

New Year

Plan to

Live Healthy & Drop Fat Fast!



2017

TABLE OF CONTENTS



TABLE OF CONTENTS

WELCOME LETTER

Nutrition Overview
Exercise Overview
Rules for Success

CUSTOMER FEEDBACK NUTRITION PROGRAM

7-Day Menu
Food Choice Tips
Breakfast Recipes
Lunch Recipes
Dinner Recipes

TURMERIC NEWS TURMERIC FEATURED RECIPE TEA RECIPE PROMOTION OF THE MONTH EXERCISE PROGRAM

Workout Tips
7-Day Workout Plan
Workout Descriptions

STRESS TIPS SLEEP TIPS HOUSEHOLD TIPS LIFESTYLE TIPS SELF-GUIDED KITCHEN CLEAN-OUT GUIDE BASIC CHEATING GUIDE HEALTHY SHOPPING LIST

Welcome Letter

Welcome to your complete plan for overall health and well-being. I am so excited that you took advantage of this life-changing program in addition to the amazing supplements that you have already purchased through Science Natural Supplements. This means that you have decided to place yourself at the top on your list of priorities. That is fantastic!

If you're like most people, you want to live a healthier life so you can feel and look your best. But we're all busy and it can be confusing sorting through all the information out there.

It doesn't have to be complicated or overwhelming to start implementing healthier habits right away. That's why I created this program! This guide is designed to take the power of the supplements you've purchased to the next level by giving you the tools to navigate food and nutrition in the real world, exercises you can do anywhere and guidance to build a healthy lifestyle.

Real change doesn't happen over night. Change is what happens when we decide we no longer want to settle and we are truly ready to make a LIFESTYLE shift. Only you can decide to make yourself a priority and step out of your comfort zone to find the new you.

Small, consistent changes over time will have a greater impact on your lifestyle than drastic changes that are unsustainable. Take some time to think about what you want for yourself and for your life. Find what motivates you and keep that in mind during moments of weakness. Think towards the future and how your decisions today influence your future self.

The first step is to set yourself up for success. You can do this by creating a healthier environment by throwing out unhealthy food, enrolling friends and family to join you and by finding physical activity you enjoy. Take the time to plan each day the night before so you are prepared with snacks and meals.

Most importantly, you need to LOVE yourself because you are human and mistakes WILL happen. Old habits are hard to kick. Just remember that a healthier lifestyle is gradual.

The next step is to take action. One of best ways to do this is to find an accountability partner, family member or friend to support you and join you in the process.

you need to LOVE yourself because you are human and mistakes WILL happen. Old habits are hard to kick.

Restrictive diets don't work long-term and rapid weight loss usually leads to rapid weight gain. It's not your fault you've been led to believe that restrictive dieting is the only way to reach your goals. Everything in the past is the past and all the times you felt like you failed in the past don't matter.

This program is something new that will change your life. The key is to follow the plan outlined in order to achieve your individual goals. This guide is designed to assist you in making small, consistent changes over time in order to see long-term results and overall success

This guide will provide you with key information covering nutrition fundamentals, exercise basics, and lifestyle habits that will aid you as you progress in your journey of becoming the best you possible! You will be introduced to new habits to add to those that you have already learned.





Nutrition Overview:

In this program, you will learn about healthy food basics. Your body doesn't need processed foods, refined sugars or artificial sweeteners. When you eliminate them, you will feel (and look) better.

You will be given the tools to help you figure out what and how much to eat over the course of the month with meal options to choose from. This plan will give you the energy to maximize your workouts and become a healthier person. There are no quick fixes or fads. Food is fuel, and you will start to use it for this purpose.



Exercise Overview:

Did you know? Exercise gives us energy! It has also been shown to reduce stress, anxiety and depression and keep us looking and feeling younger.

You don't have to spend hours at the gym to get the benefits of exercise. In this program, you will be given mini workouts you can do at home without any equipment in less than 45 minutes.

Start with something simple, like a 20-minute walk. Find ways to add more activity into your day. If you can't make time for a 30-minute workout, break it into smaller chunks throughout the day. The key is to start with something and COMMIT to it.



Rules for Success:

- Use this program daily
- Eat whole, healthy foods
- Include vegetables in 2-3 meals per day
- Drink at least 8 cups of water per day
- Exercise 30-45 minutes daily
- Sleep at least 7 hours per night

I absolutely love your feedback, so please let me know how you're enjoying this program and if there's anything I can assist you with to help you achieve your health and fitness goals.

Nutrition Program

First, we will focus on consuming lean protein with every meal. This will help you to preserve lean mass, and help you to feel fuller, longer

Adequate protein consumption is necessary for good immune function, metabolism, weight management and of course, athletic performance.

Since our bodies can only store so much protein at a time, its stores need to be continually replenished. This means you should be consuming moderate amounts of protein at regular intervals throughout the day.

Lean protein doesn't just mean meat or animal protein. Plant-based nutrition can also provide a great deal of protein when done correctly, which is why the 7-day menu plan includes vegetarian and vegan meals.

With a little bit of planning, you can easily get over 25 grams of protein in a meatless meal and I highly recommend ditching the meat at least one day a week for optimal health.

By combining vegetables with grains and seeds, or vegetables with grains and legumes, or fruit with nuts and seeds, for example you can get all the protein you need without eating meat. Plus, you expose yourself to a variety of nutrients you otherwise may not have considered eating.

Men should consume 2-palm size portions of lean protein with every meal, while women should consume 1-palm size portion with each meal.

7 Day PLAN

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
B: Chocolate Peanut Butter Shake	B: 2 Eggs, ¼ avocado, 1 cup wilted spinach, ½ cup berries	B: Creamy Green Berry Shake	B: Spicy Scrambled Eggs	B: Apple Crisp Oats	B: 1/3 cup oats topped with nuts, chia seeds, hemp hearts, berries, drizzle of raw honey or pure maple syrup	B: Chocolate Peanut Butter Shake
S: 1 apple + 3oz tuna	S: 2 cups vegetables + 2 Tbsps. hummus	S: 1 hardboiled egg + 1 small pear	S: Plain Greek Yogurt with 10 walnuts	S: ½ cup mixed berries + 10 almonds	S: Scoop protein powder + milk of choice	S: 2 cups vegetables + 2 Tbsps. hummus
L: Tossed Chicken Salad	L: Chickpea and tomato salad + mixed greens salad	L: Mix and match left-overs	L: Quick Turkey Chilli	L: Turkey Cups + cooked greens	L: Mix and match left-overs	L: Mixed greens topped with chicken, strawberries, blueberries, pumpkin seeds and homemade vinaigrette
S: 2 cups vegetables + 2 Tbsps. Hummus	S: Lara Bar	S: Mary's Gone Crackers + Hummus	S: Scoop protein powder + milk of choice	S: 1 hardboiled egg + ½ red pepper	S: 1 apple with cinnamon + 2 tbsps. Hemp hearts	S: Plain Greek Yogurt topped with mixed berries, pumpkin seeds and a drizzle of raw honey
D: Grilled Salmon with Dijon mustard sauce + steamed broccoli + baked sweet potato	D: Sesame chicken with green beans + quinoa	D: Turkey sausage + steamed asparagus + wild rice	D: Lean ground beef meat sauce on spaghetti squash + salad	D: Broiled fish with tomato sauce + salad	D: Beef and broccoli stir fry over quinoa	D: Lentil Soup + steamed greens of choice



FOOD CHOICE TIPS

While it may be a big change for you, the dietary changes you're making should not feel restrictive. Transitioning to a healthier way of eating may seem daunting, so take it one step at a time. Pick ONE change to make and once that is in place, pick one or two more to add in. This will help make your changes become something you can live with long-term.

- Eat vegetables at most meals. You can do this by adding a salad to your meal, or by adding vegetables into your side dishes, soups, sandwiches or wraps.
- If you get a craving for something sweet, eat a serving of fruit to satisfy your craving. See the Basic Cheating Guide for additional support when a craving hits and you just have to cheat.
- It's best to choose organic, grass fed and hormone-free meat to get the maximum nutrients possible without the harmful additives.
- Fill your pantry with healthy foods that are ready to eat. Snacks like nuts, seeds, bars made without added sugar or fruit are great grab and go options. Check out the Self-Guided Kitchen Clean-Out Guide for what to ditch and what to keep.
- Never leave the house without food if you'll be gone for more than two hours. If you're out without a healthy snack, you'll be more likely to stop somewhere and purchase an unhealthy option.

For extra help, use the Healthy Shopping List to fill your home with the healthiest food options possible.

Recipes

Breakfast

CHOCOLATE PEANUT BUTTER SHAKE

Ingredients

- 1 scoop protein powder
- 1 cup unsweetened chocolate almond milk
- 1 tbsp. natural creamy peanut butter
- 1 cup blueberries
- 1 tbsp. of chia seeds (whole or ground)

Instructions:

Combine in blender and blend until smooth.

Serves 1



SPICY SCRAMBLED EGGS

Ingredients

- 1 egg
- 4 egg whites
- 1 cup spinach
- ¼ cup cherry tomatoes
- Mrs. Dash chipotle seasoning

Instructions:

Place egg, egg whites and spinach in a frying pan on medium heat. When eggs are nearly done, add cherry tomatoes and season to taste.

Serves 1



CREAMY BERRY GREEN SHAKE

Ingredients

- ½ cup frozen mixed berries
- ½ small frozen banana
- 2 handfuls of spinach
- 1 cup unsweetened almond milk
- 1 scoop protein powder
- 1 tbsps. ground chia seeds

Instructions:

Place egg, egg whites and spinach in a frying pan on medium heat. When eggs are nearly done, add cherry tomatoes and season to taste.

Serves 1



Recipes

Breakfast

APPLE CRISP OATS

Ingredients

- 1 granny smith apple, thinly sliced
- 2 Tbsps. almond meal
- 4 tsp cinnamon
- ¼ tsp stevia
- 4 Tbsps. water
- 2/3 cup old-fashioned oats
- 1 tsp pure vanilla extract
- 2 Tbsps. cold-pressed extra virgin coconut oil, melted

Instructions:

Preheat oven to 350F. In a small oven safe dish, combine apples with 1 tbsp. almond meal, 2 tsp cinnamon, 1/8 tsp stevia and 4 tbsp. water. In a separate bowl, combine oats, 1 tbsp. almond meal, 2 tsp cinnamon, 1/8 tsp stevia and 1 tsp vanilla. Combine melted coconut oil with oat mixture, by hand, until crumbly. Crumble oats over top of apple mixture. Bake for 15 minutes.

Serves 2



COCONUT FLOUR PANCAKES

Ingredients

- 4 eggs
- 1 cup unsweetened coconut milk
- 2 tsp vanilla extract
- 1 tbsp. raw honey
- ½ cup coconut flour
- 1 tsp baking soda
- ½ tsp sea salt
- Coconut oil or grass feed butter for frying

Instructions:

Preheat griddle over medium-low heat. In a small bowl beat eggs until frothy, about two minutes. Stir in milk, vanilla, and honey. In a medium-sized bowl whisk together coconut flour, baking soda, and sea salt. Stir wet mixture into dry until coconut flour is incorporated. Grease pan with butter or coconut oil. Pour 2-3 tablespoons of batter into pan for each pancake. The pancakes should be 2-3 inches in diameter and thick. Cook for a few minutes until the batter starts to bubble. Flip and cook an additional 2-3 minutes.

Serves 2



Recipes

Lunch

TOSSED CHICKEN SALAD

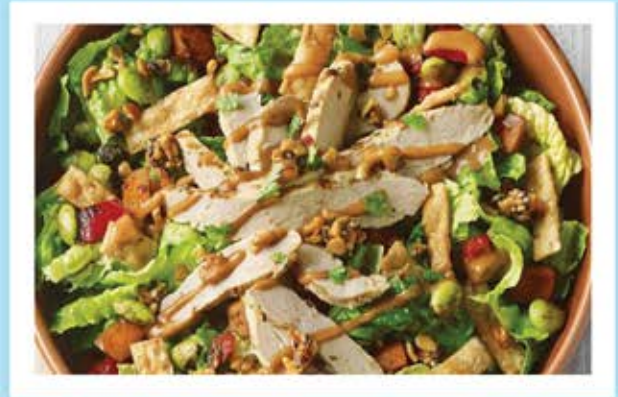
Ingredients

- 4 oz. grilled chicken breast, cubed
- 2 cups tossed lettuce with 4 slices tomato, ½ cup cucumber, ¼ cup peppers
- 1 tsp extra virgin olive oil with balsamic vinegar
- ½ cup lentils

Instructions:

In a bowl, combine chicken cubes, lentils, lettuce, tomato, cucumber, peppers, extra virgin olive oil and balsamic vinegar and toss thoroughly.

Serves 1



CHICKPEA AND TOMATO SALAD

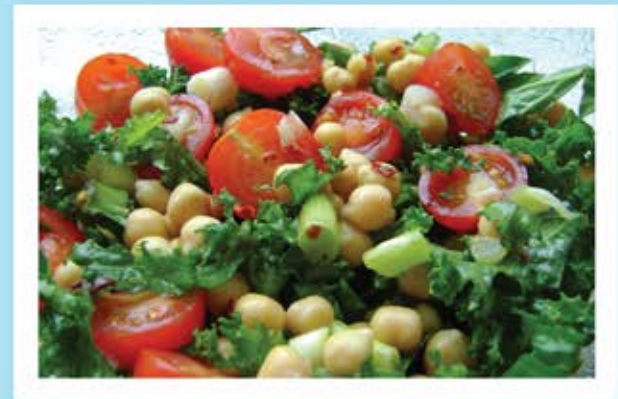
Ingredients

- 1 cup low-sodium chickpeas, drained and rinsed
- ¼ cup cilantro, chopped
- 2 cup cherry tomatoes, halved
- ½ yellow pepper, chopped
- 4 tbsps. lime dressing (see recipe below)

Instructions:

Mix all ingredients together.

Serves 4



LIME DRESSING

Ingredients

- ¼ cup cold-pressed extra virgin olive oil
- 1 lime, juiced
- 1 tbsp. white wine vinegar
- 1 garlic clove, crushed

Instructions:

Mix all ingredients together. Cover and refrigerate.

Serves 4



Recipes

Lunch

QUICK TURKEY CHILLI

Ingredients

- 1 tsp extra virgin olive oil
- 4 oz. lean ground turkey
- ¼ cup chopped onion
- ½ cup canned red kidney beans
- 1 tsp chilli powder
- ½ tsp garlic powder
- 1 tsp ground black pepper
- 1 cup canned stewed tomatoes

Instructions:

Heat oil in a large pan over medium heat. Add ground turkey and sauté until lightly browned. Stir often. Add onions, kidney beans, chilli powder, garlic powder, pepper and stewed tomatoes. Simmer for approximately 20 minutes. Place in a bowl and serve.



TURKEY CUPS

Ingredients

- 2 lbs extra lean ground turkey
- ½ cup egg whites
- 1 ½ cup fresh salsa
- 1 tbsp. cumin
- ½ tsp chilli powder
- 2 tbsps. ground flaxseed
- pepper, to taste
- 1 avocado, thinly sliced

Instructions:

Preheat oven to 400F. Mix turkey, egg whites, 1 cup salsa and seasonings in a bowl. Divide among 12 muffin tins, and use the remaining ½ cup of salsa to top off each turkey cup. Bake for 25 minutes. Top with a thin slice of avocado.

Serves 4



Recipes

Dinner

GRILLED SALMON WITH DIJON MUSTARD SAUCE

Ingredients

- 3 oz. raw salmon fillet
- 1 tbsp. lemon juice
- 1 tbsp. Dijon mustard
- 1 tsp extra virgin olive oil
- 1 tbsp. dried pine nuts
- 1 tsp dried dill weed

Instructions:

Preheat grill. Rinse fillet with cold water. Squeeze lemon juice over fillet and season to taste. To make the sauce: mix mustard, oil, lemon juice, pine nuts and dill in a bowl. Grill the fish on high heat. Pour sauce over fish and serve.

Serves 1



SESAME CHICKEN WITH GREEN BEANS

Ingredients

- 2 tbsps. sesame oil
- 2 tbsps. lemon juice, not from concentrate
- 1 tbsp. coconut aminos
- 2 chicken breasts, cut into strips
- 2 cups green beans, stems removed
- 2 tbsps. sesame seeds

Instructions:

Preheat non-stick frying pan on medium heat. Mix sesame oil, lemon juice and coconut aminos together. Place chicken and sauce in frying pan and sauté until chicken is cooked through. Remove chicken and set aside. Leaving sauce in the frying pan, add the green beans and sauté until bright green. Add a bit of water to pan to cook green beans if you run out of sauce. Add chicken for a few minutes to heat through and sprinkle with sesame seeds.

Serves 2



BROILED FISH WITH TOMATO SAUCE

Ingredients

- 1 tbsp. of olive oil
- 6 cloves garlic, smashed
- 1 lb. grape tomatoes, cut in half
- sea salt & fresh pepper
- ¼ cup fresh chopped basil
- olive oil
- 4 pieces (7 oz. each) sole or tilapia

Instructions:

In a large skillet heat oil on high heat. Add garlic and cook until golden. Add tomatoes, salt and pepper and reduce heat to low. Simmer for 15 minutes. Add fresh basil and cook for an additional 5 minutes. While sauce is simmering, season fish with salt and pepper and lightly brush with oil. Broil or grill fish on medium heat until cooked through. When fish is cooked, top with tomato sauce.

Serves 1



Recipes

Dinner

BEEF AND BROCCOLI STIR-FRY ON QUINOA

Ingredients

- ◉ ½ cup quinoa
- ◉ ½ tbsp. olive oil
- ◉ ½ cup chopped yellow onion
- ◉ 1 clove garlic, minced
- ◉ ½ cup red bell peppers, chopped
- ◉ 2 cups broccoli
- ◉ 1 lb. lean beef tenderloin, trimmed of visible fat and cut into thin strips
- ◉ ½ cup water and 2 tbsps. tamari
- ◉ 2 tbsps. chopped fresh basil
- ◉ Sea salt and fresh ground black pepper, to taste

Instructions:

Cook quinoa per package directions; set aside. Meanwhile, heat oil in a wok or large skillet on medium-high. Add onion and garlic and cook for 2 to 3 minutes, until onions are soft. Add bell peppers and broccoli and cook for 2 minutes. Add beef and cook for another 2 minutes, stirring often. Add water-soy sauce combination and bring to a simmer. Simmer for 2 minutes, until steak is cooked through. Remove from heat, stir in basil and season with salt and pepper. Serve beef mixture over quinoa.

Serves 1



LENTIL SOUP

Ingredients

- ◉ ½ regular onion
- ◉ 3 cloves of garlic
- ◉ 1 medium sweet potato
- ◉ 1 stalk celery
- ◉ 2 tablespoons extra virgin olive oil
- ◉ 1 cup dried green or brown lentils
- ◉ Spices: ½ tsp salt, ½ tsp black pepper, ½ tsp cumin, 1 tsp coriander
- ◉ 3 cups water or broth
- ◉ 1 cup chopped tomato, fresh or canned

Instructions:

In large pot add onion, garlic, sweet potato and celery. Cook on medium heat in extra virgin olive oil, until onions are soft. Add lentils and spices. Cover with water or broth and add tomato. Cook until the lentils are soft, approx. 25-40 minutes.

Serves 2



TURMERIC NEWS

The combination of turmeric and exercise could be a preventative measure against cardiovascular disease, per a study in Japan. The study showed that regular consumption of curcumin or up to an hour a day of aerobic exercise training greatly improved endothelial function. The study also suggests that a teaspoon worth of turmeric a day compares to 30 to 60 minutes of aerobic exercise a day. While the combination of curcumin and exercise appears to work better than either alone, this means turmeric may be a potential alternative for those that are unable to exercise.



TURMERIC FEATURED RECIPE



SAUTÉED CAULIFLOWER WITH TURMERIC

Ingredients

- 1 head cauliflower
- 1 clove garlic
- 5 Tbsps. low-sodium chicken or vegetable broth
- 1 tsp turmeric

Directions:

- Cut cauliflower florets into bite-size pieces
- Chop garlic
- Heat broth in skillet on medium heat. Add chopped garlic. Cook for 1 minute.
- Add cauliflower, sprinkle with turmeric and cover. Cook for 5-7 minutes.

Ingredients

- 4 cups water
- 2 Tbsp. grated root turmeric or 1 full tsp ground turmeric
- Lemon and/or honey for taste
- Optional – add grated ginger for extra health benefits!

Directions:

Heat water just below boiling point. If using fresh turmeric (and ginger), add to water and let simmer for 20 minutes. Strain the tea, add honey and/or lemon and serve hot. If using ground turmeric, pour hot water into a mug, slowly stir in ground turmeric until well blended and add honey and/or lemon.

TEA RECIPE

Turmeric tea helps the muscles and joints relax and heal. This is a great option to reduce pain and inflammation without using over-the-counter pills.

Supplement Promo

Exercise Tips & Workout

If you're just getting back into exercise, start simple and slow. Find ways to add more activity into your day, like going for a walk during your lunch break, taking the stairs instead of the escalator or parking further away from the entrance of a building.

The top fitness trend is activity trackers, and there's good reason for it! What gets measured, gets done. Using a Fitbit, Garmin, Jawbone, Misfit etc., can give you an idea of how much you're moving around during the day and it can be motivating to see your progress.

You can pair most of the trackers with apps like MapMyRun, RunKeeper, Nike+ Running etc., to track your walking (or running) pace and distance.

The goal is to reach at least 10,000 steps a day, but if you're just starting out, a goal of 5,000 steps per day for the first month is more realistic and safer.

Exercise doesn't have to be boring and it certainly doesn't have to be done alone! Grab a friend that has similar goals and find something you can do together to keep each other accountable.

Here are some great ways to add exercise in your life:

- Walking
- Running
- Dancing
- Biking
- Swimming
- Skating
- Rowing
- Strength training
- Group exercise classes
- Yoga
- Pilates
- Kickboxing
- Martial Arts
- Boxing
- TRX suspension
- Kettlebell
- At-home workout DVDs (or online workouts)

For this first month, work on exercising 3-5 times per week, any activity you like at any intensity level. Next month you'll transition to exercising 30-45 minutes daily, with 1-2 sessions breaking a sweat.

I've created a 7-day mini workout program to give you ideas. Always make sure to warmup for 8-10 minutes (such as going for a brisk walk or light jog) before you workout and stretch for 10-15 minutes at the end of your workout.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Walk, bike or swim 30 minutes	Total Body Blast	Walk, bike or swim 30 minutes	Leg Burner	Walk, bike or swim 30 minutes	Core Focused	Play a pick-up sport with friends or family (soccer, tag, baseball etc.)

TOTAL BODY BLAST

Perform each exercise for 60 seconds.

Beginner: Two times through circuit, resting when needed. Rest for 1 minute at the end of circuit.

Intermediate: Two times through circuit. Rest for 1 minute at the end of circuit.

Advanced: Three times through circuit. Rest for 1 minute at the end of circuit.



1. Walking Lunges

Take a step forward, lunge straight down until rear knee nearly touches the ground. As you press back up, swing back leg forward and step to lunge again. Keep posture upright and remember to keep front knee in line with ankle.

2. Incline Push-Ups

Place your hands, wider than shoulders, on a raised surface (like stairs). Bend elbows and lower chest to ground, keeping core tight. Press back up to starting position.



3. Plank Jacks

In a forearm plank position, jump legs in and out.



4. Squat

Standing feet shoulder width apart, press hips back and squat down until thighs are parallel to floor, as if you were about to sit down in a chair. Push back up to starting position.

5. Jumping Jacks

Standing feet shoulder width apart, press hips back and squat down until thighs are parallel to floor, as if you were about to sit down in a chair. Push back up to starting position.



6. Bench Dips

Use a step 2-3 feet off the ground. Place your hands onto the edge of the steps, one hand on each side of your hips. Your palms should be down, fingertips pointing towards the floor. Straighten your arms and extend your legs forward so that your knees are no longer bent. Walk your feet out slightly so that your butt is in front of the bench. Slowly lower your body by bending your elbows. Push yourself back up to the starting position by straightening your arms to slowly lift your torso back up.

7. Mountain Climbers

Start in a push up position. Bring one leg in until the knee is under the hip. Explosively reverse the positions of your legs and repeat in an alternating fashion.



LEG BURNER



1. Wall Sit

Stand with back against wall, lower into seated position and hold it for 30–60 seconds. Rest 45 seconds before moving on to next exercise.

2. Squat

Standing feet shoulder width apart, press hips back and squat down until thighs are parallel to floor, as if you were about to sit down in a chair. Push back up to starting position. Complete 12 repetitions.



3. Stationary Alternating Lunge

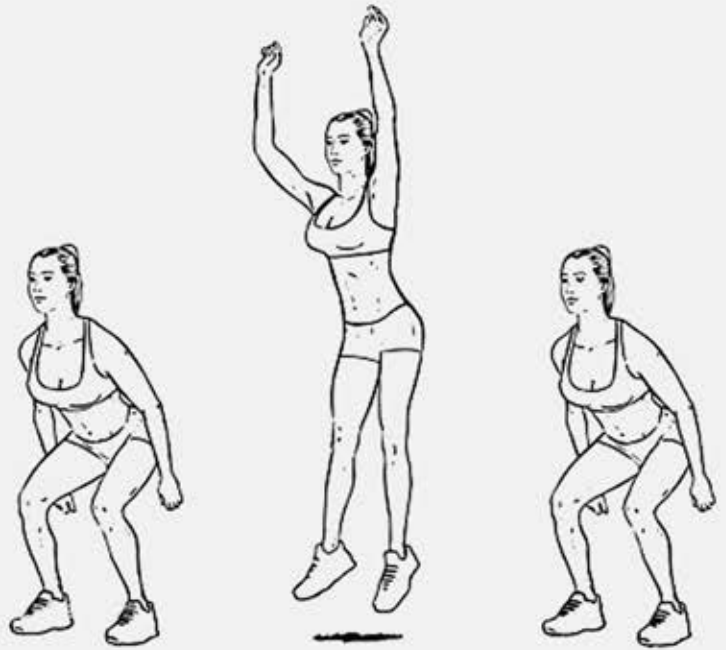
Stand with feet shoulder width apart. Step forward with one leg in a long stride, keeping your other foot in place behind you. Bend your knees as you do this so your body is lowered towards the ground. Make sure to keep your back straight. Lunge down until front knee is just above the ground. Push down through your front heel and extent both knees to return to start position. Repeat while alternating legs for a total of 24 repetitions (12 per leg). Rest 45 seconds before moving on to next exercise.



LEG BURNER

5. Jumping Jacks

Standing feet shoulder width apart, press hips back and squat down until thighs are parallel to floor, as if you were about to sit down in a chair. Push back up to starting position.



Repeat circuit 2-3 times.



4. Jumping Alternating Lunge

From a classic lunge position, use all your force to jump into the air while you simultaneously switch your leg stance in midair. Land in the lunge position and repeat. Complete 24 repetitions (12 per leg).

CORE FOCUSED

Perform each exercise for 60 seconds.

Beginner: Two times through circuit, resting when needed. Rest for 1 minute at the end of circuit.

Intermediate: Two times through circuit. Rest for 1 minute at the end of circuit.

Advanced: Three times through circuit. Rest for 1 minute at the end of circuit.



1. Bicycle Crunches

Lie flat on floor, keeping your lower back straight and with your knees bent and feet flat on the floor. Place your hands on the sides of your head. Curl your torso up so your shoulders raise slightly off the floor. Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. Slowly move your legs in a pedaling action, bringing opposing elbow to knee by crunching to one side, alternating as you repeat.

2. Bird Dogs

Position yourself on all fours with knees underneath hips and wrists under shoulders. Engage your abs and keep your back neutral as you lengthen the left leg until it is straight and parallel to floor. Simultaneously raise your right arm and straighten your right arm. Pause and gently lower your arm and leg back to starting position. Alternate with the other arm and leg.





3. Burpee

Stand with feet shoulder width apart and hands by your sides. In one motion, squat down and place your hands palm down on the floor in front of your feet. Lean forward and jump your legs out behind you. Your body should form a straight line. Jump your feet forward to just behind your hands. Use an explosive motion to push through your heels and return to start position. Repeat.

4. Plank

Get in a face down position on the floor by supporting your upper body on your forearms with elbows bent at 90 degrees. Extend legs straight out behind you. Keep your body in a straight line by tightening your core muscles.



5. Flutter Kicks

Lie on mat with your hands under your butt and raise your legs slightly while keeping your knees straight and ankles together. Perform short kicks in an alternating fashion.



Stress Tips

Stress makes us feel awful emotionally, but it can also worsen just about any health condition you can think of. Many studies have found that stress can worsen or increase the risk of headaches, anxiety, obesity, heart disease, diabetes, gastrointestinal issues, asthma and depression. Stress can also wreak havoc on female hormones. Muscle tension, a change in sex drive, sleep problems, stomach upset, fatigue, lack of motivation, irritability, overeating and undereating are all connected to stress.

For these reasons, it is important to focus on stress management techniques. This month I want you to focus on keeping a mood journal. When you're feeling stressed out or emotional, write about it. Take 10-15 minutes a day to write about the stressful events that occurred and how they made you feel. You don't have to share this with anyone, so express yourself in as much detail as you can. Get it all off your chest.

This is a great way to track your stress and triggers so you can find better ways to cope. This can also help you sleep better at night, by clearing your mind before bed.

Sleep Tips

Even if your eating and exercise are on point, poor sleep quality can throw a wrench in how you look and feel. If you struggle with your weight and feel sluggish all the time you may not be getting enough good quality sleep.

More than a third of adults get less than the recommended seven hours of sleep each night, putting them at risk of health problems.

Having trouble falling asleep or staying asleep? This month's sleep tip is to change your lifestyle to promote good sleep.

HERE ARE 4 SIMPLE TWEAKS TO YOUR DAILY ROUTINE YOU CAN MAKE TO IMPROVE YOUR SLEEP:

- ⦿ Avoid caffeine in the afternoon or early afternoon. While coffee, cola and tea are obvious sources, watch out for the caffeine hidden in chocolate, medicines and diet pills.
- ⦿ Avoid alcohol before bed. While you may think that alcohol helps you fall asleep, it will make you wake up again later in the night.
- ⦿ Avoid intense exercise within three to four hours before you go to bed.
- ⦿ Don't eat a heavy meal close to bedtime.

Lifestyle Tips

I'm sure you've heard the expression "fail to plan, plan to fail" by now, but it couldn't be truer. Deciding to make yourself a priority is one thing, but when it comes to acting upon it, that's another. While you may have great intentions, it's very easy to get caught up putting other people's needs ahead of your own.

TREAT YOUR HEALTH AND FITNESS LIKE ANY OTHER PROFESSIONAL APPOINTMENT IN YOUR LIFE AND SCHEDULE IT.

Put the days and times you will exercise in your calendar with a reminder 30-60 minutes before so you can start to mentally prepare. Have a second reminder 15 minutes before so you don't get side-tracked and forget.

Get your workout clothes ready the night before and have them laid out (or in a gym bag in your car) so you're all ready to go. Put them where they'll be one of the first things you see when you wake up.

Pick a day of the week that works best for you to get your meal planning, grocery shopping and prepping done. This may take most of your day the first few times, but as you get more proficient, it will only take you a few hours to get this all done and will save you tons of time during the week.

If you are forgetful with your supplements or drinking water, put reminders in your smartphone to go off daily when you need to take them.

If you have a sedentary job, set alarms in your phone to go off every two hours during your workday so you can get up, walk around, stretch and get some blood flowing through your body.

Plan your bedtime so that it gives you 7-9 hours of sleep from when you must be up the next morning. If there's a TV show that conflicts, PVR the TV show and go to bed anyway. The more regular you can make your sleep, the better it is for your health. Many studies have shown numerous benefits to going to sleep and waking up at the same time every day.

Don't make it difficult for yourself to implement your new healthy lifestyle, nutrition and exercise habits. By being organized and planned, you won't be caught off guard and will be less likely to make poor choices.

BASIC CHEATING GUIDE

“HOW TO CHEAT WISELY”

We have provided you with tips, tricks, and tools to jumpstart your new and healthy lifestyle. However, we also want to provide you with the knowledge necessary should this new lifestyle become difficult (at times) to maintain. Over time, the concept of “cheating” on our diet has become taboo. However, this does not have to throw you entirely off the track toward health and wellness. We have provided you below with the Basic Cheating Guide so that you can set yourself up for success no matter what life throws your way!

Before I get into the cheating rules, let me explain a bit more on how your body works. Chronic overeating (especially the wrong things) makes you fat. You knew that. Chronic undereating **KEEPS** you fat. You might not have known that.

That’s why normal “diets” stall and ultimately fail. We go from states of overeating to states of damn near starving. Your body freaks out and holds onto its stored body fat through a series of hormonal checks.

One of the big hormones involved is leptin. It is considered one of the most important hormones in bodyfat regulation. Leptin is nice and high when we eat a lot. Also when we carry a lot of body fat. When leptin is nice and high your body has no problem allowing fat loss to occur. Understand that it does not just happen because leptin is high, there has to be a reason for the body to give up the bodyfat.

That is where a caloric deficit comes in. That means we need to consume less calories than we burn. Eat less and move more which means diet and exercise.

Simple, right?

Uh, no. You see that is where the problem comes in. When calories are restricted leptin levels begin to fall. When leptin levels are low the body will bring all fat loss to a halt. Great, now what?

It seems we have no choice but to eat more to get leptin levels up. But if we eat too much we get fat. See the problem?

But there is good news- We can use this information to our advantage. We can take what we know about leptin and make it work FOR us instead of against us.

How do we do this? Simple: Strategic cheating coupled with specialized workouts.

To be clear, a “cheat” is a pre-determined period of high calories. The best cheat for our purpose is high in carbs, moderate protein and low fat. But basically anything will work so long as your carbs are high. Do not stuff yourself, but there is no need to limit either. I will further say that you should plan on only 1 cheat meal / night per week.

So we will be keeping calories (relatively) low on “normal” days, but then going much higher on “cheat” days. By keeping calories low we will be creating a caloric deficit so your body must turn to bodyfat for fuel. BUT we will also be using resistance training (specialized workouts) to maintain and even increase the metabolism. This is backed by research that shows even when calories are dropped to **RIDICULOUSLY** low levels lean body mass and metabolism are maintained and even increased – so long as there is resistance exercise as part of the program.

Ok, no problem. You will be training 3 or more times per week. So we have that covered.

But remember what I said about leptin levels when you diet? They drop. And what happens when they drop? Fat loss stops.

That is where the cheats come in. We will use the cheats to up-regulate leptin levels. You see your body produces

leptin when calories are high, and it does it fast too. So that means even a short cheat can get leptin pumping again and get you ready to burn fat once again. Also, you need not worry about fat spill over either. Trust me when I say the likelihood of that is EXTREMELY slim.

To be a bit more specific, leptin levels are influenced by 2 main things: Caloric intake and muscle glycogen levels. Glycogen is the stored muscle sugar (carb), and is in general a good thing. When dieting and working out glycogen levels will fall as we exercise and the sugar is used to exercise.

You can think of your muscles like sponges. When you workout they get rung out. And that is just fine as it forces your body to use fat for fuel. But to get leptin levels up we should refill these glycogen tanks.

Again, this is where the cheat comes in. So let's put it all together.

When we diet calories and glycogen drop and thus so too do leptin levels. Then fat loss comes to a screeching halt. Ok, let's fix that with the cheat. A short cheat of 4-6 hours will do the trick quite nicely for our 28 day plan. Leptin levels rise, and now you are in a perfect position to burn fat again.

So there we have it - a simple and effective solution.

(THIS PART IS OPTIONAL)

We can do even better. Let's super charge it.

First, let's really get you primed for the cheat. To do this we are going to perform a "depletion" workout. Remember that muscles are like sponges? Well with the depletion workout we will ring the crap out of them. Getting the glycogen levels as low as possible. This does a few things, but the most important thing is now those muscle sponges will soak up your cheat calories (carbs specifically) like nobody's business. The likelihood of fat spillover has just been obliterated.

(That is also why it is next to impossible to overdo a cheat. Don't go nuts, but enjoy.)

Now your glycogen levels are full, you have temporarily spiked your calories and leptin levels are now flying high. That means your fat burning potential is VERY high.

Now it is time to fire up your metabolic furnace with the "Ignition" workout. This happens the day after the cheat. Because your leptin levels will be at their highest we need to take advantage of that and create a massive caloric deficit via getting back to the "normal" phase of our diet and attack the workout.

So you should see a very simple pattern emerging: Workout, cheat, workout. You really earn that cheat and then use it to incinerate your body fat

So here is what an OPTIMAL week with a Saturday cheat would look like.

Monday : Normal diet + workout

Tuesday : Normal diet

Wednesday : Normal diet + workout

Thursday : Normal diet

Friday : Normal diet + workout

Saturday : Normal diet until cheat meal + Depletion workout prior to cheat

Sunday : Normal diet + Ignition workout

Also, optimally the depletion workout would be as close to the cheat as possible. Now this might not always work out

(no pun intended) exactly like above, but the basic rule of thumb is EARN YOUR CHEAT, BURN YOUR CHEAT.

Don't freak out if you can't do a depletion workout. You'll still be just fine. But if you can...

The depletion workout does not need to be anything special. Remember the muscle are like a sponge. Just wring out the last remaining bit of glycogen with the little burner:

Basic Depletion / Ignition Workout:

Reps: 10, 20, 30, 20, 10

Moves:

Bodyweight Squats

Push Ups

Sit Ups

Do 10 Squats, then 10 push ups, then 10 sit ups. Then do 20 of each, then 30 of each, then 20 again, then 10 again.

So now you have the basic info. Stick to the "normal" diet on most days, cheat on specific days and workout 4 x per week. That's it. Email me with any questions.

Bonus Fat Loss Tactic:

Expanding on the 8 hours feeding window principle we can further accelerate the fat loss the day AFTER the cheat day by extending the non-eating period. This can simply be accomplished by not eating the day after the cheat until 5 or 6pm. At that time you will just eat a "normal" dinner. Do not try to eat all of your calories at that one meal (so your numbers will be off on this one day), just eat the one meal that day and that's it. Chances are after the cheat day you will not be hungry anyway, so this will probably be a lot easier than you think.