



VIVIAN'S WEEKLY EXERCISE ROUTINE

EXERCISE	DESCRIPTION	FREQUENCY
CARDIO	<p>Viv's knees can't tolerate a lot of impact, but surprisingly jumping rope has been a great way to get her heart rate up in between strength training sets. The impact on her joints is light, but the cardio is great! You can also find Viv running outside for her marathon training.</p> <p>Matt has plantar fasciitis and can't jog without foot pain, so boxing, tossing a heavy medicine ball back and forth, and kettlebell swings are best for him.</p>	6 X week
STRENGTH TRAINING	<p>Both Viv and Matt love dead lifts – they tone their legs, glutes, and lower back without any pressure on their joints.</p> <p>For core, Viv loves reverse crunches – she could barely do one when she started training, and now she can easily knock out 50 in a workout! She and Matt both do superman lifts to improve their posture, and Matt likes standing side bends to tone his obliques.</p> <p>Viv is the burpee queen! They require no equipment and tone and strengthen the whole body. While she rocks out a set, Matt does seated heel raises with dumbbells on his lap to strengthen his feet and calves and rehab his foot.</p> <p>Core work for abs Lots of arm exercises Planks Squats for a great ass</p>	5 X week
“FUN” WORKOUTS	Dance Fitness Class, Boot Camp Class	Weekends
OTHER	Outdoor Runs, Basketball	Varies



VIVIAN'S MONTHLY MOVEMENT TIPS

MONTH 1	<p>Get your friends on board! I trained with my friends for a marathon that took place in Hawaii. Having my friends there to run with me made the physical training more fun.</p> <p>All of the running is hard on my knees! When I train in the gym I do not do full squats or workouts that put pressure on my knees because I want to save my knees for runs. When I am in the gym, I do shallow squats or modified workouts.</p>
MONTH 2	<p>Set goals. One of my goals was fitting into my bridesmaid dress for my sister's wedding. Having a goal in mind kept me on track with my workouts.</p>
MONTH 3	<p>Get out of the gym... have fun working out! I kept moving all day by filling my time with fun activities like boot camp, roller skating, and dance classes.</p>
MONTH 4	<p>Get rid of stress by working out! I had a full plate between working and planning a wedding. When I was feeling stressed out, I'd go to the gym for a workout or go for a run to get out all my energy. Another benefit was that I was able to sleep better at night!</p>
MONTH 5	<p><i>Check back on Friday for another weight-loss tip from Vivian!</i></p>



VIVIAN'S TYPICAL DAILY MENU

BREAKFAST

1 cup high-protein, low-carb cereal with ½ cup skim milk
Coffee with skim milk

Weekend Breakfast: Chorizo & Eggs

Is it possible to make chorizo and eggs healthy? Sure is! Check it out.

Ground lean pork tenderloin (140 calories for 4 oz) with special seasonings (mostly spices, so not a lot of calories)

3/4 cup egg whites (100 calories)

Small tortilla (50 calories)

...a little salsa, onions, and cilantro...and you get 300 calorie chorizo and eggs...and one happy Viv! =)

SNACK 1

2 oz turkey breast slices

1 apple

LUNCH

“Healthy Burrito”

1 low-carb whole-wheat tortilla topped with turkey chili verde, tomatoes, onions, and hot sauce

SNACK 2

½ whole-wheat sandwich thin
topped with a few pieces of thinly sliced turkey breast

DRINKS

Coffee

Green Tea

Water - lots!

DINNER

Homemade Shabu Shabu:

Miso broth

½ cup brown rice

1 cup steamed baby bok choy

1 cup mushrooms

(any veggies are good)

Homemade ponzu sauce

Shiritaki noodles

Vivian's Stuffed Peppers Recipe:

Ground turkey with mushrooms, onions, and fat-free ricotta stuffed into a bell pepper with a little marinara and wheat pilaf!

10g fiber, 20g protein, and under 300 calories!

TOTAL CALORIES: 1,200



VIVIAN'S FAVORITE FOOD TIPS

TIP #1	Prep all your food for the week and portion it out. It's more convenient and healthier than take-out during the week! This allows for more time in the gym!
TIP #2	Make your favorite restaurant foods at home... It saves money and calories! Check out my healthy recipe for Chorizo with Eggs and my twist on Stuffed Peppers!
TIP #3	Eat healthy before you go! Matt and I had a lot of social gatherings that involved food. We would eat before we went so that we weren't tempted by all the food. Our scale rewarded us at the next weigh-in!

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.