

MWH GLOW UP CHALLENGE

30 Days to Become your most beautiful, fit, healthy, happy self as a mother

Fitness & Lifestyle Challenges for Women & Moms to Become
Their BEST Selves

By Monica Bencomo, Owner of Moms Wear Heels





Meet Your Coach

Meet Monica

I'm **so** excited you've decided to join me on the journey of becoming our best selves as moms. I am a certified fitness trainer with over 8 years experience coaching women **on how to get the lives they love.**

This **membership's mission** is about unveiling your potential as a mom.

...Getting your best body.

...Getting your most healthy, happy.

...Claiming your best LIFE.

My passion supporting women just like you in becoming who they are meant to be. So...let's get started!



What's the 'Glow Up' Challenge?

Just because we are moms, does NOT mean we have to let ourselves go. In fact, I think this crisis is a WONDERFUL OPPORTUNITY to **turn up our self care**. As women and mothers, feeling good about ourselves physically, mentally, and spiritually MATTERS. How we show up in the world MATTERS. The challenge is going to push you to own your greatness, become more confident, and more disciplined.

The GREAT news?

An even more beautiful, healthy, happy, peaceful, joyful YOU will result. Are you ready?



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Glow UP

Overview

This challenge is about internal AND external health. So we are diving into all categories including:

- Physical (fitness, beauty, hygiene)
- Mental/Spiritual (relationships, prayer, meditation, confidence)
- Home/Environment (décor, minimalism, etc)

We are going to level up in ALL areas of our lives. But don't worry—you won't have to invest hours each day! My goal is to help you make this a lifestyle; so our focus is on developing habits for long term success.

MWH GLOW UP :

WORKOUTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MWH HOT MAMA HIIT CLICK HERE	MWH CALORIE & ABS TORCHER CLICK HERE	15 MIN FIT MOM HIIT CLICK HERE	Supermom Workout CLICK HERE	22 MINUTE NO EXCUSES WORKOUT CLICK HERE	7 Min Beast Mode Workout CLICK HERE	Mom's a Beast OR Active Rest + Stretch CLICK HERE

I created these workouts so that even the busiest mom can still get fit. No more working out for ours at the gym. All you'll need are a pair of dumbbells, and we are going to get some GREAT RESULTS! Be sure to take a 'before photo', and share it on social, and our Facebook page.

MWH Members: Choose any workout in library 5-6 days out of the week.

Meal Guide & Recipes

Sign up FREE for my go to recipes as a busy mom on Momsweareheels.com

MWH MEMBERS: Continue choosing 3-5 meals off of www.mwhmembership.com



Fitness GLOW UP GOALS:

- Drink $\frac{1}{2}$ your body weight in ounces of water DAILY
- Switch ONE meal to one of our all natural smoothies on our site
- Aim to have veggies with each meal
- Have a green or chamomile tea once a day

- WARNING: Clearer skin, more energy, and more fit body will result.



MWH BEAUTY

#MWHSelfCareSaturday

1. Do your own facial once a week. Mix 1/3 cup of honey with (grounded) ¼ cup oats and brown sugar. Rub on skin in circular motion and rinse well with warm water
2. DIY manicure and pedicure. Simply clean nails, shape with file, and paint with nude or clear polish.
3. Put on your HEELS Saturday night, a dress that makes you feel beautiful, and do your makeup. Play some music, dance, enjoy yourself whether you are partnered with someone or not.
4. Care for your teeth. Floss daily and nightly, and brush with baking soda before brushing with toothpaste to whiten teeth.
5. Toss out ANY clothes (or donate if in good condition) that don't make you feel good.
6. Tag me on social and share your journey:
#MOMSWEARHEELS
#MWHSELFCARESATURDAY



Nursing Moms Can Too!

You CAN nurse your baby and lose weight simultaneously; but every woman's

Body is unique, so it's imperative you pay attention to your supply during our challenges. Here are the main things I want you to pay attention to during our fitness journey together:

1. Diet— Eat at least 400 additional calories than your typical diet. Most women range around the 1800 calorie range daily on a wellness plan. You can use tools like [these](#) to discover how many calories you need.
2. Drink water! Avoid excessive caffeine. And limit or restrict all alcohol.
3. Use a haakaa, pump, and/or feed your baby on demand. Now that I've stored up a bit of a supply (with these tools), I only nurse on demand and use the haakaa. The more you feed your baby, the more milk your body will produce.
4. Eat quality calories! Not empty calories. Aim for foods from the EARTH, and limit foods that are not whole foods.
5. Stay calm and joyful. Utilize our meditations, workouts, and tips on our private FB page to be a happy mom! Stress can stall our milk supply. So don't allow stress or anxiety to rob you of the beautiful journey that is being a mom.
6. Enjoy nursing!! Our babies won't be small forever. They will grow, and they will grow fast! Enjoy this sacred journey, and don't rush it away.

[Watch this video](#) for more info on
nursing and weight loss:

Breastfeeding & Fitness

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Mind

Emotions/Spirit

- Detox from social media regularly. Completely avoid if possible for one week, and see how you feel. If you don't want to go that long, limit scrolling to 5 minutes or less daily.
- Limit TV to a weekend "treat", and/or limit daily to 30 minutes or less. Instead, aim to read 4 pages or more a day of one of your favorite books.
- Keep a journal of your emotions. You will note how much better you feel as time progresses during the challenge.
- Reach out to check in on a friend and/or family member when feeling lonely. Studies show this not only boosts their mood by feeling loved, but yours as well. Momswearheels.com
- Play with your kids daily. Sit down on the floor with them, gaze into their eyes, listen, and engage with them doing their favorite games. My daughter, Ariel, loves to play dolls, Eliel loves to put on comedy shows, and Rafael loves to explore. During these "magic mommy moments", ensure phones are on airplane mode so you are not distracted.



Lifestyle

HOME/ENVIRONMENT

- This challenge is for KIDS too! Include your family in the mix. Explain to them WHY healthy living matters.
- De-clutter your home. Toss out items that don't make you feel good. Donate clothes, excess pots, pans, furniture you don't need.
- Do a deep clean of your home once a week.
- Arrange flowers in your home in a room your frequent. Check the clearance section at your local grocery store; there's often beautiful flowers for under 4 bucks!
- Light candles. You can get some for a dollar at—yep—the dollar store! Light them when you wake up before pouring your coffee or tea.





Kid's Challenge

(It's a family thing)

*Aim to eat 1 smoothie per day

*Eat one salad a day

*Do 10 minutes of workout with mom
5 times per week

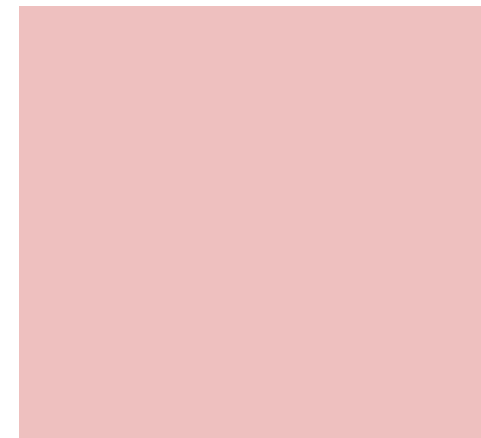
Checklist

Take updated progress photo! Let's track your progress.

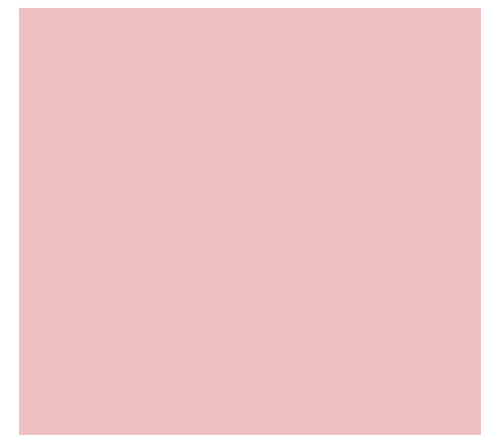
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Take your before picture and after picture after complete & post if feeling brave!



Follow and subscribe on [YouTube](#), [Instagram](#). And our [Facebook](#) group.



Invite 5 friends and your community to join you on this challenge. You are more likely to succeed this way.

Need more help?

CONTACT US

Want more workouts and recipes like these? Apply to become a [MWH MEMBER](#)

Need help balancing it all? One on one consultations for limited time. Apply [here](#).



MWH Affirmation Statement

Are you ready to do this?

Then repeat this affirmation:

I, _____, commit to this membership the next 30 days, and expect to see *great* results; more confidence, strength, energy, health, and happiness. I am becoming my BEST version as a mother, and it feels amazing! Caring for my mind, body, and spirit is a *lifestyle* for me, and is now a part of my identity.

I am ready to crush this.

Signed: _____

(print and hang as reminder)



Please Read

Re-distribution of this program without consent of owner, Monica Bencomo is illegal and punishable by law.

Please consult with your physician or health care professional before beginning this or any fitness and lifestyle program.

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You should not rely on this information to substitute or replace the advice, diagnosis, or treatment given to you by your physician.