Week 8  Bunk the Junk

Day 1
- Eat whatever you like chips/wafers/deep fried stuff/carbonated beverages but reduce the portion to half.
- Burn it up with 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by Tabata (High-intensity Interval Training) for 4 minutes which includes the following exercises: jumping jacks, high knees, mountain climbers, windmill. Do this twice in a day. Rest for 10 seconds in between each set of exercise. Add 5-10 minutes of cool down exercises which includes breathing and stretching exercises.

Day 2
- Check nutritional benefits of whatever you're eating - Avoid the things which have ingredients like sugar/refined carbs/fats/trans fats/sodium and which contains less than 2% of fibre.
- Stay fit and hit the road for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by a quick cool down session for 5-10 minutes.

Day 3
- Cheat day – Craving for some junk food? Have it during the first half of the day. (morning)
- Go for an intense workout to burn those extra calories you had today. Go for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) add Tabata (High-intensity Interval Training) for 4 minutes which includes the following exercises: jumping jacks, high knees, mountain climbers, windmill. Do this twice in a day. Rest for 10 seconds in between each set of exercise. Add 5-10 minutes of cool down exercises which includes breathing and stretching exercises.

Day 4
- Stay away from deep fried food. If you’re planning to have sushka bhelpuri, omit sev and enhance its taste by adding onion, tomato, chutney and if having a samosa or vada pav then opt for a baked option.
- Sweat it out with 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by 5-10 minutes of breathing and stretching exercises.

Day 5
- Avoid packaged foods and instead opt for roasted snacks and millets/ sushka bhelpuri/ chana/nuts/fruits/dry fruits.
- Start with 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by Tabata (High-intensity Interval Training) for 4 minutes which includes the following exercises: jumping jacks, high knees, mountain climbers, windmill. Do this twice in a day. Rest for 10 seconds in between each set of exercise. Add 5-10 minutes of cool down exercises which includes breathing and stretching exercises.

Day 6
- Say no to carbonated beverages. Opt for coconut water/buttermilk/green tea/herbal tea/lemonade.
- For the love of fitness: Go for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by 5-10 minutes of a cool down session.
- Say no to carbonated beverages. Opt for coconut water/buttermilk/green tea/herbal tea/lemonade.
- For the love of fitness: Go for 20 minutes of interval walking (2 minutes of fast walking and 1 minute of slow walk or vice a versa) followed by 5-10 minutes of a cool down session.

Day 7
- Avoid bakery items like white bread, toast, cake rusk; instead go for whole grain bread/whole wheat rusk.
- Enjoy your rest day!