



JENNIFER & ALEXIS'S WEEKLY EXERCISE ROUTINE

EXERCISE	DESCRIPTION	FREQUENCY
CARDIO	Alternating between cardio machines at the gym – treadmill and elliptical.	6x week
STRENGTH TRAINING	1 hour a day with personal trainer Upper body Lower body Core	5x week
“FUN” WORKOUTS	Alexis plays basketball, Jennifer takes dance fitness and ballroom classes	Occasional

JENNIFER & ALEXIS'S MONTHLY MOVEMENT TIPS

MONTH 1	Get to the gym before you start your busy day. That way you won't skip your workout if you leave it for the end of the day and you're too tired to get to the gym.
MONTH 2	Getting enough sleep is just as important as exercise. Make sure to get enough sleep each night so you're well-rested for the next day's workouts.
MONTH 3	Find fun new ways to work out – Jennifer found dance classes and Alexis spent more time on the basketball court.
MONTH 4	Change up your routine at home to incorporate more movement. Before, Jennifer and Alexis had a sedentary lifestyle. Now they are active together – they go on walks, runs, and work out with each other.
MONTH 5	<i>Check back on Friday for another weight-loss tip from Jennifer & Alexis!</i>



JENNIFER & ALEXIS'S TYPICAL DAILY MENU

BREAKFAST

1 Cup High Protein Cereal
½ Cup Skim Milk

SNACK 1

Light Protein Shake
Clementine Oranges

LUNCH

Ham Sandwich:
Thin Sandwich Bread
Sliced Deli Ham
Lettuce, Tomato, Onion, Yellow Mustard

SNACK 2

Baby Carrots
2 Tbsp Roasted Garlic Hummus

DRINKS

Lots of water!
“Skinny” Latte (latte made with skim milk)

DINNER

½ Cup Brown Rice
Stir-Fry Veggies
Boneless, Skinless Chicken Breast

TOTAL CALORIES: 1,200



JENNIFER & ALEXIS'S FAVORITE FOOD TIPS

TIP #1	Eat frequently – 3 big meals and 2 snacks – to keep from being hungry and overeating. Drink plenty of water throughout the day to stay hydrated and keep from being hungry.
TIP #2	Prepare food ahead of time for the rest of the week. That way you're all set to come home and grab something healthy out of the fridge, verses stopping by the fast food joint.
TIP #3	Eat before you go out to parties or events where there will be food so you're not munching on unhealthy items. Bring your own healthy food in case you want a snack.

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.