



## **MERCEDES'S WEEKLY EXERCISE ROUTINE**

<b>EXERCISE</b>	<b>DESCRIPTION</b>	<b>FREQUENCY</b>
<b>CARDIO</b>	<p>Month 1 and 2: Dance fitness and group exercise classes (500-600 calories per hour)</p> <p>Month 3 to 5: Mercedes used to love group exercise classes, but the more fit she became, the less calories she burned in the group classes. She stopped group classes after month 2 and began working out on her own, using the stair climber, elliptical, and treadmill on high resistance to burn more calories! She mixes up machines every 20 minutes to keep her body guessing and to keep herself from getting bored.</p> <p>Tip: To keep herself from getting bored, Mercedes saves her TV shows to watch from the cardio machine!</p>	60 – 90 minutes of cardio per day
<b>STRENGTH TRAINING</b>	<p>Mercedes has limitations due to her back and knees, so she has to do exercises that don't put pressure on them, and she always wears her knee brace when she works out.</p> <p>Here's a typical training routine for Mercedes:</p> <p>Implements: Weights, exer-tubes, stability ball, half stability ball, medicine ball</p> <ul style="list-style-type: none"> <li>• 30 min cardio warm up</li> <li>• Resistance 1: upper body</li> <li>• Resistance 2: lower body (Resistance 1 and Resistance 2 alternate muscle groups to get a balanced full body workout)</li> <li>• Core</li> <li>• Cardio Cool down</li> <li>• Stretch – Mercedes has to stretch after every workout because of her knees and back</li> </ul>	
<b>"FUN" WORKOUTS</b>	Boot camp classes on weekends (with modifications – for example, if class involves running, Mercedes walks)	
<b>OTHER</b>		



## **MERCEDES'S MONTHLY MOVEMENT TIPS**

<b>MONTH 1</b>	<p>Push-ups: I LOVE push-ups because they work the upper body. If you do push-ups, do a back exercise to balance out.</p> <p>Stay on track tip: Have a workout partner to keep you accountable!</p> <p>Cardio tip: Crank up the music and have a good time. You should enjoy your workouts and make them fun!</p> <p>Mom tip: Work out in the morning before your day gets going, that way you only have to shower and get ready once!</p>
<b>MONTH 2</b>	<p>I can't do lunges because of my knee. Instead, I tried these exercises:</p> <ol style="list-style-type: none"><li>1) Step up on a half stability ball with medicine ball press overhead for arms (10 on right, 10 on left) This gets my heart rate up!</li><li>2) Left leg crosses over right leg, tap (6 sets of 15, gradually increased to 8 sets of 20)</li></ol>
<b>MONTH 3</b>	<p>Strengthen your core and back! I tried a knee tuck on a stability ball for my core – it's good for any level!</p>
<b>MONTH 4</b>	<p>If you have bad knees, try a shallow wall sit. Do this for 15 seconds, and then stand up. It helped me strengthen my knee.</p>
<b>MONTH 5</b>	<p><i>Check back on Friday for another weight-loss tip from Mercedes!</i></p>



## **MERCEDES'S TYPICAL DAILY MENU**

### **BREAKFAST**

3/4 cup hot cereal made with water and a dash of almond milk  
Coffee with vanilla unsweetened almond milk instead of creamer

### **LUNCH**

Turkey sandwich: 2 slices whole wheat sandwich bread, fat free cheddar slices, pickles, fat free mayo and lots of yellow mustard

Mercedes's TIP: Use regular yellow mustard because other mustards have more calories! Add some fresh veggies and pickles for an added crunch!

### **DRINKS**

Coffee every morning  
Water with orange slices  
(3 liters of liquid total)

### **DINNER**

Mercedes eats whatever she makes for her family, but substitutes rice or pasta with a bed of greens.

When her guys are eating pizza, Mercedes eats a black bean burger patty on a bed of greens or meatless meatballs with marinara sauce

**TOTAL CALORIES: 1,200**



## **MERCEDES'S FAVORITE FOOD TIPS**

<b>TIP #1</b>	Use regular yellow mustard because it has fewer calories than other mustards. Add some pickles for a low-cal added crunch!
<b>TIP #2</b>	Add some flavor to your water by adding orange slices!
<b>TIP #3</b>	I LOVE cheese – use fat free cheese so you don't have to miss out on the foods you love!

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.