



ANGELA'S WEEKLY EXERCISE ROUTINE

EXERCISE	DESCRIPTION	FREQUENCY
CARDIO	Spin Class, Group Workout Classes, Spin Bike, Treadmill	6 X week
STRENGTH TRAINING	Cardio Upper Body Lower Body Core Cool Down To get overall toned like Angela, make sure you train your entire body – front to back, top to bottom – to get an even tone. Do high reps with less weight to lean out and tone up!	5 X week
“FUN” WORKOUTS	Kickboxing, Dance Fitness Classes, Ballroom Dance Classes, Neighborhood Walks	2 X week

ANGELA'S MONTHLY MOVEMENT TIPS

MONTH 1	Go at your own pace – don't be afraid to start slow, just MOVE!
MONTH 2	Don't wait for anyone else – push yourself outside of your workout comfort zone! Raise the bar and get your heart rate up more during workouts.
MONTH 3	Keep moving! I do not stop. I wake up and hit spin class, do strength training with my personal trainer, then another “fun” workout in the afternoon or evening. I like to mix it up between different group classes to make working out fun and social.
MONTH 4	Try something new! I tried kickboxing and loved it!
MONTH 5	I started running to give my body a jolt of something different as I worked to lose the last few pounds needed to reach my goal weight.



ANGELA'S TYPICAL DAILY MENU

BREAKFAST

Egg White Omelet
(w/broccoli, spinach, mushrooms & turkey)
Whole Wheat Crispbread

SNACK 1

Greek Yogurt
½ Sliced Apple or Blueberries

LUNCH

Veggie Burger
Salad w/Fat Free Dressing
Apple

SNACK 2

Whole Wheat Crispbread
Cheese Stick
Turkey Slice

DRINKS

Water
Hot Tea (White, Black, or Hibiscus)

DINNER

Tilapia
Salad w/Fat Free Dressing
Baked Sweet Potato

TOTAL CALORIES: 1200



ANGELA'S FAVORITE FOOD TIPS

TIP #1	Drink tea throughout the day, and drink a cup of white tea before you eat. It helps to decrease your appetite and helps you avoid overeating because you filled up with tea before you ate food.
TIP #2	Swap out poultry (chicken and turkey) with fish! Tilapia is a house favorite and easy to prepare!
TIP #3	For all those ice cream lovers out there... try replacing your favorite ice cream with Greek yogurt. Greek yogurt has more protein and less sugar than any ice cream out there!
TIP #4	Chew gum while at the grocery store so you are not tempted to eat/sample goodies while you shop.
TIP #5	Always travel with your own survival food kit, just in case you get hungry and so you NEVER skip meals or snacks.
TIP #6	Try new foods and vegetables, there are so many healthy choices available.

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.