

## Documentary Films

We HIGHLY recommended you watch these while going through 30days2FIT.

Are you ready for your next step in learning about the importance of living a healthy lifestyle?  
If you don't have a Netflix account, you can sign up for a FREE 30 day trial.

### **WEEK 1**

#### **HUNGRY FOR CHANGE**

Watch on Netflix

A great place to start! This film will help you understand how to use food as fuel.

### **WEEK 2**

#### **FED UP**

Watch on Netflix (red and blue M&M)

Everything we've been told about food and exercise for the past 30 years is dead wrong. FED UP is the film the food industry doesn't want you to see.

### **WEEK 3**

#### **FOOD INC**

Watch on Netflix

The ugly truth about where our food comes from.

### **WEEK 4**

#### **FORKS OVER KNIVES**

Watch on Netflix

Great info on nutrition, a plant based diet, reversing heart disease, and A LOT more!

### **BONUS FILMS ON YOUTUBE**

DOCTORED (documentary)

<https://www.youtube.com/watch?v=Lcuah3zOIH8>