

Guidelines for Body Fat Reduction

Energy Out

3 days/wk---Interval weight training program---45min-1 hour ex). Monday, Wednesday, Friday

3 days/wk---Cardiovascular exercise-----20-60min ex). Tuesday, Thursday, Saturday

*5min stretching at end of each workout

Energy IN

Eat frequent, small meals that are composed of fruits, veggies, complex carbohydrates (potatoes, whole wheat grain breads etc.) and protein

Drink plenty of water throughout the day, including a glass with every meal.

Examples:

When to eat? *Your routine may be different. If so, 2-3 hour duration between meals*

8 am-breakfast

11am-snack

1pm-lunch

4pm-snack

6pm-dinner

8pm-snack

What to eat?—some wise food choices

Almonds, Walnuts, Cashews, Peanuts---all unsalted

Bean and legumes

Spinach and other green vegetables

Lowfat milk, yogurt, cheese

Oatmeal

Eggs

Turkey, Fish, lean meats

Peanut butter

Olive Oil

Wholegrain breads and cereals

Blueberries, Strawberries, apples, etc.

Remember: portion control is important

How much water should I drink per day?

Drink plenty of water throughout the entire day including a glass with every meal.

According to the Institute of Medicine Women should consume 91 oz. and Men at 125 oz. per day.

Do I have to stick with this every day of the week?

Take a day of the week and eat whatever you want. The concept of this is to control your cravings and plan it on a day for a reward. Doing this can give you that sense of accomplishment and keep your mind and body on track for the remainder of the week.