



AYANNA'S WEEKLY EXERCISE ROUTINE

EXERCISE	DESCRIPTION	FREQUENCY
CARDIO	30 minutes cardio on machines – elliptical and stairs	2 X week
STRENGTH TRAINING	1 session with personal trainer Walking weighted lunges (7 sets of 20) Low cable rows (7 sets of 20) Flutter kicks (7 sets of 20) Tricep pull downs (7 sets of 20)	3 X week
“FUN” WORKOUTS	Swimming	Occasional
OTHER	Horseback riding, golf	Occasional



AYANNA'S MONTHLY MOVEMENT TIPS

MONTH 1	Try something new! I didn't like working out, so I tried swimming. I took a swimming lesson and had a great time!
MONTH 2	Motivate yourself through music! Cranking up my music helped get me moving.
MONTH 3	I got my family on board and started playing basketball with my son as a fun way to burn calories.
MONTH 4	Work out at home! I got some tips from Harley on exercises I could do at home when I didn't have time to go to the gym. Get a set of weights for your home and make a mini at-home workout area!
MONTH 5	<i>Check back on Friday for another weight-loss tip from Ayanna!</i>



AYANNA'S TYPICAL DAILY MENU

BREAKFAST

Scrambled egg whites and 1 chicken sausage
Hot coffee or tea

SNACK 1

Grapefruit or citrus

LUNCH

Fish on top of salad
(Either sashimi or ahi tuna steak)
Topped with vinaigrette

SNACK 2

1 handful of nuts – cashews or almonds

DRINKS

3L to 1 gallon of water a day!

DINNER

Baked salmon or baked boneless skinless white meat chicken breast
1 cup steamed veggies



AYANNA'S FAVORITE FOOD TIPS

TIP #1	Get rid of temptations! I had to get rid of my temptations in order to have a successful diet. No more “boyfriends” (a certain ice cream pair – you know who you are!) in the fridge, and no more sugar jar in the kitchen. Don’t keep bad food in the house!
TIP #2	Take control of your environment. I had to reorganize my kitchen. I removed the processed foods displayed in my “snack area” and replaced them with healthy items... I even filled a large glass vase with oranges. Not only are the oranges a healthy snack, but it’s also a beautiful way to decorate the kitchen!
TIP #3	Know your body. My body has a hard time processing carbs, so I completely cut them out of my diet. I also ate fish as my main protein source. After these simple changes, the weight began falling off!

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.