



## ***HARRIS SISTERS WEEKLY EXERCISE ROUTINE***

<b>EXERCISE</b>	<b>DESCRIPTION</b>	<b>FREQUENCY</b>
<b>CARDIO</b>	90 min cardio: walking or cardio machines at gym (treadmill on incline, elliptical, spin bike)	6x week
<b>STRENGTH TRAINING</b>	<p>1 hr with a personal trainer. Each day began with a cardio warm up, upper body training, lower body training, core training and cardio cool down.</p> <p>To mix it up the format, they alternate cardio warm ups and muscles worked for upper body and lower body strengthening. For instance, if the sisters did quads for lower body one day, they'd do hamstrings for lower body the next day. If they did biceps one day, they'd do triceps another, etc. To keep their heart rate up, they would do 60 second cardio spurts in between sets of exercises.</p> <p>Favorite warm ups: jumping jacks, wall climbs and burpees. Favorite lower body exercises: squats, lunges, medicine ball slams and planks.</p>	5x week
<b>"FUN" WORKOUTS</b>	dance fitness classes, dancing, boxing, roller skating, ice skating, bootcamp	Varies
<b>OTHER</b>	Stairs, walking	Varies

## ***THE SISTERS MONTHLY MOVEMENT TIPS***

<b>MONTH 1</b>	We learned simple things to get your heart pumping: jumping jacks and running on the treadmill in intervals.
<b>MONTH 2</b>	Wear your heart monitor so you can calculate the calories you're taking in versus your calories out.
<b>MONTH 3</b>	Keep moving! On the weekends, we WALK everywhere we go, i.e. bank, parents' house, shopping.
<b>MONTH 4</b>	We needed to challenge ourselves with another cardio option so we took dance fitness classes!
<b>MONTH 5</b>	During commercials, don't just sit on the couch -- DANCE and get your body moving!



## ***HARRIS SISTERS TYPICAL DAILY MENU***

### **BREAKFAST**

Granola, 1 cup

Non fat milk, 1 cup

Blueberries

If you want to add some pizzazz, sprinkle a little cinnamon and sugar substitute on top.  
High in fiber, great protein, keeps us full throughout the day. One of Jamilla's Favorite meals!

### **SNACK 1**

2 wheat crackers, 1 slice turkey, ½ apple

### **LUNCH**

Wheat pita (high in fiber)

2 slices turkey

Low-fat cream cheese

½ cup egg whites

Mustard

### **SNACK 2**

Plum, string cheese

### **DRINKS**

Lots of water!

### **DINNER**

2 catfish fillets with Cajun seasoning

2 cups stir fry vegetables

Olive or canola sprays only!

**TOTAL CALORIES: 1200**



## ***THE SISTERS FAVORITE FOOD TIPS***

<b>TIP #1</b>	Never waste calories on a drink. If you have to get something to drink, get a diet soda or water with a lemon! The small things make a big difference. – Cherrell
<b>TIP #2</b>	No dessert. I used to think that ice cream and cookies were sweet, but nothing is sweeter than a compliment! – Jamilla
<b>TIP #3</b>	If we go out to eat, we always order our dressing on the side for our salads.

**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.**