



Anita's General Workout & Nutrition plan

GOALS:

Make small accomplishable goals. It may be to loose a certain amount of weight or to gain muscle or to simply be fit. The most important aspect of continuing an exercise program is to make goals. Get a workout buddy. Keep track of your progress.

Once you reach your goal make another one!

WORKOUTS: Make sure you always **warm up** before and after exercise to prepare the muscles to work before weight training to about 5 minutes of light intensity aerobics, and then stretch after your workout.

AEROBICS: 5-7 times a week. Brings your heart rate between 65% and 85% of your heart rate (220 minus your age then multiply that number by .55 and that number again by .85 to get your heart rate range). You need to be within your heart rate range to get the cardiovascular benefits. While exercising stop and take pulse for 6 seconds and multiply by 10, it's easy!

CIRCUIT TRAINING: 2-3 times a week Circuit training with weights full body, make sure you only rest 30 seconds between sets, keep it moving. Also include abs, pushups, and dips. Or each body part twice a week, with at least 48 hours rest in between.

OR

HEAVY WEIGHT TRAINING: 2-4 x week. No more than 45 minutes at one time. Perform at least two exercises for each major muscle group. Do 10-50 reps per exercise. Increase the weight as you get stronger. Use good form.

NUTRITION:

Eat 5 – 6 smaller meals a day, every 2 to 3 hours; make sure you eat protein, vegetable or fruit, and complex carbohydrates at each meal. Use unsaturated oil daily. Use protein shakes and/or bars in between meals, plan your grocery list. Remember this is not a diet, it is a food plan, you should not go hungry. Make sure you drink a gallon of water a day, I know that sounds like a lot, but it works wonders, just carry a water bottle with you where ever you go and keep filling it up.

SUPPLEMENTS: Take a multivitamin and mineral.

Options: take hydroxycut for fat burning, Creatine for muscle building and endurance, and flax seed oil for joints.

PLAN:

Your food, your training, and your rest before hand. Take a day off from your food plan and exercise TO R & R – rest, relax, recuperate, replenish your mind, body, and spirit.

Be consistent, it is ok to take a few days off but don't wait too long before getting back into it.