long and need to eat more food more often. Many store-bought ice creams are high in saturated fats and sugars. Make your own sweet "ice cream" or ice lollies like those found in the 28 Day Weight Loss Challenge recipe hub.



TRY THE
2 Ingredient
Banana "Ice-Cream"
from the
Recipe Hub

Fairly obvious, but avoid fast foods when wanting to lose belly fat. Most of these foods are very high in salt which not only gets you addicted and wanting to come back for more, but also holds onto fluid in your body's cells, making you look and feel heavier.



TRY THE
Belly Blasting
Burger from the
Recipe Hub

WHY FOCUSING ON THE BELLY & BOOTY IS GOOD FOR WEIGHT LOSS

There are many great benefits to working the **belly and booty**, as these muscle areas help us to perform our daily activities like squatting down to pick up the kids, reaching up to hang washing on the line, even just sitting at a desk requires correct inner core strength, to help avoid back pain and improve posture.

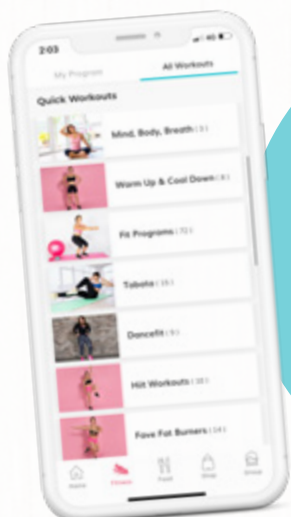
When the **belly and booty** are strengthened, the inner core helps to pull in your waist and give you good posture, and the glutes are able to balance and stabilise the hips, allowing the hip flexors to move with ease, reducing the risk of back pain and reducing the chance of injury.

The **belly and booty** areas can often be a cause for concern for many mums, and not just immediately after giving birth. Our busy lives and the stress of being a mum can sometimes make it harder for us to focus on reducing fat from and strengthening these areas. Annoyingly belly fat in particular is harder to lose than any other area of fat. Patience is a virtue as losing weight from and toning these key areas takes time and effort and doesn't happen overnight.

Many exercises work these important muscles, however squats, lunges, crunches and planks are often favourites among athletes and trainers, as they activate a variety of muscles in the the belly and booty while strengthening the entire core and lower body at the same time.

Not only do **belly and booty** exercises help to shape and tone the core and lower body, they also increase overall body strength and function to support daily movements such as bending, lifting, twisting and moving.

Making these exercises a part of your daily routine will help to move you toward your goals, while improving balance, strengthening your core, reducing the risk of back pain, knee injuries and/or ankle instabilities.

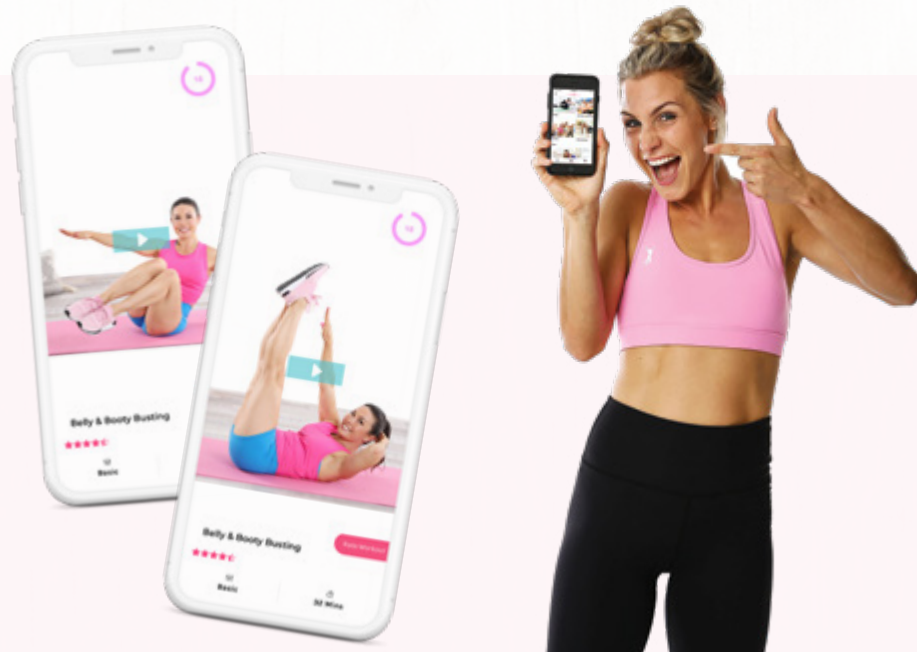


The **NEW Belly & Booty Busting workout program** in the **28 Day Weight Loss Challenge** is fun and filled with variety for all levels of fitness to get you results quicker around the **abs, butt and thighs**.

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)

TRY A BELLY & BOOTY BUSTING WORKOUT FROM THE 28 DAY WEIGHT CHALLENGE FOR FREE!

The **28 DAY WEIGHT LOSS CHALLENGE** has over 350 exercise routines including full-length guided video workouts that can be completed at home or on the move - all available in our amazing Healthy Mummy App.



- **Over 350 workout programs**
- **30 minutes and fully instructed**
- **Do anywhere, anytime**
- **No equipment required!**
- **HIIT, Tabata, Boxing, Yoga, Dance Strong and many more available**
- **Low, medium and high impact levels available**

This month we release our **NEW BELLY & BOOTY BUSTING WORKOUT PROGRAM** that focuses specifically on the belly and booty areas to strengthen, tone and increase overall weight loss.

Led by our amazing fitness trainer, Wendy Smith, the new workout videos are approximately 15 minutes long, perfect for busy mums, and are tailored to cater for any level of fitness, getting more challenging as you work through the program.

Get faster weight loss results by following this new workout program to blast belly fat and boost your booty.

Try a **BELLY & BOOTY BUSTING WORKOUT** for free!



Just click on the **PLAY ICON** for your free workout!

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)



***Note:** 'Free sugars'* mentioned in our recipes are those which have been added to foods during processing, cooking, and preparation, while naturally occurring sugars are found within whole foods such as fruits and come with the additional benefits of a range of other nutrients such as vitamins, minerals and fibre in substantial amounts.

QUICK & HEALTHY PESTO PENNE

Serves 4

Prep time 10 min

Cook time 8 min

Ingredients

- 325g wholemeal penne
- 1 clove garlic (3g)
- 4 tbsp extra virgin olive oil (60ml)
- 1/2 cup grated Parmesan (72g)
- 8 cups baby leaf spinach (240g)
- 4 tablespoons fresh basil leaves (20g)
- salt
- pepper

Method

- Cook pasta (use a gluten free option if required) according to packet instructions until al dente.
- Whilst pasta is cooking, place garlic, extra virgin olive oil, almost all of the Parmesan (save a little to sprinkle on top when serving), spinach leaves, basil and a pinch of salt and cracked pepper in a food processor until well combined to make the pesto.
- When pasta is cooked, drain and reserve 1/2 cup of the cooking water. Place pasta into a pot back on the stove. Mix pesto through the pasta and add a bit of the pasta cooking water as needed to achieve desired sauce consistency (sauce should not be runny but more of a creamy consistency).
- Sprinkle over remaining Parmesan and serve. Optional - add some lemon juice if the pesto sauce isn't combining well with the pasta.

Kjs 1740 kJ /414 cal

Protein 16g

Fibre 5.4g

Total Fat 24g

Carbs 31g

Sat Fat 7.7g

Total Sugar 0g

Free Sugar 0g*



MIXED BEAN NACHOS TRAY BAKE

Serves 8

Prep time 10 min

Cook time 25 min

Ingredients

- 200g plain corn chips
- 400g tinned kidney beans, drained
- 400g tinned black beans, drained
- 2 tomatoes, diced (200g)
- 1 red pepper, diced (100g)
- 2 cloves garlic, minced (6g)
- 1 tsp ground cumin (1g)
- 1 tsp ground coriander (1g)
- 1 tsp sweet paprika (1g)
- 1/2 tsp chilli powder (0.5g)
- 1 cup cheddar cheese, reduced-fat, grated (120g)
- 1 cup reduced-fat Greek natural yogurt (260g)
- 1 avocado, diced (120g)
- 2 cups fresh coriander, chopped (120g)

Method

- Preheat oven to 190C / gas mark 5. Spread corn chips over the base of a baking dish.
- Combine kidney beans, black beans, tomato, peppers, garlic, and all the dried spices. Mix well, then spoon evenly over the corn chips.
- Sprinkle cheese over the top and then bake for 25 minutes, until heated through and cheese has melted.
- Serve dolloped with yogurt and topped with avocado and coriander.

Kjs 1577 kJ / 375 cal

Protein 22g

Fibre 11g

Total Fat 16g

Carbs 31g

Sat Fat 6.9g

Total Sugar 7.7g

Free Sugar 0g



SESAME SALMON AND RICE BOWL

Serves 4

Prep time 10 min

Cook time 20 min

Ingredients

- 1/2 cup brown rice, uncooked (80g)
- 2 cups broccoli, chopped into florets (200g)
- 1 tsp sesame oil (5ml)
- 1 tbsp tahini (15g)
- 4 tbsp lemon juice (60ml)
- 2 cups red cabbage, shredded (100g)
- 360g tinned salmon (drained weight)
- 2 medium carrots, grated (140g)
- 2 tomatoes, diced (200g)
- 1/2 avocado, diced (60g)
- 1 tbsp black or white sesame seeds (15g)

Method

- Cook rice according to packet directions, set aside to cool.
- Lightly blanch broccoli in a saucepan of boiling water for 5 minutes until just tender. Drain and cool.
- Combine sesame oil, tahini and lemon juice to form a dressing. Add a little hot water if required to reach a drizzling consistency.
- Assemble the rice, cabbage, tinned salmon, carrot, tomato, broccoli and avocado in portions in a bowl. Sprinkle with sesame seeds and drizzle with tahini dressing to serve.

Kjs 1345 kJ / 320 cals

Protein 26g

Fibre 7g

Total Fat 16g

Carbs 15g

Sat Fat 3.2g

Total Sugar 4.3g

Free sugar 0g



KOREAN BEEF NOODLES & KIMCHI

Serves 4

Prep time 10 min

Cook time 10 min

Ingredients

- 600g lean beef, thinly sliced
- 4 tbsp tamari (gluten free soy sauce) (60ml)
- 200g thin rice noodles
- 2 tsp sesame oil (10ml)
- cooking oil spray
- 1 cup white cabbage, finely shredded (50g)
- 2 medium carrots, grated (140g)
- 2 spring onions, sliced (30g)
- 1 tbsp hot chilli sauce, e.g. Tabasco (15ml)
- 1 tbsp reduced fat mayonnaise (16g)
- 4 tbsp kimchi (60g)

Method

- Combine the beef and tamari in a bowl and set aside for 5 minutes to marinate.
- Prepare noodles according to packet directions, drain and toss together with the sesame oil in a bowl.
- Heat a non stick frying pan over medium-high heat and lightly spray with cooking oil spray. Add the beef and tamari and cook for 4-5 minutes or until cooked through.
- Combine cabbage, carrot and spring onion and place on top of the noodles in a serving bowl. Top with tamari beef.
- Combine chilli sauce and mayonnaise and drizzle over the beef.
- Serve with a dollop of kimchi on top.

Kjs 1278 kJ /304 cal

Protein 37g

Fibre 3g

Total Fat 11g

Carbs 14g

Sat Fat 3.3g

Total Sugar 4.1g

Free Sugar 0g



OVEN BAKED CHICKEN FAJITAS

Serves 4

Prep time 10 min

Cook time 40 min

Ingredients

- 1 red pepper, thinly sliced (100g)
- 1 red onion, thinly sliced (100g)
- 1 cup mushrooms, sliced (75g)
- 2 cups cauliflower, finely diced (200g)
- 500g chicken thigh fillets, trimmed & diced
- 1/2 tsp chilli powder (0.5g)
- 1/4 tsp ground cumin (0.25g)
- 1 tsp smoked paprika (1g)
- 1 tbsp lime zest (16g)
- 1 clove garlic, minced (3g)
- 1 tbsp extra virgin olive oil (15ml)
- 8 small corn tortilla (192g)
- 3 tbsp lime juice (45ml)
- 1/4 cup fresh coriander, chopped (15g)
- 1/3 cup reduced-fat Greek natural yogurt (80g)

Method

- Preheat oven to 190C / gas mark 5. Line two baking trays with baking paper.
- Combine peppers, onion, mushrooms and cauliflower and spread over one tray. Place the chicken pieces over the second tray.
- Combine the chilli powder, cumin, paprika, lime zest, garlic and olive oil to form a marinade.
- Coat the vegetables and the chicken evenly with the spicy marinade.
- Bake for 35-40 minutes or until the vegetables are tender and chicken is cooked through.
- Heat the tortillas as per packet directions and fill each one with some of the chicken and some vegetables. Drizzle with a little lime juice and sprinkle with coriander leaves.
- Dollop with a little yogurt and serve 2 fajitas per person.

Kjs 1711 kJ /407 cals

Protein 30g

Fibre 3.9g

Total Fat 16g

Carbs 32g

Sat Fat 5.1g

Total Sugar 6.9g

Free Sugar 0g



STRAWBERRY SUNDAE CUPCAKES

Serves 12

Prep time 25 min Cook time 20 min

Ingredients

- 1 cup plain wholemeal flour (120g)
- 1 tsp baking powder (2.5g)
- 1 tbsp Natvia (16g)
- 1 free-range egg (50g)
- 2 tsp vegetable oil (10ml)
- 1 tsp vanilla extract (5ml)
- 1/3 cup reduced-fat Greek natural yogurt (80g)
- 1/4 cup reduced-fat milk of choice (62.5ml)
- 3/4 tbsp dried strawberries, freeze dried (15g)
- 1/2 cup butter, room temperature (125g)
- 1/4 cup (for icing) Natvia (48g)
- 12 medium strawberries (180g)
- 50g dark chocolate (70%), grated

Method

- Preheat oven to 180C / gas mark 4, and lightly grease or line with cases, 12 holes of a cupcake tin.
- Combine flour, baking powder and 4 tsp Natvia together in a bowl.

- In a separate bowl whisk together egg, oil, vanilla extract, 1/4 cup of the yogurt and all the milk.
- Add the wet ingredients to the dry, mix together until combined.
- Divide evenly into the prepared cupcake cases and bake for 15-20 minutes, until golden on top and a skewer inserted into the centre comes out clean. Place on a wire rack to cool completely.
- Place the freeze dried strawberries into a food processor and process until a powder is formed. Set aside.
- Beat the butter and 1/4 cup Natvia using an electric mixer for a few minutes until creamy. Add the strawberry powder and remaining yogurt and beat for another few minutes to combine.
- Pipe or spoon the butter icing onto the cooled cupcakes.
- Top each cupcake with a fresh strawberry and some grated chocolate to serve.
- One cupcake is one serve. Store leftover cupcakes in an airtight container in the fridge for 3-4 days.

Kjs 647 kJ / 154 cal

Protein 3.2g

Fibre 2.3g

Total Fat 10g

Carbs 11g

Sat Fat 6.2g

Total Sugar 3.1g

Free Sugar 1.1g



VEGAN LEMON MERINGUE “CHEESECAKES”

Serves 12 Prep time 75 min Cook time 60 min

Ingredients

- 100ml aquafaba, the liquid from tinned chickpeas
- 1/2 tsp cream of tartar (1.25g)
- 1 tbsp Natvia (16g)
- 1 cup almonds (120g)
- 1 tbsp desiccated coconut (10g)
- 1/2 cup medjool dates, fresh, pitted (90g)
- 1 cup cashew nuts, unsalted, soaked in water overnight (120g)
- 1 cup reduced-fat milk of choice (250ml)
- 2/3 cup lemon juice (160ml)
- 5 tbsp lemon zest (60g)
- 1/4 cup maple syrup (62.5ml)
- 1 tbsp coconut oil, melted (15ml)
- 1/4 tsp ground turmeric (0.25g)

Method

- Preheat oven to 130C / gas mark 1, and line two baking trays with baking paper.
- First make vegan meringue by placing the aquafaba in a clean bowl with the cream of tartar. Use electric mixers, to whip until thick and looks a little like whipped egg whites. Sprinkle in the Natvia and keep

whipping on high speed for 5-10 minutes until it begins to stiffen.

- Spoon dollops of this meringue onto the prepared trays, so you have 12 small cookie shapes. Bake for 60 minutes. Turn off the oven and leave the meringues inside the oven to cool completely for another hour or so. Once they are dry, crush them up.
- Make the base of the cheesecakes by placing almonds, desiccated coconut and dates in a food processor and processing until rough crumbs are formed. Remove from the processor and set aside.
- Make the “cheesecake” filling by placing the soaked cashews, milk, lemon juice, lemon zest, maple syrup, coconut oil and turmeric in the processor and pureeing until smooth.
- Use 12 small dessert glasses or jars to serve the cheesecakes. In the bottom of each serving glass crumble in an even amount of the nut and date base.
- Top the base with an even amount of the lemon “cheesecake” filling. Sprinkle over an even amount of the crushed vegan meringues.
- Serve one deconstructed “cheesecake” per serve. Store leftover “cheesecakes” covered in the fridge for 2-3 days.

Energy 794 kJ / 189 cal

Protein 4.2g

Fibre 3g

Total Fat 12g

Carbs 15g

Sat Fat 2.3g

Total Sugar 10g

Free Sugar 3.2g



Hellevi LOST 2.6 stone!

Mum Hellevi Walker lost 2.6 stone in just 8 months and says her wedding dress fits better today than on her wedding day. Even after having 2 kids! Hellevi has battled with weight fluctuation her whole life before finding The Healthy Mummy. She has now found a lifestyle approach that works for her and says: "The Healthy Mummy App has become part of my daily routine. I used to hate exercise and now I enjoy being able to move my body and getting stronger"

Tracey LOST 2.6 stone!

Tracey is down 5 dress sizes! Her journey to improved health and body confidence all started with a single photo. Despite being over 40 and gluten free she has lost 2.6 stone using The Healthy Mummy App! She says "The App has helped in so many ways... from providing some new amazing recipes, helping me discover new foods to try and helped with portion control. (This is where I went wrong for many years)".



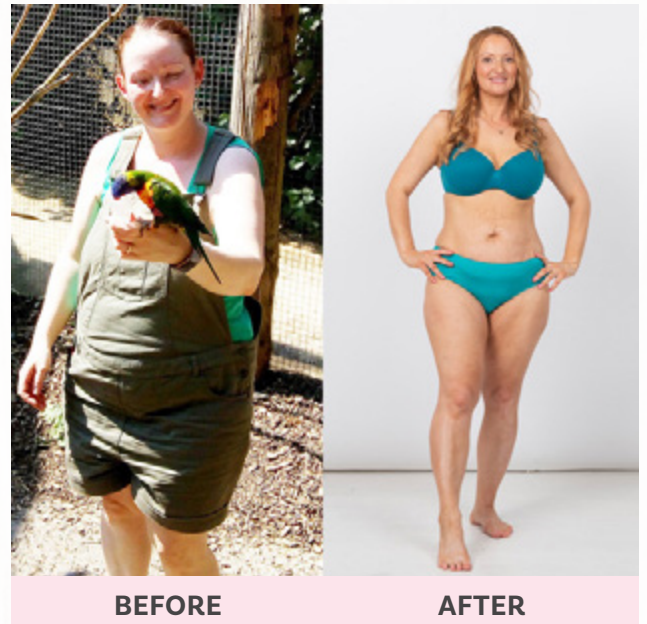
Nashara LOST 2.5 stone!

Nashara's confidence was non-existent and all she wanted was to feel comfortable in her own skin! After trying every diet under the sun, she came across The Healthy Mummy and lost 2.5 stone, developed more self-love and created a long-term lifestyle! She says: "The meals are fantastic."



Alexandra LOST 2.5 stone!

Alexandra is a busy mum from West Yorkshire and has lost over 2.5 stone and dropped 2 dress sizes in 6 months! Despite still breastfeeding, Alexandra has had amazing results and says: "I am still amazed by it all" - but the best part? She says: "I've learnt to love my body again!" Her tips are: go at your own pace, be consistent and use progress pictures to kickstart motivation!



Becki LOST 3 stone!

Becki had zero energy and needed to take control of her health! She has not only lost 3 stone and turned her confidence around but also made a huge improvement to her abdominal separation following the birth of her twins! Becki says: "I started my journey with the Healthy Mummy after giving birth to my twins just 21 months after my little girl" and now her family of 5 is enjoying being more active and eating nutritious meals!



Laura LOST 4 stone!

Overwhelmed with looking after 3 children under 4 years old and weighing her heaviest ever, mum Laura was desperate to find 'herself' again. She has now lost almost 4 stone in 12 months and says "I'm feeling great now as I have Facebook peer support, a framework for meal planning and resourcing our ingredients (ie the shopping list)". Her tips are: start with small, achievable goals and involve your family and friends!

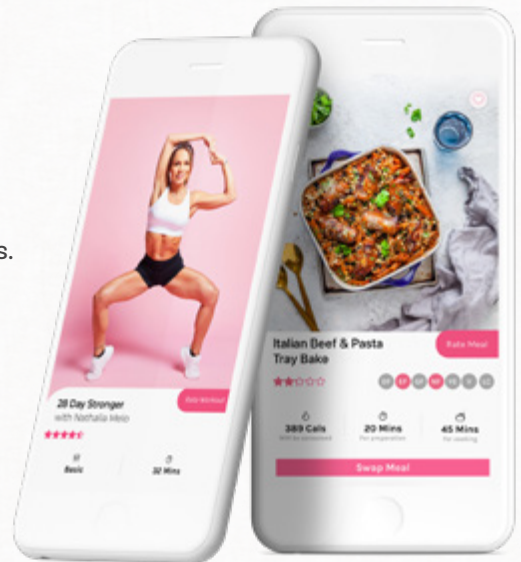
The Healthy Mummy App

Home to the 28 Day Weight Loss Challenge

The Healthy Mummy App is home to the 28 Day Weight Loss Challenge. The App has more than 30 amazing features! You can customise your meal plans, access shopping lists, update your measurements, take progress photos, healthy tips, daily exercise plans and more.

The time efficient at home exercise programs are busy-mum friendly and take into account your fitness levels and support you to reach your fitness goals.

- ✓ **Weekly meal plans** which are fully customisable.
- ✓ **Instant access to hundreds of** budget- and family-friendly recipes.
- ✓ **Healthy Mummy Coach** to keep you motivated and on track!
- ✓ **Daily 30 minute** fully instructed fitness programs.
- ✓ **Achievable programs** made for busy mums.



The Healthy Mummy Exercise Programs

Fully instructed 30 minute video exercise programs.

Includes strength training, cardio, full body & pilates.

No equipment required - work out from home!

All levels available from post natal to advanced.

The Healthy Mummy Coach

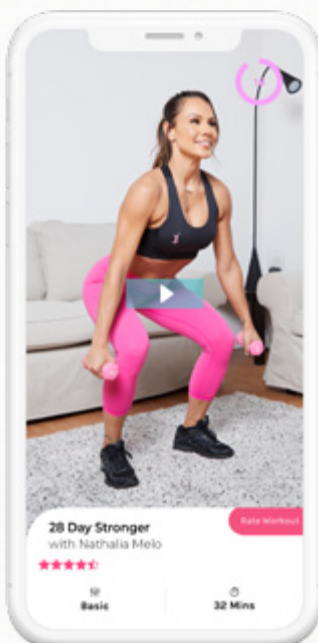
A new empowering message each day on your home screen!

Tips, facts and inspiration to motivate and keep you on track.

Keeps you **motivated** and accountable.

Only available in The Healthy Mummy App.

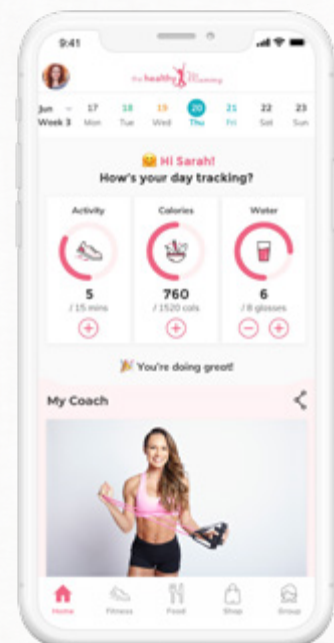
✓ At-home fitness



✓ Customisable meal plans



✓ Daily motivation



JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)

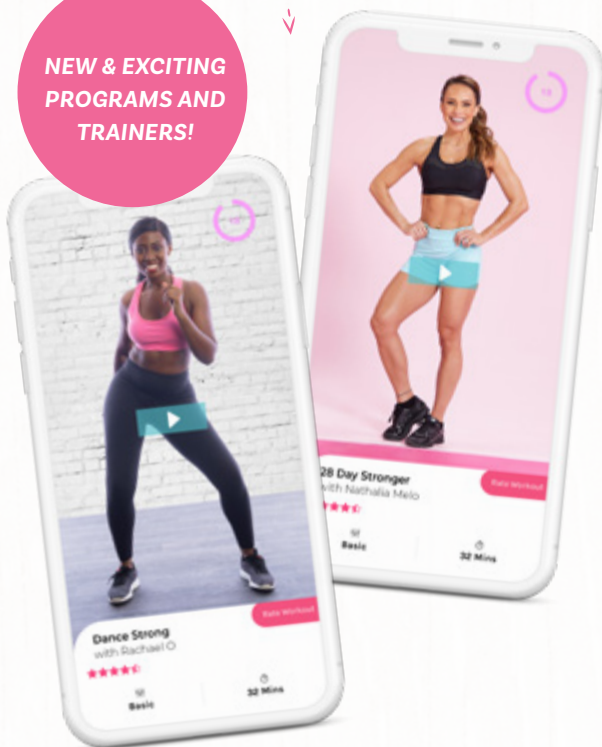
Exercise Programs

Available on the 28 Day Weight Loss Challenge

The **28 Day Weight Loss Challenge** has more than **350 exercise programs** plus full-length guided workouts that can be completed anywhere, anytime – all available in our amazing **Healthy Mummy App**. The programs have been designed by our team of expert personal trainers just for mums to do at home, even when the kids are around. The exercise sessions are no longer than 30 minutes and are available in a variety of levels: Postnatal, Beginner, Intermediate and Advanced.

We have **exciting new** fitness programs and trainers on the **28 Day Weight Loss Challenge**... **Plus** a major revamp of all our existing trainers, offering a variety of programs to suit any mum at any level! Here's what's new!

NEW & EXCITING PROGRAMS AND TRAINERS!



★ **BRAND NEW 28 DAY STRONGER PROGRAM**

Our Super Trainer and mum-of-two Nathalia Melo will guide you through a workout program designed to build strength!

★ **BRAND NEW 28 DAY DANCE STRONG PROGRAM**

Our amazing Rachael Okesola is a certified dance and aerobics fitness instructor, involved in the health and wellness industry for more than seven years. The workouts are fun, upbeat and a great combination of cardio and strength.

★ **BRAND NEW 28 DAY POWER YOGA PROGRAM**

Your own personal yoga trainer and mum-of-two Shauna Hawkes specialises in teaching a powerful vinyasa yoga. Her teaching is authentic and strong. Shauna's aim is to balance the mind, body and spirit in each practice.

★ **BRAND NEW BELLY & BOOTY BUSTING PROGRAM**

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MEET OUR NEW TRAINERS...



RACHAEL OKESOLA



SHAUNA HAWKES



NATHALIA MELO

JOIN THE 28 DAY WEIGHT LOSS CHALLENGE [HERE](#)

THE HEALTHY MUMMY SMOOTHIES



FIBRE & DIGESTION

With **2.4g⁺** of fibre per serve from six different sources, our smoothie will help to keep you feeling full for longer.



OMEGA 3 & 6

Flaxseed contains both omega-3 and omega-6 which are healthy fats and are important to your overall health.



NUTRIENTS & AMINO ACIDS

Quality ingredients including vitamins A, B & C, zinc, iron, calcium phosphorus, protein, omega-3 and omega-6 fatty acids and fibre.



PROTEIN

21.7g⁺ of complete protein per serve from non-GM soy protein that helps build lean muscle.



NO NASTIES

No artificial sweeteners, preservatives or caffeine.



STAY FULL FOR LONGER

Soy protein, pumpkin seed meal and fibre help provide a feeling of fullness. They assist with weight loss* and moving things along.

9/10 MUMS

say they got better results when using the

SMOOTHIES

while completing the

28 DAY WEIGHT LOSS CHALLENGE

The Healthy Mummy Smoothie is a meal replacement weight-loss smoothie. It has been formulated by leading nutritionists to be the perfect companion to a busy mum's life when trying to lose weight. Each flavour is an excellent source of essential vitamins, minerals, nutrients and important antioxidants.

- ✓ Healthy weight loss meal replacement
- ✓ Nutrient dense with 22 vitamins & minerals
- ✓ Free from fillers, caffeine and added sugar
- ✓ Plant based protein
- ✓ Created by a team of expert nutritionists
- ✓ High in protein & fibre
- ✓ 20 Serves per tub

Available in

Chocolate • Strawberry • Vanilla and more!

NO ADDED SUGARS



*When vanilla flavour is made up with skimmed milk as directed.
*When used in conjunction with a diet reduced in energy and including regular exercise.
Serving suggestion shows smoothie made up of vanilla smoothie, skim milk and berries.

PURCHASE THE HEALTHY MUMMY SMOOTHIES [HERE](#)