



## ***SARAH BAUM'S WEEKLY EXERCISE ROUTINE***

<b>EXERCISE</b>	<b>DESCRIPTION</b>	<b>FREQUENCY</b>
<b>CARDIO</b>	Spin class & 45 min treadmill or elliptical cardio warm up before or after spin class	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, abs training and cardio cool down.</p> <p>In between sets of exercises, Sarah did cardio bursts: jumping jacks and wall climbs. Sarah was strengthening and leaning out her body from head to toe. She practiced working with her own body weight so she could pull herself over the wall!</p>	5x week
<b>"FUN" WORKOUTS</b>	Trail Run 4-6 miles: When Sarah was bored with the gym or couldn't find a babysitter, she would put her daughter in the stroller and go for a trail run outside!	2x week
<b>OTHER</b>	Kickboxing classes	2x week



## **SARAH'S MONTHLY MOVEMENT TIPS**

<b>MONTH 1</b>	Step 1: Get off the couch. In the first month, Sarah replaced her seat on the couch with a yoga ball. She would only allow herself to sit down when she was on the ball. Sitting on the ball (and keeping her balance with core strength) kept Sarah from sinking into her old couch potato ways. It also kept her moving and more active!
<b>MONTH 2</b>	Spin bike: Sarah took spin classes 6 days a week. She also put a spin bike in her living room so she could burn calories while watching TV or lounging with her family. She said she's addicted to her spin bike! It helped her shed pounds and build endurance to get over the wall.
<b>MONTH 3</b>	<p>Push up (our own weight): Sarah's favorite exercises were ones where she was challenged by her own body weight. She loves doing pushups with a modification – putting your feet on a chair behind you and doing pushups with your own body weight. This helped build upper body strength to pull her body weight over the wall.</p> <p>Pull up: Sarah hung a pull up bar in her doorway so she could practice pull ups to help her get over the wall.</p>
<b>MONTH 4</b>	Push out (45 lb weight): Sarah said the exercise that finally got her over the wall was pushing a 45 lb weight with a felt bottom across the gym floor. Once she got to the end of the gym she'd do jumping jacks or wall climbs, then push the weight back to the other end of the gym. This builds strength and is an outlet for aggression!
<b>MONTH 5</b>	<p>Medicine ball: Sarah has 2 favorite exercises with a 6-8 lb medicine ball.</p> <p>Crunches with a medicine ball held in the air tighten core muscles and upper body at the same time.</p> <p>Arm exercise: Holding the 8 lb medicine ball, keep your arms up in the air and write the letters of the alphabet. Don't drop those arms until you get from A to Z! Sarah would write the alphabet with the medicine ball during commercial breaks when watching television.</p>



## ***SARAH BAUM'S TYPICAL DAILY MENU***

### **BREAKFAST**

1 cup high fiber, high protein, low sugar cereal

1/2 cup skim milk

For added flavor, sprinkle a little cinnamon and artificial sweetener on top.

### **SNACK 1**

Vanilla low carb, low sugar yogurt with 1 scoop of flavored protein powder

### **LUNCH**

Turkey taco or turkey burrito

### **SNACK 2**

Light string cheese

1 apple

### **DRINKS**

Lots of water!

### **DINNER**

Grilled chicken breast

Asparagus

1/2 cup brown rice (if evening workout)

Double veggie serving (if no evening workout)



## ***SARAH'S FAVORITE FOOD TIPS***

<b>TIP #1</b>	No sugar beverages (i.e. soda, juice). Just drink lots of water.
<b>TIP #2</b>	The cereal queen replaced sugar cereal with a healthy version. High fiber, high protein cereal flavored with cinnamon and artificial sweetener.
<b>TIP #3</b>	Sarah loves Mexican food! She made healthy versions by replacing ground beef with lean ground turkey, replaces flour tortillas with low carb whole wheat tortillas, and added lots of fresh veggies.

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.