



AMY YBARZABAL'S WEEKLY EXERCISE ROUTINE

EXERCISE	DESCRIPTION	FREQUENCY
CARDIO	Spin Class or Step/Elliptical Machine	6X week
STRENGTH TRAINING	Biceps, Triceps Abs with Ball – Squat until butt hits step while throwing medicine ball at the wall!	5 X week
“FUN” WORKOUTS	Group Fitness Classes	

AMY YBARZABAL'S MONTHLY MOVEMENT TIPS

MONTH 1	Regular elliptical
MONTH 2	Walking and running on the lakefront
MONTH 3	Dance fitness and spin classes
MONTH 4	My favorite elliptical/step machine
MONTH 5	My favorite elliptical/step machine Also, concentrate on standing tall and sucking stomach in all day!



AMY YBARZABAL'S TYPICAL DAILY MENU

BREAKFAST

1/2 Cup egg whites with spinach and sometimes turkey sausage

SNACK 1

Apple and string cheese

LUNCH

Salad – turkey or chicken and as many veggies on top as I could get with oil and vinegar dressing and seasoning

SNACK 2

Protein shake

DRINKS

Water all day, coffee in the morning, and diet green tea sometimes

DINNER

Grilled tilapia, chicken, or salmon with grilled veggies

TOTAL CALORIES: 1200-1500



AMY YBARZABAL'S FAVORITE FOOD TIPS

TIP #1	A protein shake in the afternoon helped me stay full at my “stress” time transitioning from work to getting kids home when they are “starving.”
TIP #2	I like the egg whites, so I stopped trying to change up my breakfast – it’s a good way to start my day.
TIP #3	Salads are easy at work, so I would have those for lunch. My dinner looked more like a real meal – usually same as family dinner but I would not eat the potatoes/noodles.

This program is not intended to provide medical advice. Please consult with your doctor for treatment of any medical condition and before beginning any diet or exercise regimen.