

THE PROGRAMME – TOPICS

Week	MOVEMENT	NUTRITION	FUNCTION	LIFESTYLE
1	Introduction	Introduction	Introduction	Introduction
2	Morning Mobilisation 1	Water	Breathing	Inactivity
3	Resistance Training 1	Whole Foods vs Processed	Neuroscience	Sleep
4	Cardio Training 1	Wheat & Dairy	Posture 1	Toxins & Environment
5	Walking	Breakfast	Core 1	Stress
6	Flexibility & Stretching 1	Lunch	Digestion	Planning & Preparation
7	Progression	Evening Meal	Balance 1	Walking
8	Morning Mobilisation 2	Fats	Dual Tasking	Drugs
9	Resistance Training 2	Chrononutrition	Skill Acquisition	Sitting
10	Cardio Training 2	Supplements	Gait cycle	Correcting Repetition
11	Flexibility & Stretching 2	Gain/Lose Weight	Posture / Core / Balance 2	Massage
12	Going Forwards	Summary & Research	Therapies	Purpose & The Future!