



Welcome to your *New year reset!*

The new year brings new beginnings, and now that we've settled back into our routines, we're pumped to have you join us on this journey to better health.

Before we kick things off on Monday, there are a few things you should know:

- Your *New year reset* guide contains all your daily exercises and rules for the challenge. Keep this at hand throughout the week.

**Download
my guide**



- We've created two meal plans, regular and vegetarian. Select one and use the weekend to do your grocery shopping:

- ▶ [Get my regular meal plan](#)
- ▶ [Get my veggie meal plan](#)

In this 7-day challenge, you'll be guided by our nutritionists, dietitians and exercise scientists.

We'll leave things there for now and we'll be back in touch on Monday. Use this weekend to relax and perhaps set some intentions for the week ahead. How would like to feel after your 7-day challenge?

Yours in good health,

The CBHS team

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