



SARAH ORR'S WEEKLY EXERCISE ROUTINE

EXERCISE	DESCRIPTION	FREQUENCY
CARDIO	Elliptical, Treadmill, Rowing Machine, Ladder-Climbing Machine	6X week
STRENGTH TRAINING	Body Weight Exercises, Resistance Exercises Pull-Ups, Tricep Dips, Walking Lunges, Squats, DB Curls, Crunches	5 X week
"FUN" WORKOUTS	Pilates Reformer, Ladder-Climbing Machine, Boxing	2 X week

SARAH ORR'S MONTHLY MOVEMENT TIPS

MONTH 1	When you're body is begging to stop, do four more repetitions!
MONTH 2	Health is more about body composition than weight on the scales!
MONTH 3	Eat to live, don't live to eat!
MONTH 4	Embrace and enjoy the journey! There is no finish line! Forevermore, health and wellness will be something to strive for.
MONTH 5	Pain is weakness leaving the body! Dig deep...churn and burn baby!



SARAH ORR'S TYPICAL DAILY MENU

BREAKFAST

Protein Shake

SNACK 1

Peanut Butter Dip with Apples (Non Fat Greek Yogurt w/ Powdered Peanut Butter & Brown Sugar Blend Artificial Sweetener)

LUNCH

Chef Salad w/ Turkey and Fat-Free Ranch

SNACK 2

Turkey Pepperoni and String cheese

DRINKS

Protein Shake and Water

DINNER

Protein Shake or Grilled Chicken w/veggies

TOTAL CALORIES: 1000-1300



SARAH ORR'S FAVORITE FOOD TIPS

TIP #1	Drink at least 24 oz. of water when you wake up.
TIP #2	Never skip breakfast or you'll eat without thinking later in the morning.
TIP #3	Always give your body what it needs before giving it what it wants. If you want chocolate cake, eat a huge salad first, then reward yourself with the chocolate cake...chances are you won't even want the chocolate cake anymore. But, if you tell yourself you can't have it, then you'll crave it and eat too much of it!

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.