

MOVE IT 2 LOSE IT

Steps to Take to Get to a Healthier You:

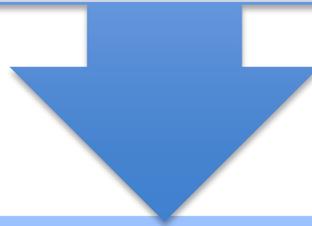
Step 1: Measure and Weigh Yourself

Measure your height, **arms, bust/chest, waist, hips, & thighs.**

Take your measurements each week and record them in a journal so you can compare your progress.

Weigh yourself on the scale you will be using weekly.

Weigh yourself each week and record it in your journal so you can track your progress.



Step 2: Eat Better

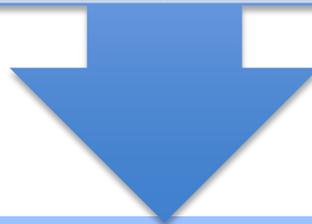
Eat plenty of lean protein, fruits & veggies.

Keep track of what you are eating each day in your journal.

Drink lots of water.

Drink at least half your weight in ounces water a day.

ex. If you weigh 200 lbs, drink 100 ounces of water



Step 3: Workout

Take a walk every day.

Walk up the stairs each day to work & walk around the block on breaks.

Join a gym, get a personal trainer, or buy a workout DVD.

Try to get a 30 minute workout in **at least 3** times a week.

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Week 1 Tips:

- Add **superfoods** to your diet. They are a great addition of vital nutrients that your body needs and can also act as a “filler up” ingredient to help feel full. These foods include: berries, Greek yogurt, low-fat milk, oatmeal, salmon, quinoa, pears, lentils, eggs, & green tea.
- Keep **healthy**, pre-portioned foods around the house.
- Eat plenty of **fruits** and **vegetables**, aiming to eat **fruits** in the **morning** and **vegetables** in the **evening**. To help up fruit and veggie intake, drink V8 juice, V8 V fusion, or drinks like these. V8 brand drinks are 100% fruit and vegetables juice.
- Bring a **book** or **magazine** with you when you head to the gym. Read while getting your cardio in on a treadmill, elliptical, bike, or stair stepper. You will be amazed at how fast time flies when reading a good book.

Apps to Help You Stay on Track:

- **MyFitness Pal** – smart phone version & online. Tracks meals, snacks, water intake, exercise, and weight. The app calculates daily calorie goals, and tracks each week’s progress via graphs.
- **Livestrong.com** – online version. Has recipes for healthy meals, tips for taking vitamins, and the ability to create loops around town for outdoor exercise.
- **YumPower** – smart phone version. Helps you order wisely at restaurants by: helping limit calorie & sodium intake and increasing fiber intake

HEALTHY HOT COCOA:

Heat 1 cup low-fat milk or unsweetened almond milk until boiling; remove from heat. Whisk in 2 Tablespoons unsweetened cocoa powder or raw cocoa powder and 1 packet of sweetener of your choice.

Cocoa can help boost your memory, is good for your heart, and can make your brain work better! What's not to love?

Workout Challenge: **Jumping Jack Squats**

- Start with feet together & arms straight above your head.
- Complete a jumping jack but modify it by lowering your butt (squat position) so that your elbows touch your knees.

Go hard & fast for 20–30 seconds, 4 times, rest between sets.

Beginners: Just don't squat as low.
Too easy? Try holding weights.

Protein Powder Snack Bars:

2 cups organic (no additives) peanut butter
1¾ cups honey or agave nectar
2¼ cups protein shake powder
(*recipe recommends ½ chocolate mix & ½ vanilla mix*)
3 cups rolled oats

- 1.) Mix peanut butter and honey in a microwaveable bowl.
- 2.) Heat for 60 – 90 second & mix well.
- 3.) Add protein powder & mix well.
- 4.) Add oats and mix gently.
- 5.) Put in a 9 x 13 pan, then using a sheet of wax paper, spread the mixture out evenly throughout the pan (wax paper helps with stickiness).
- 6.) Refrigerate for 1 hour.
- 7.) Cut into 24 squares.
- 8.) Store in an airtight container in the refrigerator.

*** For variety try adding coconut on top or raisins/craisins in the mixture.*

Hamburger Soup:

2 lbs. lean ground beef/venison	1 cup chopped carrots	1 cup chopped celery
1 cup chopped onion	1 cup chopped sweet potatoes	4 cups water
1- 16 oz can of diced tomatoes	Seasonings, to tastes (ideas: Montana Spice, Basil, Bay Leaves, Oregano, etc.)	

- 1.) In a skillet, brown burger over medium heat. Drain off fat.
- 2.) Combine all ingredients into a large pot.
- 3.) Bring to a boil.
- 4.) Reduce heat, and simmer for at least 1½ hours (ensure that carrots & potatoes are cooked to desired amount).

** Adding a cheese mixture on top tastes great, but it does increase calories.*

Serves 8. PER SERVING (roughly) 170 calories, 3 grams of fat, 12 grams of carbs, and 21 grams of protein
* not including cheese*