



HEALTH AND FITNESS PLAN

GUIDE

WWW.MUSCLELINES.COM

(250) 217-02140
info@musclelines.com
11025 Bewdley Avenue
Victoria, BC
V9A 5M7

FITNESS

FULLFILLMENT

PLAN



FITNESS FULFILLMENT PLAN

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STAGE	MON	TUES	WED	THURS	FRI	SAT	SUN
B E G I N N E R							
I N T E R M E D I A T E	CARDIO 40 MINS	WEIGHTS MODERATE	CARDIO 30 INTERVALS	CARDIO 40 MINS MODERATE	WEIGHTS	CARDIO 30 INTERVALS	WEIGHTS
P R O F E S S I O N A L							



Fitness Program Design

When designing programs, it is imperative that you set an ideal and a maintenance goal. For example, your ideal cardiovascular goal might be five workouts per week; your maintenance goal will take into consideration weeks when you are really busy at work or away on holidays.

Having a maintenance goal will prevent you from getting off track. Your maintenance or minimal goal is the minimum exercise you will commit to even if it is going rough. This will ensure you maintain your present level of fitness. Generally, if you get in one good, high-intensity cardio activity in a tough week, you will maintain your fitness.

Take the time now to record your ideal cardiovascular goal and your maintenance cardiovascular goal.

Ideal Goal: _____

Maintenance Goal: _____



SUCCESS

ASSESSMENTS

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SUCCESS ASSESSMENTS

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Dates: Day 1 _____ 3 Months _____ 6 Months _____

MEASUREMENTS DAY 1		MEASUREMENTS DAY 2		MEASUREMENTS DAY 3	
WEIGHT	POUNDS	WEIGHT	POUNDS	WEIGHT	POUNDS
UPPER CHEST	INCHES	UPPER CHEST	INCHES	UPPER CHEST	INCHES
MID CHEST	INCHES	MID CHEST	INCHES	MID CHEST	INCHES
UPPER WAIST	INCHES	UPPER WAIST	INCHES	UPPER WAIST	INCHES
WAIST	INCHES	WAIST	INCHES	WAIST	INCHES
LOWER WAIST	INCHES	LOWER WAIST	INCHES	LOWER WAIST	INCHES
HIPS	INCHES	HIPS	INCHES	HIPS	INCHES
UPPER THIGH	INCHES	UPPER THIGH	INCHES	UPPER THIGH	INCHES
MID THIGH	INCHES	MID THIGH	INCHES	MID THIGH	INCHES
ARMS	INCHES	ARMS	INCHES	ARMS	INCHES
CALVES	INCHES	CALVES	INCHES	CALVES	INCHES

CLOTHING NOTES

Comment on the tightness of a favourite belt:

Comment on the intensity and location of tightness of a particular outfit;

PROGRESSION GOALS

1 MO

3 MO

6 MO

THE

IMPORTANCE

OF WATER



THE IMPORTANCE OF WATER

Water suppresses the appetite and helps the body metabolize stored fat through the kidneys and liver; in other words, drinking water helps you lose fat.

Your kidneys and liver need water to function properly. Without sufficient water the kidneys cannot do their job of removing waste and managing the body's water level, which affects water going to the liver. One of the primary functions of the liver is to metabolize fat into energy for the body. If the liver needs to do some kidneys' work, the liver can not work as it should, so more fat is stored in the body increasing weight and not using the fat as energy.

Water also helps muscles to contract by reducing dehydration. It is important to drink water before and after a workout. There is even evidence that cold water burns calories.

An average weight person (not over weight) with a moderate level of activity should drink eight 8oz. glasses of water (about 2 litres) a day. If you are over weight, exercise with intensity, or if the weather is hot and dry, drink more water is needed.

IN SUMMARY

Water suppresses the appetite.

Water metabolizes fat into energy.

Increasing water input, reduces fat deposits.

The body will not function properly without enough water and can not metabolize stored fat efficiently.

Retained water shows up as excess weight.

To get rid of excess water, one has to consume more water.

Drinking water is essential for weight loss.

Water helps muscle stimulation.

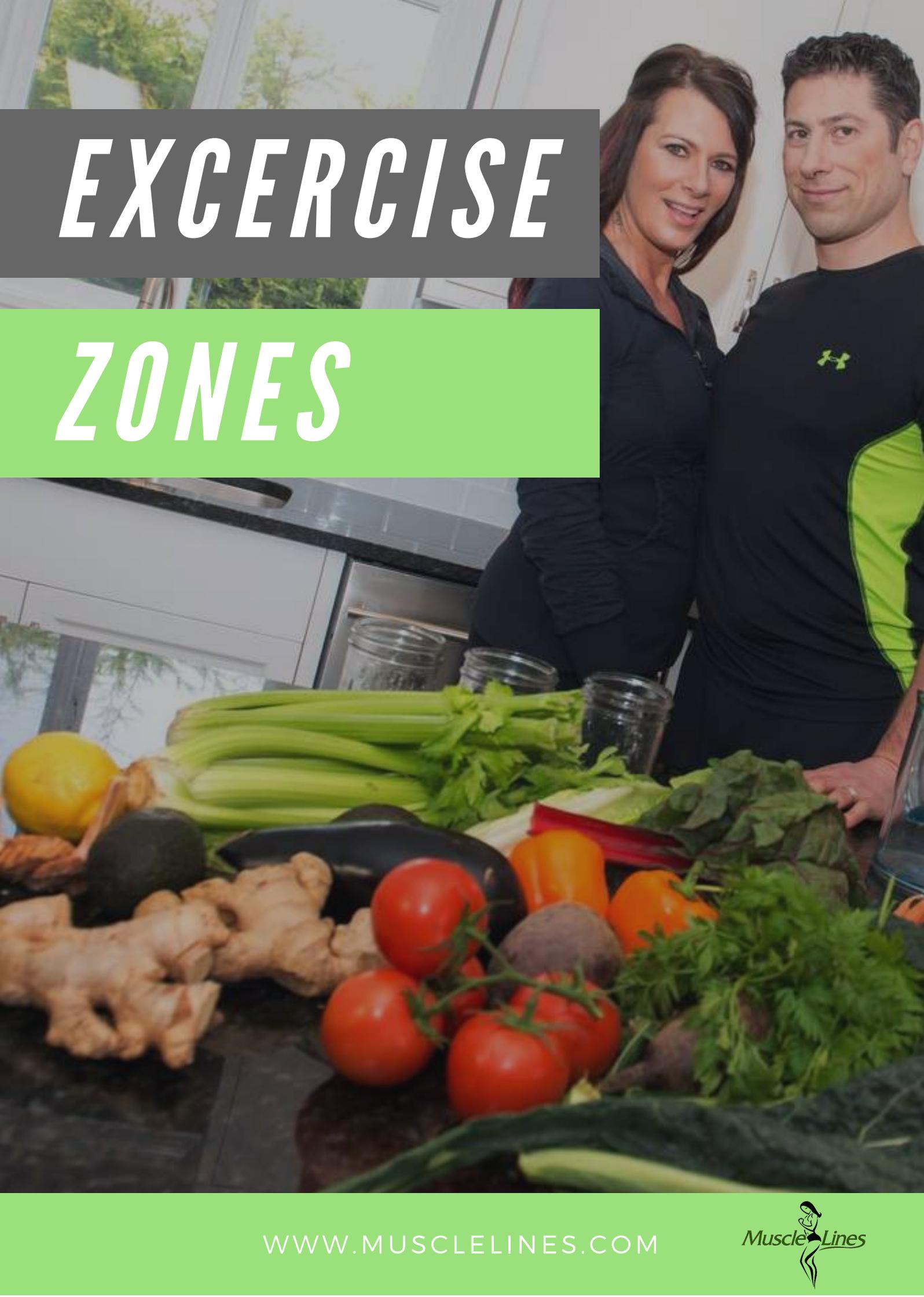
It is important to drink water before and after exercise.

One should drink two quarts of water a day.



EXERCISE

ZONES



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EXERCISE ZONES

ZONE	ZONE NAME	% OF MAX	BENEFIT
1	LOW INTENSITY	50-60	Good for beginners, builds cardio foundation
2	WEIGHT CONTROL	60-70	Easy, burns lots of fat, good for recovery
3	AEROBIC	70-80	Improves cardio strength, burns highest total fat
4	ANAEROBIC	80-90	Improves endurance, work harder for longer
5	MAXIMAL	90-100	Improves athletic performance

Different heart rate zones are useful for different aspects of training. To calculate your maximum heart rate, subtract your age from 220 (for men) or 226 (for women).





EXERCISE ZONES

ZONE 1 - LOW-INTENSITY ZONE:

Fun, comfortable pace with cardiovascular benefits and some fat burning. Good for beginners or people who haven't exercised in a while to get your body used to moving again.

50% - 60% OF MAX.

ZONE 2 - WEIGHT CONTROL ZONE:

In this zone 65% of calories burned are fat. The increased intensity in this heart rate zone strengthens your heart and works with Zone 1 in building a solid cardiovascular base. You should work out in this zone at least one day per week to recover from a relatively hard workout in the aerobic zone or higher.

60 - 70% OF MAX

ZONE 3 - AEROBIC ZONE:

More intense, yet not exhausting. Look for improved breathing and blood circulation. Great zone for fat burning, muscle strengthening, confidence-building, and overall fitness. In this zone, 45% of calories burned are from fat. More fat is actually burned in this heart rate zone, so this is the best zone for weight loss.

70 - 80% OF MAX

ZONE 4 - ANAEROBIC ZONE:

Improves endurance and general fitness level. Pushes your anaerobic threshold (fat-burning zone) higher, allowing for a more efficient use of fat as an energy source at higher intensities. Do workouts in this zone in short spurts only 2 - 3 days per week.

80% - 90% OF MAX

ZONE 5 - MAXIMAL ZONE:

Also known as "red line training," the maximal zone improves competitive athletic performance. In this zone you are at a high risk for injury, so stay away from red line training unless you are a competitive athlete

90% - 100% OF MAX

A man and a woman in athletic wear are standing in a kitchen. The man is wearing a black Under Armour shirt with a neon green stripe on the sleeve. The woman is wearing a black athletic top. They are both smiling and looking towards the camera. The background shows a kitchen counter with various fresh vegetables and fruits.

PERSONALIZED

TRAINING

PROGRAM

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MUSCLE LINES PERSONALIZED WEIGHT TRAINING PROGRAM

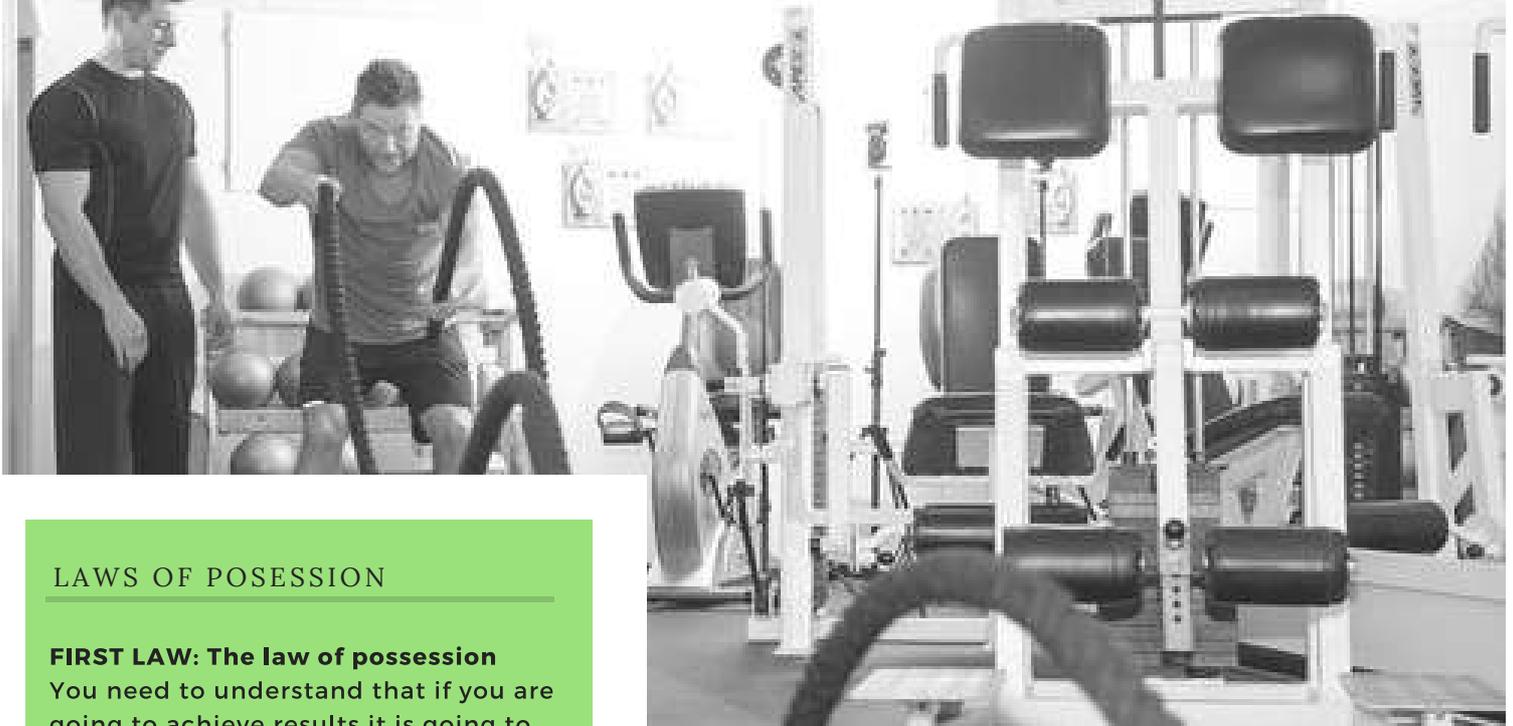
Enjoy your Muscle Lines experience and have fun murdering your fat

EXERCISE	REPS	WEIGHT
SANDBAG SQUAT & PRESS	12	
SQUAT & LATERAL RAISE	12	
BALL CHEST PRESS	10	
STEP 2 MINS	12	
SHOULDER PRESS & ROTATE	20	
ALTERNATE ROW CABLES	12	
3 WAY LATERAL RAISE	12	
STEP 2 MINS	12	
BICEP CURLS ROLL DOWN BALL	12	
OVER HEAD TRICEP DB	12	
KICKBACKS	12	
CORE: SPIDER REVERSE CRUNCH (SIDE, MIDDLE, SIDE) PLANK ON BALL	15 20 1 MINUTE	

As Muscle Lines is a full service lifestyle management system we are proud to deliver customized programs for you to view at your leisure straight to your inbox. You can track your progress online and print your programs for your reference at any time. We recommend you print your program for your first session and then periodically after that to track your progress.

DISCIPLINE

With self discipline, most anything is possible



LAWS OF POSSESSION

FIRST LAW: The law of possession

You need to understand that if you are going to achieve results it is going to be up to you. You must be willing to make and stick to changes. You can ask for guidance but it's still going to be up to you to do the work.

SECOND LAW: The law of effort

Anything worth achieving is worth working for. Exercise and healthy eating takes discipline and will power, character, persistence and a commitment to delayed gratification.

THIRD LAW: The law of consistency

A month long plan is not going to get you where you want to go. You must stick to your goal and your game plan on an ongoing basis. Consistency and persistence are the keys to manifesting any goal. Remember, a safe and permanent fat loss often takes years not weeks or months.

FOURTH LAW: The law of self efficacy

You must believe you can do it right from the start or you are going to get side tracked quickly. Surround yourself with others who are achieving their goals and they can help to set an example for you

If you are ready to take the challenge and commit we provide excellent trainers and nutritional advisors to educate,

motivate and celebrate with all your fitness and wellness goals that you achieve.

In my years of personal training I have noticed a number of characteristics that separate those who succeed and those who do not. Those who succeed buy into the Four Laws of Success.

You must be ready to accept these laws without exception.



FLEXIBILITY

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FLEXIBILITY

FLEXIBILITY

It's important to know the difference between "flexibility" and "stretching." Flexibility is the range of motion around a joint. Stretching is the process of improving flexibility by performing specific movements.

The safest approach to stretching is a slow and gentle movement that is held for 15-30 seconds. As flexibility improves stretches can be held for up to 1 minute.

Why is flexibility important? As you work your body, muscles contract and some get tighter than others if a proper stretching routine is not in place. This is typically what happens when athletes incur an injury.

Flexibility is an important element of staying injury free to pursue your fitness goals. Keep working at your flexibility to keep strength and flexibility in balance.

BENEFITS OF FLEXIBILITY

Prevents injury

Readies muscles, bones, joints for more strenuous activities

Increase the extensibility of muscle and connective tissue putting muscle back to or beyond their resting length

Helps rid lactic acid

Helps maintain posture

Helps in every day activities

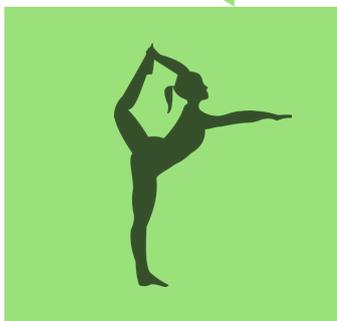
Promotes increase circulation

Increases the range of motion

Reduces muscle tension

Improves coordination

It feels great



LENGTHEN AND STRENGTHEN MUSCLES:

Why it is important to strike a balance

There are two groups of muscles: postural muscles and phasic muscles. Postural muscles are those which fight gravity in maintaining an upright posture and are typically “on,” while phasic muscles are not involved in maintaining posture against gravity and are typically “off.”

As a result, postural muscles have tremendous endurance, do not weaken nor atrophy quickly, but do have a tendency to become short and tight over time. On the other hand, unless specifically recruited in a task or activity, phasic muscles show a tendency towards weakness over time and fatigue easily.

Deconditioning of these two muscle groups can place an unbalanced load on the spinal column, which over time can result in malalignment, abnormal wear and tear, joint dysfunction and eventually pain and disability. Deconditioning allows postural muscles to pull on the spine either because of excessive tightness or because of weak phasic muscles working to oppose the pull of postural muscles.

In order to correct for spinal malalignment there is three stages of exercise to perform:

- **Add a Restoration of normal muscle length (particularly tight, overactive postural muscles).**
- **Strengthening phasic muscles that have been weakened and inhibited.**
- **Establishing optimal and functional motor patterns to protect the spine.**

Balance is the key to a full functioning body.



FOOD



EATING OUT EFFECTIVELY



We all love to have food prepared for us, whether it is take out, fast food or a sit down restaurant. It's a nice treat not to wash dishes or think about preparing a meal, especially with today's busy lifestyle. It is possible to eat out healthy, but you must remember there are boundaries to follow in order to stick to your health goals.

When you eat out, ask yourself some questions:

1. What am I eating?

2. How much am I eating?

3. How often and at what time of day am I eating?

What am I eating?

THRE ARE 3 COMPONENTS

1. Carbohydrate content, which is important in terms of blood glucose management.
2. Fat content, which is important in terms of weight management.
3. High quality protein.

Food choices always fit into the following food groups:

starch, fruits, milk and other dairy, protein, fats, sugars, and extras.

How much am I eating?

This is a very individual assessment as each person requires a different amount to sustain or lose weight.

Remember, your stomach is the size of a large fist; be smart on portion control.



Identify what you are going to order and which food groups the meal includes.

PROTEIN:

is it lean (e.g. chicken, fish, turkey, egg whites, lean beef, low fat dairy, fibrous beans)?

CARBS:

are they whole grain complex carbs, or simple carbs that release sugar more quickly? For long term weight management, whole grain, slower-releasing complex carbohydrates is a wiser choice. Simple carbs, even in the form of too much sugary fruit, will convert to an insulin spike that you don't need while making adjustment to your body composition.

FAT:

how is your meal prepared? Is it fried, broiled, steamed, grilled – preparation makes a big difference in the fat content of a meal.

CHOICES:

beyond the meal itself you may have a choice between French fries (deep fried in oil), rice (a simple starch) or baked potatoes (a whole food close to its natural state, unless you add sour cream and bacon). Even the dressings for salad require choices; will you have a rich, creamy blue cheese or a light balsamic vinaigrette?

The fat content when eating out is often higher than when you eat at home. Added extra oils taste more satisfying and are easier and faster for the restaurant to prepare, so preparation choice can be as important as the meal choice itself.

THINGS TO WATCH FOR:

Choose foods that are baked, broiled, poached, or steamed (for example, boneless skinless chicken breast served with lemon juice).

Stir fried foods can be low in fat or high in fat; it depends if a lot of oil is used in the process.

Choose foods that enable you to control what you add to them. For example, choose a baked potato instead of mashed potatoes. With the baked potato you can add toppings to keep it a low fat choice, whereas mashed potato already has butter, oil or cream added to them.

Add condiments like mustard and vinegar, lemon juice and seasonings, garlic and onions for flavor.

How often and at what time of day am I eating out?

Do you eat out frequently or once in awhile? If it's often, you really need to adhere to the boundaries of lean eating. If it's once in awhile, enjoy some different foods you may not make yourself at home (within reason).

If reason has left you and you have completely blown your eating plan, there is always tomorrow. You may adjust your carbohydrates and do some long cardiovascular walking, hiking etc. to burn up excess carbohydrate from the night before.

If you know in advance of your meal you can plan ahead for success. Try not to eat out too late as you will not have time to burn this off. If you're eating out after 7:00 pm, choose high-quality protein and vegetables; your body will not have use for the heavy starches or sugars at this point.

Now you have some tools to help you through the eating out process. Choose wisely by asking yourself "is there a healthier choice?"

Last but not least relax and enjoy.



DIETARY GUIDELINES

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CARBS FROM FRUIT

- 2 servings of carbs

COMPLEX CARBS FROM VEGETABLES

- 2 cupped handfuls five times a day

COMPLEX CARBS FROM ANCIENT GRAINS

- 1 serving (a small handful or half a cup cooked)
- Lunch is best
- Examples: quinoa, sweet potato, brown rice (sweet potato should be no bigger than palm size)

LEAN PROTEIN

5 servings throughout the day

serving size is palm of your hand

Examples: tuna, chicken, eggs, turkey, bison, lean beef, protein supplement, lean dairy

PANTRY FOODS

White beans

Chick peas

Lentils

Kidney beans

Crushed tomatoes

BEVERAGES

1 gallon of water

Herbal teas

1 cup of coffee (no sweetener except stevia; splash of milk)

ALCOHOL

Allowable once a week must be mixed with water or

soda water

Lemon or lime garnish

CONDIMENTS

Mustard

Salsa

Low fat mayo sparingly

Lime juice

Lemon juice

Unsweetened apple sauce

TIPS

Lemon juice helps bring out flavors just like salt does and offers other benefits

Fresh herbs and spices also heighten the flavour of your food

Make a list of your meals and plan your snacks so you can shop accordingly.

Being organized is the key to staying focused on your plan.



BEST PROTEIN CHOICES

MEAT & POULTRY

BEST CHOICE

- Free range grass fed
- Chicken breast, skinless
- Turkey breast, skinless
- Lean, pork cuts
- Lamb

FAIR CHOICE

- Beef, lean cuts

POOR CHOICE

- Bacon
- Hot dog
- Pepperoni
- Pork sausage
- Salami

FISH

BEST CHOICE

- Albacore tuna, in water
- Sardines
- Halibut
- SALmon
- Snapper
- Mackerel

FAIR CHOICE

- Shrimp
- Scallops
- Lobster
- Clams

POOR CHOICE

- Tuna in oil

EGGS

BEST CHOICE

- Eggs from free range, organic, vegetarian-fed chickens

FAIR CHOICE

- Eggs from vegetarian-fed chickens

POOR CHOICE

- Eggs from animal-fed chickens



PROTEIN-RICH DAIRY

BEST CHOICE

- Whey isolates powder
- Cheese, low fat
- Yogurt low fat
- Organic milk low fat
- Mozzarella, skim
- Ricotta, skim

FAIR CHOICE

- Mozzarella
- Ricotta
- Hard Cheeses
- 2% Milk

POOR CHOICE

- Processed Cheese
- Whole Milk

VEGETARIAN

BEST CHOICE

- Hemp powder
- Soy protein powder
- Tofu, extra firm
- Tempeh
- Natto miso
- Edamame
- Soya beans, legumes
- Macadamia nuts
- Raw unsalted nuts & seeds

FAIR CHOICE

POOR CHOICE

Eggs from free range,
organic, vegetarian-fed

Eggs from vegetarian-fed
chickens

Eggs from animal-fed
chickens

EAT YOUR PROTEIN SOURCE FIRST AT EACH MEAL

Protein comes from the Greek word “pro,” meaning first. It may seem odd to eat your fish or tempeh or chicken before your salad, but doing so will ensure that you will avoid a glycemic reaction.

- It takes twenty minutes for your stomach to make the “I’m full” hormone cholecystokinin (cck), the “stop eating” hormone glp-1 and the brain energizing hormone glucagons, so eat slowly.
-
- You can use a little fresh lemon juice, fresh lime juice, apple cider vinegar or fresh cinnamon sprinkled on any food, as this also helps you avoid a glycemic response and keeps insulin blood levels steady.
-
- Your appetite will be satisfied for four hours after you eat sufficient protein. Every meal should have some healthy fat to elevate the “I’m full” hormone
- leptin. Protein comes from the Greek word “pro,” meaning first. It may seem odd to eat your fish or tempeh or chicken before your salad, but doing so will ensure that you will avoid a glycemic reaction.

HOW MUCH CONCENTRATED PROTEIN IS ENOUGH AT ONE MEAL?

- 2 scoops of whey isolate protein powder or 4 scoops of hemp protein powder (24 grams of protein)
- 3 eggs from free-range, vegetarian-fed chickens (24 grams of protein)
- 1 cup of dry curd cottage cheese (20-30 grams of protein)
- 2 cups of beans or legumes, especially edamame (25 grams of protein)
- A 6 oz serving of pasture-fed meat, poultry or wild fish, approximately the size of
- the palm of your hand (20-30 grams of protein)

REMEMBER THIS

Your body cannot store protein. If you want high-quality, toned and supple skin, hair and muscles, you need to eat lean protein daily. You must have protein at each of your meals everyday. This will ensure a stable insulin level and constant abundant energy and superior good moods.

EAT FREQUENTLY

Eat three meals and two snacks and spread them throughout the day. Instead of breakfast lunch and dinner, eat:

Breakfast 7 am
Morning snack 10 am
Lunch 12 pm
Afternoon snack 3 pm
Supper 6 pm

BEST CARBOHYDRATE CHOICES

CHANGE YOUR CARBS TO NATURAL

Choose carbohydrates that are closest to their original form. You need lots of very low density carbohydrates (vegetables, salads, berries) and a moderate amount of low-density carbohydrates vegetables. Salads and berries give off their energy source, glucose, very slowly as it untangles from the fibers. Low-density fruits do the same; I recommend that you eat only four to six servings of colorful, fresh fruit or melons, daily.

A serving size is considered half a cup. Vegetables are about 30 percent fructose, fruits are about 70 percent fructose and grains and starches are 100 percent glucose.

SOURCES

ORIGINAL

- Whole grains
- Potatoes
- Rice
- Apples
- Oats

GOOD SOURCE

- Whole grain bread, pasta, pita
- Baked potatoes, mashed potatoes
- Whole grain (brown or red)
- Apples, dried
- Whole oat meal

POOR SOURCE

- White bread
- French fries
- Refined sweetened apple juice
- Instant oat meal

PROCESSED

- Cheese-flavored crackers
- Potato chips
- Puffed rice
- Apple strudel
- Oatmeal cookie

• Eggs from free range, organic, vegetarian-fed chickens

• Eggs from vegetarian-fed chickens

• Eggs from animal-fed chickens



BEST CARBOHYDRATE/FAT SOURCES

BEST

(VERY LOW- DENSITY)

- All Berries
- Cherries
- Plums
- Prunes
- Grapefruit
- Chestnuts
- Yogurt, low fat
- Peaches
- Apples
- Pineapples
- Pears
- Vegetables
- Salad greens & sprouts
- All herbs & spices

FAIR

(LOW- DENSITY)

- Orange
- Banana
- Apricots
- Papaya
- Mango
- Grapes
- Whole-grain pasta
- Multi-grain bread
- Peas
- Lentils
- Pinto beans
- Navy beans
- Chick peas
- Rye crisps

POOR

(HIGH DENSITY CARBS)

- Cornflakes
- Puffed wheat
- Rice cakes
- French bread
- Instant rice
- Instant potatoes
- Ice cream
- Pop
- White rice
- Corn chips
- Bagels
- Muffins
- Bakery items
- Alcohol
- Dried fruit

YOUR BEST FAT CHOICES

- Wild triple fish oils for epa and dha
- Extra virgin olive oil
- High-lignan flax seeds, ground fresh
- Hemp, sesame, sunflower, pumpkin seeds
- Borage, black current or evening primrose oil
- Macadamia nuts
- Unsalted raw nuts
- Avocado
- Organic peanut butter
- Organic coconut oil
- Unsalted organic butter
- Salted, colored butter
- Sour cream
- Full fat cheese
- Fried foods
- Fried foods
- Potato chips
- Salted roasted nuts
- Sugary peanut butter
- Partially hydrogenated oil
- French fries
- Sweetened yogurt



Good choices, lead to good results

FRUITS AND THEIR SUGAR

FRESH FRUIT

- Grapes
- Banana
- Mango
- Cherries, sweet
- Pineapple
- Apple
- Blackberries, blueberries, raspberries

DRIED FRUIT (IN MODERATION)

- Dates
- Figs
- Raisins
- Prunes
- Apricots

SUGARS IN MODERATION

- Sucrose (table sugar)
- Brown sugar
- Maple syrup
- Honey
- Molasses.blackstrap

GRAMS OF SUGAR PER 100 GRAMS

18.1

15.6

14.8

14.6

11.9

10.5

8.0

64.2

62.1

62.0

44.0

38.9

64.2

62.1

62.0

44.0

38.9



Grocery List

FOR YOUR WHOLE HEALTH

BASICS

Herbs

Dill
Mint
Oregano
Thyme
Rosemary
Parsley
Cilantro
Basil

Condiments

Mustard
Balsamic vinegar
Rice vinegar
Chicken broth (low sodium)
Vegetable broth (low sodium)
Garlic powder
Onion powder
Dry mustard
Lemon juice
Lime juice
Apple cider vinegar
Salsa
Unsweetened apple sauce

Cereal

Oatmeal
Cream of wheat
Ancient cereal grains

Spices

Allspice
Cinnamon
Nutmeg
Cloves
Red pepper flakes
Cayenne pepper
Black pepper
Sea salt
Curry

Oils

Extra Virgin olive oil
Sesame oil
Coconut oil
Hemp oil

Nuts & seeds

Sunflower seeds
Nut butters (all natural)
Almonds
Walnuts
Pumpkin seeds
Flax seeds
Hemp hearts

PANTRY

Canned Goods

Tuna (water packed)
Salmon (water packed)
Sardines
White beans
Kidney beans
Chick peas
Lentils
Tomato paste
Lemon & lime juice
Low sodium soup

Grains & Starchy Carbs

Brown rice
Wild rice
Quinoa
Bulgur
Millet
Yams
Sweet potato
Onion
Garlic
Squash

Dry Goods

Flours whole grain
Vanilla
Baking powder
Baking soda
Stevia
Sea Salt

FREEZER

Chicken breast
Salmon
Fish
Frozen Berries
Frozen vegetables

REFRIGERATOR

Soya, almond or rice milk
Water
Eggs
Fresh fruit
Fresh vegetables
Skim milk
Low fat - no sugar plain yogurt
Low fat cottage cheese

NUTRITIONAL

LEAN DOWN

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Nutritional lean down day 1-7



Day 1-3

Meal One:

Shake: almond milk 1 cup, ice
25 grams protein (plant based or
Whey isolate)
Fish oil 1tbsp
1/4 frozen berries
Greens + 1/2 scoop
Ground flax seed 2 TBSP
1 TBSP coconut oil

Meal 2:

Hard boiled eggs 1
pumpkin seeds, raw almonds, 2 oz
B-complex, Multi vitamin

Meal 3

4-5 oz lean protein
sweet potato small
2 cups veggies steamed, raw, or
roasted.
Fish oil 1 Tbsp

Meal 4

Cottage cheese 4 oz
hemp hearts 2 Tbsp
B complex

Meal 5

4-5 oz Lean protein
2 cups veggies cooked, roasted,
raw, stir fry ect
1 Tbsp fish oil

Day 4-7

Meal one:

Protein shake 25 grams
coconut water or almond milk
ice, coco, frozen berries 1/4 cup
Ground flax 2 Tbsp or chai seeds
Greens + 2 Tbsp

Meal 2:

Greek yogurt 4 Oz
raw cashews 2 oz
hemp hearts
UN-unsweetened coconut 1/4
cup
Ground flax 1/4 cup
B complex, fish oil

Meal 3:

Lean protein 4 oz
raw veggies 2 cup salad oil
vinegar dressing
pumpkin seeds handful
Multi vitamin

Meal 4:

cottage cheese 4 oz
veggies cut and raw

Meal 5:

Lean protein 4 oz
quinoa 1/4
2 cups stir fried veggies
Brags fresh garlic and ginger
Fish oil

WALKING

SCHEDULE



WALKING SCHEDULE



LEVEL	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
ROOKIE	10-15MIN	15-30MIN	20-30MIN	25-40MIN	30-45MIN	40-60MIN
PRO	20-30MIN	30-40MIN	40-50MIN	50-60MIN	60MIN	60+MIN

WEEK 1

GOAL: Take a leisurely 10-minute stroll six days the first week.

OBJECTIVE: Walk consistently each day and learn to enjoy walking because you will be more likely to stick with it for the long term if you learn to enjoy it. Develop safe habits for a lifetime of fun and enjoyable walking; find a buddy, know your route however vary it enough to keep it motivating, walk in daylight and observe your environment at all times, stay alert, carry ID and money in case of emergencies.

FITNESS FOCUS: Posture

TO PROGRESS: Define and write down your goals. Are you walking to lose weight? Putting your goals in writing is the first step toward reaching them.

WEEK 2

GOAL: Walk for longer periods of time.

OBJECTIVE: Build endurance.

FITNESS FOCUS: Mix and match the length of your walks by alternating between leisure and brisk walks so that by the end of the 2nd week you will have increased your time to 30 minutes. For example, on days one, three and five walk for 15 minutes at a brisk pace. On day two walk leisurely for 20 minutes, day four 25 minutes and day six 30 minutes.

To walk briskly you will need to pay attention to arm movement. Bend your elbows about 90 degrees and swing your arms forward and back as you walk. Practice moving your arms intentionally to help propel your stride forward.

TO PROGRESS: Post a walking schedule on a wall calendar in a visible location and keep track of your progress.



WALKING SCHEDULE



LEVEL	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
ROOKIE	10-15MIN	15-30MIN	20-30MIN	25-40MIN	30-45MIN	40-60MIN
PRO	20-30MIN	30-40MIN	40-50MIN	50-60MIN	60MIN	60+MIN

WEEK 3

GOAL: Interval hill training on alternate days.

OBJECTIVE: Build leg strength and increase calorie expenditure.

FITNESS FOCUS: Begin each walking workout with 5 minutes of walking on level ground, then walk uphill for 2-5 minutes, then slowly descend the hill and repeat. Finish with a 5-minute cool down. Repeat this on days three and five adding one additional hill interval on day five. On days two, four and six walk for 20 to 30 minutes at a brisk pace.

TO PROGRESS: Focus on form and technique on hills. Shorten up the steps taken to climb uphill, swing your arms in an upward direction (no higher than shoulders) on the uphill while lengthening and lowering the arms alongside the hips on the decline. Incorporate downhill into the workout to engage the core, buttocks and legs in a new and challenging way.



WEEK 4

GOAL: Focus on breathing. Better breathing brings more energy into the cells and enhanced calorie burning. Breathing rhythm is as important as walking stride. Concentrate on breathing in through your mouth for the first few minutes of the walk, allowing the body to warm up. Focus on drawing air into the belly, before letting the air expand into your rib cage and chest. Deep full breaths help relieve stress and energize both your walk and your day. Aim to breath in through your nose and exhale through your mouth at an intentionally effort that is audible (huff and puff).

OBJECTIVE: Burn calories.

FITNESS FOCUS: Day one: participate in a 20-minute hill walk. Day two: take a brisk 20-minute walk. Day three: take a leisurely 25 to 30-minute stroll. Day four: repeat the brisk 20-minute walk. Day five: repeat the leisurely walk. Day six: boost your walk to 40 minutes paying attention to your pace.

TO PROGRESS: Focus on your step rate use either a pedometer or calculate your step rate, in steps per minute, and work on improving it from day one to day four. Counts number of steps per minute and multiple by three for estimate of steps/minute pace. Multiple by total time in minutes and watch your steps rack up.

WALKING SCHEDULE



LEVEL	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
ROOKIE	10-15MIN	15-30MIN	20-30MIN	25-40MIN	30-45MIN	40-60MIN
PRO	20-30MIN	30-40MIN	40-50MIN	50-60MIN	60MIN	60+MIN

WEEK 5

GOAL: Increase your pace.

FITNESS FOCUS: Add a fast sprint to your walk at an intensity that causes you to feel slightly out of breath after the walk (as if you have just walked up several flights of stairs quickly).

Day one: participate in a 25-minute brisk walk (sprint). Begin with a 10-minute gradual walking warm up, and then walk as fast as you can for 30 seconds to 1 minute, then resume pace for 3-5 minutes and repeat three to four times for 15 minutes in total. Finish with a 5-minute cool down.

Days two and three: take leisurely 30-minute walk.

Day four: repeat the sprint walk performed on day one.

Day five: take leisurely 30-minute walk.

Day six: boost your walk to 45 minutes.

TO PROGRESS: Focus on footwork.

Ensure that you strike the ground with your heel and then roll forward onto the ball of the foot and forward to the tips of your toes by pushing off the ball of the foot actively. On brisk walks keep your feet less than hip-width apart with your arms pumping at your sides. This will improve quality of each stride and enable you to walk faster and further than ever before. Better form and faster pace motivates!

WEEK 6

GOAL: Mix n' Match

OBJECTIVE: Combine and be creative by pulling all your walking routines together for your final week.

FITNESS FOCUS:

Day one: take the 25-minute interval sprint walk.

Day two: take a leisurely 30-minute walk.

Day three: take a 25-minute hill walk.

Day four: take a 20 brisk walk.

Day five: take a leisurely 20-minute walk.

Day six: take a leisurely 60-minute walk. Pay attention to your posture; swing arms freely at your sides, chin up, shoulders back, abdominals in and spine long, buttocks engaged. Push off into your strides with effort in the leg muscles.

TO PROGRESS: Celebrate and set new goals.

