TREND TALK

75 Hard

The 75 Hard Challenge is a fitness trend where participants overhaul their daily routines for 75 days straight. Advertised as a “mental toughness program” 75 hard is based in the idea of building discipline, fortitude, and confidence. It’s time to dissect this fitness trend so you can determine if it’s right for you.

Components of the 75 Hard Challenge

- Follow any nutrition plan or eating pattern best suited to your goals. Cut out alcohol and “cheat meals”.
- Complete two 45-minute workouts (1 must be outside).
- Drink a gallon of water.
- Read ten pages. Must be non-fiction, educational and can be used to improve any area of your life.
- Take a progress picture.

Each task must be executed for 75 days straight, or you start over at day 1.

Pros

Clearly Defined Goals

The concepts are easy to understand and laid out very clearly. There is some flexibility in the nutrition plan you choose to follow.

Promotes Healthy Habits

Reading, drinking water, and exercising are all positive behaviors at their core.

Builds Discipline

Some people thrive with the strict routine and like the idea of building discipline this way.

Cons

Not Sustainable

This is not a sustainable practice, therefore many that complete the full 75 days often revert to old habits.

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May Lead to Unhealthy Habits

Being hyper focused on weight, nutrition and exercise may lead to unhealthy habits like an obsession of food, disordered eating, or over-exercising. Taking daily progress pictures may lead to hyper focusing on body image.

No Rest Period

Because participants must complete two workouts every day for 75 days straight, there are no rest or recovery days built in. This may lead to overtraining syndrome or injury depending on your fitness level and workouts.

All or Nothing Mindset

75 hard doesn't allow for any flexibility or ambiguity. Many struggle with this black and white thinking. The reality is progress is better than perfection. Life happens and you can continue to work towards your goals while making mistakes along the way.

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