



STACEY'S WEEKLY EXERCISE ROUTINE

EXERCISE	DESCRIPTION	FREQUENCY
CARDIO	90 minutes cardio: Elliptical, stairs, running, and dance fitness classes! Stacey loves a good dance fitness class since it makes cardio fun, and discovered how much she loves running – she did her first official 5K race in February.	6x week
STRENGTH TRAINING	1 hr with a personal trainer.	6x week
“FUN” WORKOUTS	Fit Camp classes, stadium stairs, hip hop videos, boxing.	Varies
OTHER	Stacey has inspired her coworkers to take the stairs at the office! She was even featured in her company newsletter for her ability to inspire others and get them to avoid the elevator in exchange for the stairs. Now everyone at work is healthier because of her.	Daily

STACEY'S MONTHLY MOVEMENT TIPS

MONTH 1	Let your workouts relieve your stress. I'm a big fan of boxing drills, so I integrate them into my workouts for cardio intervals. I have quite the right hook!
MONTH 2	Spice up your treadmill time. I don't just walk or run, I also do side skips or steep hills on the treadmill to keep things fun.
MONTH 3	Isolate each leg for maximum benefit. I love to do single leg lowers off the bench to strengthen and tone my legs and butt.
MONTH 4	Keep your heart rate up even during strength training. I love short bursts of cardio like bench hop-overs to keep my heart rate up and maximize calorie burn. Standing with both feet on one side of a workout bench, grasp bench with both hands and jump the legs to the opposite side, making sure your core is tight and your landing soft. Only takes a few to really work up a sweat!
MONTH 5	Challenge yourself! When you stop trying to achieve new physical goals, the body plateaus. I learned how to do “Toes-to-Bar” – where I hang from a pull-up bar and using my core, bring my toes all the way up to touch the bar. It tones the whole body, especially the abdominals!



STACEY'S TYPICAL DAILY MENU

BREAKFAST

Egg White Breakfast Burrito

(Whole Wheat Tortilla, Egg Whites, Bell Peppers, and Onions)

SNACK 1

Braeburn Apple

LUNCH

Grilled Chicken Salad

(Grilled Chicken, Romaine Lettuce, Cucumbers, Carrots, and Cabbage)

SNACK 2

Braeburn Apple

Fat Free Strawberry Gelatin Cup

DRINKS

Water! Water! Water!

DINNER

Turkey Patty

Brown Rice

Sautee Spinach

TOTAL CALORIES: 1,200



STACEY'S FAVORITE FOOD TIPS

TIP #1	DO NOT DRINK YOUR CALORIES! Save your calories for something of substance.
TIP #2	Remember, food is like fuel! The better the fuel, the better your car will run! The better you eat, the better you will run!
TIP #3	Your "snack bag" is like your credit card...never leave home without 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.