



THRIVE IN 25

Overview

WHAT IS IT

Thrive in 25 is a 5-week challenge to build healthy habits across the pillars of eat, sleep, move and mindfulness. You compete against yourself to improve your metrics as best you can.

WHEN

Monday 10 March - Monday 14 April 2025

WHO

This challenge is designed for both members and non members of Clarity, so register for yourself and invite an accountability buddy! **You do not need to be a Clarity member to participate.**

HOW

Register with Tom via email to tom@clarityfitness.com.au **\$149 to join**

- Attend the measurement and testing sessions on - Monday 10 March and Monday 14 April (location and time to be advised).
- Complete your metrics chart and provide results to Tom at the testing at start and end of challenge.
- A weekly 15 min, accountability call is included for ALL participants.
- Comprehensive Wellness Workbook provided to all participants
- **Participants with the most overall improved metric percentage in each criteria, will be awarded the winning prize.**

METRICS

Waist circumference (cm)

Strength (Push ups)

Cardiovascular fitness (1km run time)

DAILY RECOMMENDATIONS

Each participant commits to following the criteria daily from Monday-Friday during the challenge (yes, Saturdays and Sunday's are days off...if you want!)

- **EAT** - Only whole foods, include 2 x serves of green vegetables, 7 glasses of water, no alcohol.
- **MOVE** - 30 minutes of any physical activity.
- **SLEEP** - at least 7 hours
- **MINDFULNESS** - 5 minutes. Could be meditation, deep breathing, time being still in nature, journaling, practicing gratitude.

PRIZE

Participants with the most overall improved metric percentage in each criteria, will be awarded the winning prize, their choice of:

- \$150 Essence Day Spa Voucher or,
- 2 x Free PT sessions with Tom or,
- 1 month free Group Fitness Sessions



RULES

1. Individuals to register by 12pm Saturday 8th March 2025
2. Come along to each measurement and testing session.
3. Be honest.
4. Prize Eligibility - My Health Metrics page must be complete and submitted to Tom by 5pm Wednesday 16th April
5. **Winners announced Thursday 17th April**

