



## ***JENNIFER & ALEXIS'S WEEKLY EXERCISE ROUTINE***

<b>EXERCISE</b>	<b>DESCRIPTION</b>	<b>FREQUENCY</b>
<b>CARDIO</b>	Alternating between cardio machines at the gym – treadmill and elliptical.	6x week
<b>STRENGTH TRAINING</b>	1 hour a day with personal trainer Upper body Lower body Core	5x week
<b>“FUN” WORKOUTS</b>	Alexis plays basketball, Jennifer takes dance fitness and ballroom classes	Occasional

## ***JENNIFER & ALEXIS'S MONTHLY MOVEMENT TIPS***

<b>MONTH 1</b>	Get to the gym before you start your busy day. That way you won't skip your workout if you leave it for the end of the day and you're too tired to get to the gym.
<b>MONTH 2</b>	Getting enough sleep is just as important as exercise. Make sure to get enough sleep each night so you're well-rested for the next day's workouts.
<b>MONTH 3</b>	Find fun new ways to work out – Jennifer found dance classes and Alexis spent more time on the basketball court.
<b>MONTH 4</b>	Change up your routine at home to incorporate more movement. Before, Jennifer and Alexis had a sedentary lifestyle. Now they are active together – they go on walks, runs, and work out with each other.
<b>MONTH 5</b>	Increasing your cardio does more than burn calories – Jennifer is able to dance longer without losing her breath, and Alexis sees more time on the basketball court because she has better endurance.



## ***JENNIFER & ALEXIS'S TYPICAL DAILY MENU***

### **BREAKFAST**

1 Cup High Protein Cereal  
½ Cup Skim Milk

### **SNACK 1**

Light Protein Shake  
Clementine Oranges

### **LUNCH**

Ham Sandwich:  
Thin Sandwich Bread  
Sliced Deli Ham  
Lettuce, Tomato, Onion, Yellow Mustard

### **SNACK 2**

Baby Carrots  
2 Tbsp Roasted Garlic Hummus

### **DRINKS**

Lots of water!  
“Skinny” Latte (latte made with skim milk)

### **DINNER**

½ Cup Brown Rice  
Stir-Fry Veggies  
Boneless, Skinless Chicken Breast

**TOTAL CALORIES: 1,200**



## ***JENNIFER & ALEXIS'S FAVORITE FOOD TIPS***

<b>TIP #1</b>	Eat frequently – 3 big meals and 2 snacks – to keep from being hungry and overeating. Drink plenty of water throughout the day to stay hydrated and keep from being hungry.
<b>TIP #2</b>	Prepare food ahead of time for the rest of the week. That way you're all set to come home and grab something healthy out of the fridge, verses stopping by the fast food joint.
<b>TIP #3</b>	Eat before you go out to parties or events where there will be food so you're not munching on unhealthy items. Bring your own healthy food in case you want a snack.

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.