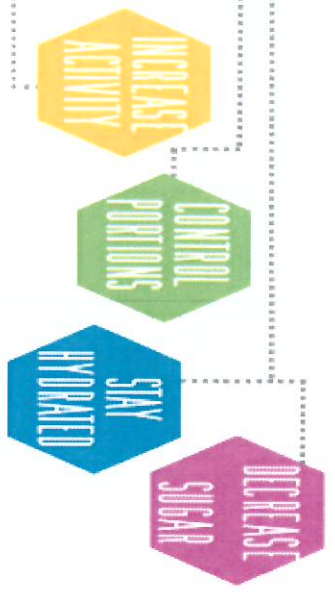


# GET LEAN in 2016

[optional tracker]



WEEK ONE    WEEK TWO    WEEK THREE    WEEK FOUR    WEEK FIVE    WEEK SIX    WEEK SEVEN    WEEK EIGHT

	lbs	lbs	lbs	lbs	lbs	lbs	lbs
Minutes Exercise	_____	_____	_____	_____	_____	_____	_____
Calories Consumed	_____	_____	_____	_____	_____	_____	_____
M	_____	_____	_____	_____	_____	_____	_____
T	_____	_____	_____	_____	_____	_____	_____
W	_____	_____	_____	_____	_____	_____	_____
R	_____	_____	_____	_____	_____	_____	_____
F	_____	_____	_____	_____	_____	_____	_____
S	_____	_____	_____	_____	_____	_____	_____

*Goal: lose at least 4% of your starting weight!*

**WHEN: STARTING WEIGH IN ON FEBRUARY 12  
ENDING WEIGH IN ON APRIL 8**

All participants will weigh in on Friday, February 12, 2016 and Nina will keep a confidential log and send to Chasity at Sterling Wellness. There will be weekly weigh ins to log your progress. Chasity will come to our quarterly meeting March 11, 2016 and motivate us to continue the challenge.

**\$10.00 ENTRY FEE. The Person who loses the largest percentage wins the pot.**  
There will also be 2nd and 3rd place prizes. Participation prizes by Sterling wellness

$$\frac{\text{(INITIAL WEIGHT)}}{\text{(GOAL WEIGHT)}} \times .96 = \text{_____}$$

# GET LEAN *in* 2016

**1 Increase Activity**  
Physical activity is the greatest variable in our metabolism. Combine all types of physical activity each week:

**Cardiovascular:** Get at least 30 minutes, 5 days a week of moderate-intensity exercise like brisk walking or cycling.

**Strength:** Work all major muscle groups (legs, arms, abs, chest) on 2 or more days a week.

**Flexibility:** Do some sort of light stretching daily. Hold each stretch 10-30 seconds.

## Cut Calories

One pound of fat is equivalent to 3,500 calories. In other words, you need to burn 3,500 calories more than you consume in order to lose 1 pound of fat.

Cutting 500 calories from your typical diet each day would lead to about a 1 pound loss in a week:

$$\text{cut 500 calories} \times 7 \text{ days} = 3,500 \text{ calories}$$

**2**

## Eat Breakfast

Don't skip breakfast in an attempt to save calories. Eating breakfast will help burn more calories by giving your metabolism a much needed start for the big day ahead.

Combine carbohydrates with protein to satisfy your hunger like peanut butter on a whole grain waffle or 2 hard boiled eggs and a banana.

**3**

**4 Decrease Sugar**  
There are over 50 different names for sugar. Learn to identify added sugar on food labels and work to eliminate it from your diet. The AHA recommends < 6 teaspoons for women and < 9 teaspoons a day for men. Artificial sweeteners should be avoided too. They move you further from developing good eating habits.

## Police Your Portions

Portion control is important for weight loss. Use these visual cues to size up your meal:

- 1 serving of fruit = tennis ball
- 3 oz of lean meat = deck of cards
- 1 serving of potato = computer mouse
- 1 oz of cheese = four dice
- Salad dressing = golf ball

**5**

**6 Stay Hydrated**  
Water is an essential nutrient for every system of the body to work optimally and helps excrete waste and toxins.

Caffeinated beverages like soda and coffee act as a diuretic excreting excess water out of the body. Drink one cup of water for every caffeinated beverage consumed.

**6**

**Avoid Late-Night Snacking**  
Late night snacking leads to poor food choices. Plan your dinner at a time that doesn't leave you hungry before bed.

If you must snack before bed, choose a fruit, carrots, or a handful of nuts.

**7**

**8 Include Strength Training**  
Greater muscle mass burns more calories even at rest. Strength training influences the way your brain regulates hunger hormones, making you less likely to cave to food cravings.

Challenge your muscles with weights heavier than things you normally lift. Repeat 6-8 lifts for 2-3 repetitions.

**8**

**9 Rate Your Hunger**  
Eat until you are 80% full. It takes at least 20 minutes for your brain to register your stomach is full. Rate your hunger on a scale from 1-10 while eating. Aim to keep your rating around a 5-6 at each meal; neither too hungry nor too full.

**9**

**10 Be Patient**  
The weight you are trying to lose didn't come on overnight, and it's not going to come off overnight either. Your ultimate goal is better health, not a number on a scale. Remember healthy weight loss is .5%-1% your total weight each week.

**10**

# GET LEAN DAILY WORKOUT PLAN

Adjust duration and frequency to your skill level! Start with a short warm up like walking in place for 2-3 minutes.

Exercises can be done in front of a TV and take 15-20 minutes.

## sunday

- 20 SQUATS
- 75 JUMPING JACKS
- 10 KNEELING PUSH UPS
- 90 SECONDS PLANK
- 20 JACK KNIFE SIT-UPS
- 8 LUNGES
- 10 SIDE LUNGES (EACH SIDE)
- 60 SECOND WALL SIT
- 20 RUSSIAN TWISTS

## monday

- 55 JUMPING JACKS
- 60 SEC DOWNWARD DOG
- 20 BICYCLE ABS
- 8 LUNGES
- 5 JUMP SQUATS
- 20 BUTT KICKS
- 15 CALF RAISES
- 5 KNEELING PUSH UPS
- 20 SQUATS

## tuesday

- 15 BURPEES
- 30 CRUNCHES
- 25 KNEELING PUSH UPS
- 20 SQUATS
- 30 SECOND SUPERMAN
- 25 TRICEP DIPS
- 12 LUNGES
- 10 SIDE LUNGES (EACH SIDE)
- 15 BIRD DOGS
- 60 SECOND PLANK

- 10 JUMP SQUATS
- 30 KNEELING PUSH UPS
- 20 SQUATS
- 20 CALF RAISES
- 90 SECONDS PLANK
- 20 JACK KNIFE SIT-UPS
- 30 HIGH KNEES
- 40 CRUNCHES
- 20 BICYCLE ABS
- 60 SECONDS DOWN DOG

## thursday

- 50 JUMPING JACKS
- 20 PUSH UPS
- 20 SQUATS
- 10 FIRE HYDRANTS
- 20 JACK KNIFE SIT-UPS
- 8 LUNGES
- 10 SIDE LUNGES (EACH SIDE)
- 15 TRICEP DIPS
- 15 RUSSIAN TWISTS
- 90 SECOND WALL SIT

## friday

- 60 JUMPING JACKS
- 20 RUSSIAN TWISTS
- 25 KNEELING PUSH UPS
- 20 SQUATS
- 10 SIDE LUNGES (EACH SIDE)
- 5 JUMP SQUATS
- 40 BICYCLE ABS
- 40 HIGH KNEES
- 15 TRICEP DIPS
- 20 BUTT KICKS

## wednesday

## saturday

- 45 JUMPING JACKS
- 15 PUSH UPS
- 20 SQUATS
- 90 SECOND PLANK
- 20 BUTT KICKS
- 8 LUNGES
- 15 BIRD DOGS
- 30 SECOND SUPERMAN
- 30 HIGH KNEES
- 50 CRUNCHES

If you experience pain or shortness of breath please discontinue the program and contact a doctor.

Sterling Wellness is not liable for any injury or pain caused while following these exercises.