

MOVE IT 2 LOSE IT

Week 5 Tips:

It's all about sleep...

- Catch some ZZz's. **Go to bed earlier.** Studies show that sleep deprivation leads to **weight gain, lower productivity, and afternoon energy slumps.**
- Try to get **7 – 8 uninterrupted hours** of sleep per night.
- **Trouble falling asleep?** Try some of the following:
 - Deep breathing exercises/meditations
 - Write a to-do list for the next day (so you are not trying to remember it all night!)
 - Shut off TV and other distracting items
 - Play calming music
 - Cut back on caffeine
 - Tighten up all your muscles and slowly release them (start with your toes and fingertips)
 - Try to finish your exercising a couple of hours before sleep
 - Finish eating at least 3 hours before sleep
 - Have a book that you find uninteresting? Try reading it... 😊

Workout Challenge: Defensive Shuffle

- Get into squat position (as if you are sitting in a chair), keeping your weight on your heels.
- Shuffle from one wall to the other in a side-step manner, when you get to a wall, touch the ground with both hands, repeat.

Go hard and fast for 20 – 30 seconds, 4 times, rest between each set.

Beginners: Just don't touch the ground yet. 😊

Applesauce Banana Bread:

4 ripe bananas
1 cup sugar
½ cup applesauce
1 teaspoon vanilla extract
2 eggs
1 teaspoon baking soda
1 Tablespoon baking powder
1 teaspoon salt
2 cups flour

- 1.) Preheat oven to 350 degrees.
- 2.) Mix bananas and sugar. Let stand 15 minutes.
- 3.) Add applesauce and eggs, beat well.
- 4.) Add remaining ingredients – mix thoroughly.
- 5.) Spray a 9 x 5 loaf non-stick loaf pan with vegetable spray, add mixture, and put in oven.
- 6.) Bake for 45 minutes or until toothpick comes out clean.
- 7.) Let stand for 10 minutes before removing to wire rack.

Green Beans!

2 handfuls of **Green beans**
½ tablespoon **Olive Oil** (virgin)
1 teaspoon **Lemon** (fresh, squeezed)
2 **Garlic cloves** (fresh, chopped)
Salt
Pepper

1. **Wash beans, cut in half, & snip off tips**
2. **Steam beans until tender** (about 5 minutes)
3. **Remove beans, place in bowl, add a drizzle of oil. Add lemon juice, garlic, and salt & pepper** (to taste)
4. **Toss beans & serve**

Strawberry Sherbet:

1 pint ripe strawberries, tops cut off
½ cup vanilla yogurt
2 Tablespoons strawberry jam (all natural)
1 Tablespoon honey

- 1.) Lay berries on a cookie sheet in a single layer. Freeze until solid.
 - 2.) Place berries and all remaining ingredients in a food processor. Process until smooth (you may have to stop the processor and scrape the sides a few times).
 - 3.) Serve immediately.
- ** Can add a little fresh grated lemon zest on top **

Weight Loss Plans:

Kick up your weight loss, lose inches, & get to a healthier you!

Some ideas are:

- * Weight Watchers
- * CINCH by Shaklee
- * Body by Vi

- * Special K
- * Ideal Protein

Remember: Muscle = better metabolism More muscle, more fat burned!