



## **ANGELA'S WEEKLY EXERCISE ROUTINE**

<b>EXERCISE</b>	<b>DESCRIPTION</b>	<b>FREQUENCY</b>
<b>CARDIO</b>	Spin Class, Group Workout Classes, Spin Bike, Treadmill	6 X week
<b>STRENGTH TRAINING</b>	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
<b>“FUN” WORKOUTS</b>	Kickboxing, Dance Fitness Classes, Ballroom Dance Classes, Neighborhood Walks	2 X week

## **ANGELA'S MONTHLY MOVEMENT TIPS**

<b>MONTH 1</b>	Go at your own pace – don't be afraid to start slow, just MOVE!
<b>MONTH 2</b>	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.
<b>MONTH 3</b>	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.
<b>MONTH 4</b>	Try something new! I tried kickboxing and loved it!
<b>MONTH 5</b>	<i>Check back on Friday for another weight-loss tip from Angela!</i>



## **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**

<b>TIP #1</b>	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.
<b>TIP #2</b>	Swap out poultry (chicken and turkey) with fish! Tilapia is a house favorite and easy to prepare!
<b>TIP #3</b>	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!
<b>TIP #4</b>	Chew gum while at the grocery store so you are not tempted to eat/sample goodies while you shop.
<b>TIP #5</b>	Always travel with your own survival food kit, just in case you get hungry and so you NEVER skip meals or snacks.
<b>TIP #6</b>	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.