

75 HARD

BY SABRINA BORMAN

A wellness challenge designed to teach self-discipline and healthy habits through strict diets and workout rules for a duration of 75 consecutive days has risen in popularity: the 75 Hard. People of all ages are eligible to participate; however, it can be considered to be very difficult to complete. Peer Counseling teacher Jennifer Cook said she first heard about 75 Hard through her daughter.

"My daughter and her fiancé have been doing this every year for the past three to four years," Cook said. "They taught me all there is to know about it, including all of the rules and commitment it takes, most of all, especially how hard it is."

Cook said she finds the challenge to be very impressive, but she does not believe she could ever participate in it herself. One

of the rules of 75 Hard states if you mess up one day, you must restart all 75 days. Cook said this might be one of the hardest aspects, in her opinion.

"I think because 75 Hard is so restrictive, it is very difficult to do. The thing about 75 Hard is that if you mess up, you need to revert back to day one," Cook said. "Not being able to have cheat days even when you are having a bad day means you

are not giving yourself a lot of grace, and that would personally make it really hard for me to do."

Participant of the program, junior Sofia Pereria, has a different outlook on the challenge: she found it to be manageable and very beneficial. Pereira said she will

not deny it being difficult, but despite the hardships, it was worth it.

"It was very difficult as most of my favorite foods have added sugars in them, and it was draining having to read labels of every product I ate," Pereria said. "However, I noticed as I went on that my sugar cravings decreased and I was not craving as many sweet treats."

Pereira focused mainly on the food aspect of 75 Hard, as she has already been regularly attending the gym. Pereria said although it was hard, there were certain things she found easy to enjoy about the program, especially with her backbone: her supportive friends.

"It was hard to the extent where it was difficult to find alternatives for usual foods that I ate with sugar," Pereria said. "If you want to complete something like 75 Hard, you need accountability buddies. They will force you to commit and do it right, and this made it much easier for me to push through."

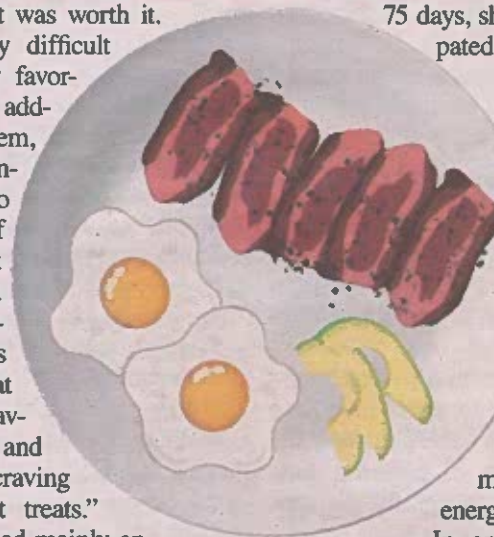
Junior Daniela Yanguas also decided to do 75 Hard with her friends as a challenge for the new year. Yanguas said al-

though she did not make it through the full 75 days, she is glad she participated and learned from it.

"Even though I did not finish all 75 days, I still learned and took away a lot from the experience," Yanguas said. "I learned how to balance out my meals, and it has motivated me to work out as often as possible. This has really made a change in my energy and overall health."

In order to meet the 75 Hard requirements, Yanguas and her friends balanced out their diets, minimized as many sweets and fried foods as possible, attended their local gym and went on runs more often. Yanguas said she believes this challenge is not for everybody and requires heavy amounts of self-discipline and self-control.

"Not being able to have your favorite sweet snacks is hard, but the result is worth it in the end," Yanguas said. "Despite me not participating anymore, I still have learned to cut down on certain foods and maintain the wellness I gained during the program. I would recommend it to people who are dedicated to seeing a real difference in their habits."



RULES OF 75 HARD

- ☒ Two 45-minute workouts daily
- ☒ Pick a diet & stick to it
- ☒ Drink 1 gallon of water per day
- ☒ Read 10 pages of non-fiction daily
- ☐ Break a rule? Start over