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Starting Now!



Healthy Living At Your Fingertips

By Joli D'Elia

STARTING NOW!

Healthy Living At Your Fingertips

"**Starting now!**" Two simple words uttered countless times, by countless women. And while the declaration feels empowering, following through invariably falls flat. In the end, the resulting pattern of starts and stalls yields inconsistent health returns and a super sized portion of frustration. As a fitness coach for thirteen years, I've watched dozens of driven, motivated, successful women struggle with consistency, and I found myself asking, *Why doesn't it stick?*

I think the answer to that question is that so often when women embark on a diet and exercise regiment, they don't truly change their routine. Instead, they workout too rigorously, exhausting their bodies, while restricting, substituting and feeling denied of food. That is not a permanent solution to health or weight loss, nor is it any way to live. To truly restart our lives and health, we have to rework how we live day to day, week to week, month to month, and year to year. Exercise and healthy living decisions have to become daily habits and not extraordinary efforts.

Starting Now is your daily reference guide to healthy living. I will provide various options for meals, snacks, and workouts - all of which are REALISTIC and SATISFYING. Simply select what sounds good to you! There will be "Rules" provided for nutrition and exercise to help manage daily behavior. By following my simple meal plans and exercise routines, you will have a clear cut path to success.

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Healthy Living At Your Fingertips

FOOD RULES:

All the meal suggestions can be tweaked. If you do not like a particular vegetable, protein, grain, or any food group, feel free to swap it out with another food from that same food group - see food list for options. But it is VERY important to keep the healthy fats and proteins in each meal! If anything gets cut, make it the starch/grain.

If you are trying to loose weight, omit the starch from 1-2 meals and 2 of the snacks. But please keep grain in your diet! Best to eat foods that have been minimally to not processed at all! In their natural form is best.

Healthy living is easier when you do not have to put too much thought into your meals. This is why there are only a handful of meals in the rotation. I tend to eat the same breakfast and lunch 2-3 times a week...feel free to repeat meals if they are ones that you prefer.

You should be starting and ending the day with a full glass of water - in addition to drinking water throughout the day. A glass of water should be the FIRST thing you put into your body each day.

Breakfast should be consumed within the first hour of waking. Or at least started - I typically start with a banana and nut butter, then a bit later will have my granola bar.

The amount of food is based on a 14-16 hour day with 3 meals and 2-3 snacks. If you need something post dinner, pick from the snack list.

A key rule to remember is not to double up on starches. If you have a sandwich for lunch, do not also have a starch on the side. The multigrain bread you are eating should be the only grain at that meal. The same applies to pasta and rice dishes.

You can also put snacks together to form your lunch. I like the turkey roll-ups, a hard boiled egg, and some snap pea crisps!

STARTING NOW!

Healthy Living At Your Fingertips

With the understanding that not *every* meal will be in your control, choose your entree wisely when dining out. Stay away from cream sauces and fried anything..if you are a red meat eater, here is your time to splurge as I do not incorporate red meat in the meal options.

All the dinner recipes are typically two servings - simply double or triple the recipes as needed. If cooking for one, know that HALF should go in the fridge for leftovers.

Beverages

Water: As much as you want.

Sodium free seltzer water(flavored): As much as you want.

Coffee/Tea: Keep caffeinated beverages to no more than three 6 oz cups per day.

Decaf tea: As much as you want.

Alcohol: This is meant to be a realistic lifestyle plan, so let's be honest; many of us like to unwind with a drink. I am an unapologetic beer snob and enjoy a beer almost every night. The key is to keep the number of drinks at or under 2.

Soda & Diet Soda: None. I know this sounds extreme, but both variations spike your blood sugar while offering ZERO nutritional value. Start the process now of reducing(one at a time) the number of servings you consume per day until you have eliminated it from your diet.

Juice: Very sparingly. Most of the nutrition from fruit is IN the fruit, not its juice. Better off eating an orange or an apple.

Vitamins: There seems to be some controversy about how much we need and what is overkill and potentially harmful. I have chosen to take a children's calcium/vitamin D gummy. Just a little extra along with a balanced diet has been an effective approach.

STARTING NOW!

Healthy Living At Your Fingertips

Breakfasts

All include a tea or coffee with milk, or milk substitute. Use only natural sweeteners - work on lowering the amount of sweetness you expect from your morning beverage. I drizzle honey and cinnamon in my almond milk morning latte.

Scrambled egg with salsa on a piece of whole grain toast or a small whole grain flat bread and a banana

Banana with 2-3 tablespoons of a nut butter and a granola bar made with whole grains that contains less than 10 grams of sugar

Scrambled egg with chopped peppers and feta and a side of strawberries mixed with some whole grain granola

Bowl of whole grain, low sugar cereal with blueberries and a hand full of nuts

Whole grain oatmeal drizzled with honey, walnuts, and sliced banana

In a rush? Whole Grain Protein granola bar with under 15g of sugar and a banana

*Remember-if omitting anything from the meals, make it the starch.

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Healthy Living At Your Fingertips

Lunches

I find it helpful to finish the lunch with a lemon/lime or mandarin seltzer. It stops the cravings for more food and is very refreshing. I frequently pop a vitamin C sucker for a sweet fix after lunch.

Roasted squash salad

- Arugula lettuce(pre-washed bag)
- Pre cut butternut squash
- 1/2 large avocado or 1 whole small-the organic ones run small
- chopped Walnuts

Roast the butternut squash with a drizzle of olive oil, salt, and pepper at 375 degrees for about 25 minutes(This can be done ahead of time and stored in the fridge).

Toss the lettuce, avocado, walnuts, and about a cup of the squash together. Drizzle with extra virgin olive oil, a sprinkle of sea salt and enjoy!

Flat bread salad

- Whole wheat(Sprouted Wheat is ideal) Flat Bread
- 1/2 avocado
- 1-2 slices of "all Natural" Turkey
- Arugula lettuce

Spread the avocado over the bread, and lay the Turkey over the avocado. Top with lots of lettuce, a drizzle of olive oil and sprinkle with sea salt.

This can be picked up as an open face sandwich, eaten with a knife and fork, or folded into a wrap

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Healthy Living At Your Fingertips

Snacking lunch (good for when you are doing ten things all at once)

- Rice or Nut chips (about 15) dipped in salsa(as much salsa as you want)
- 1/4-1/2 cup of nuts(dry roasted and reduced salt or Raw)
- 1 cup of plain low fat greek yogurt with a tablespoon of honey and cinnamon

Bean salad

- Lettuce
- Black and red beans
- Avocado
- Chopped walnuts
- Peppers
- Celery
- Sprinkle of feta cheese(optional)

Drizzle with olive oil and balsamic vinegar and a sprinkle of sea salt

Flatbread pizza

- Whole wheat(sprouted wheat is ideal) flat bread
- Arrabbiata Sauce
- Chopped peppers and onions
- Sprinkle of shredded cheese

Bake at 375 degrees for about 10-15 minutes

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Healthy Living At Your Fingertips

Garden lentil salad

- Lettuce
- Chopped peppers
- 1/2 cup Steamed Lentils
- 1/2 avocado
- Chopped Celery
- Salsa as a dressing
- 1 Whole wheat or whole grain flat bread on the side

Veggie burger

Serve over Arugula and diced 1/2 avocado. Top with Salsa

Sandwich

Peanut Butter and Jelly on Sprouted Whole Wheat bread with a side of low fat cottage cheese. If you choose this lunch, the afternoon snack should include vegetables

Multi grain english muffin

Spread 1 avocado (1/2 if it is a large avocado) on toasted muffin, and sprinkle with sea salt and crushed red pepper flakes. Top with lettuce for added nutrition. This can also be a snack with just one half of the muffin.

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Healthy Living At Your Fingertips

Dinners

Multigrain blend with turkey bacon and chicken sausage

- 1 bag of a frozen multi grain blend
- 1 chicken sausage
- 2 slices of turkey bacon - chopped
- Crushed red pepper flakes

Heat 1 tablespoon of olive oil in large skillet. Add 1/2-1 teaspoon crushed red pepper flakes and then add the meat. Sauté until bacon and sausage are browned.

Stir in frozen grain and veggie blend and continue to cook until the entire mixture is heated through.

Option: sprinkle of parmesan cheese on top.

Spaghetti bolognese with roasted broccoli

- 1/4 box of sprouted whole wheat spaghetti
- Frozen all natural pre-made turkey bolognese
- Chopped broccoli

Place frozen turkey bolognese in sauce pan to defrost and heat through while cooking the noodles. Spray broccoli with all natural olive oil and sprinkle with sea salt and pepper. Roast for 15 minutes at 375 degrees.

Once the cooking and prep is finished, mix all together and split between 2 bowls

Option: **SPRINKLE** with Parmesan cheese

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Healthy Living At Your Fingertips

Roasted salmon

3/4 - 1 LB Wild salmon

-Brussels sprouts (half a bag)

-1 Sweet potato

Note: I always line the baking sheets with aluminum foil-it makes for an easier clean up!

Preheat oven to 375 degrees

Pat the salmon, and drizzle with olive oil. Sprinkle with sea salt, black pepper, and rosemary. Place on a baking sheet (15 minutes cook time)

Dice the entire sweet potato and place on a baking sheet. Also drizzle with olive oil. Sprinkle with sea salt, black pepper, and rosemary (45 minutes cook time)

Wash and peel a few leaves from the brussels sprouts. Cut them in half and arrange on a baking sheet. Drizzle the vegetables with the olive oil, sea salt and pepper. (30 minutes cook time)

The potatoes go in first. After about 15 minutes, put the brussels sprouts in. And the fish should cook for the last 15 minutes. You can use a toaster oven for one of these items to keep it separate and a little easier with the timing.

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Turkey tacos

- 1/2 lb. lean ground white turkey meat
- 1/4 packet of all natural taco seasoning
- 1/2 diced onion
- 1 cup natural arrabbiata tomato sauce
- Organic multigrain taco shells
- Shredded lettuce
- 1/2 chopped avocado
- Salsa

Option: light shredded cheese to sprinkle on top

Heat a large skillet with 1/2 tablespoon of olive oil. Add onion and a dash of sea salt and pepper. Then add turkey and taco seasoning. Continue to cook while breaking up the meat until it is cooked through and slightly browned. Then stir in tomato sauce and turn the heat to low and let sit for about 10 minutes covered.

While this is sitting, prep all the veggies for the tacos and preheat the toaster oven to 275 degrees. Put in 2 taco shells per person and let them heat for about 3-4 minutes.

If there is any left over meat, and you are still hungry, feel free to finish the ingredients as a salad on your plate. Salsa is a great dressing!

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Shrimp over sprouted wheat spaghetti

- 1 tablespoon of olive oil
- 1 teaspoon crushed red pepper
- 1/2 thinly sliced onion
- 1-2 cloves of chopped garlic
- 1/2-1 cup white wine
- 2 chopped tomatoes
- 2 cups shrimp(can be thawed from frozen)
- A palmful of parmesan cheese
- 1/4 package sprouted whole grain spaghetti

Prepare pasta in large pot of water as directed. Typically, cook time for whole grain pastas is around 6-10 minutes. As you begin making the sauce, the water should be heating for the pasta

Heat olive oil in large skillet. Add red pepper, onion and garlic. Season with a sprinkle of sea salt and black pepper. Sauté about 7 minutes.

(pasta should be going in its pot around this time)

Add the white wine to the sauce and simmer for another 5 minutes.

Add 1 cup of the pasta water and then the tomatoes, shrimp, and cheese.

Once pasta is done, drain and return to the pot. Pour the sauce over the pasta and toss all together. Sprinkle with parsley and serve between 2 bowls

Serve alongside a simple arugula salad drizzled with olive oil and balsamic vinegar. Another option is simply throwing a bunch of arugula in with the pasta!

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Turkey meatloaf with roasted broccoli (serves 4)

- 1 lb. ground lean white turkey
- 1 beaten egg
- 1 cup all natural breadcrumbs
- 1/4 cup all natural ketchup
- 1/4 cup dijon mustard
- 1 tablespoon worcestershire sauce
- 1 tablespoon hot pepper sauce
- 2 slices turkey bacon
- Parmesan Cheese

Pre-heat oven to 375 degrees

In a large bowl, combine the meat, egg, breadcrumbs, and the rest of ingredients except cheese. Your hands really are the best tool for this. (Just always remember to wash with soap before touching anything else) Season with sea salt and black pepper.

Next, line the counter with some parchment paper. Spread the meat mixture out into a rectangle. Sprinkle the cheese over the meat leaving about an inch border all around. Then, like a jelly roll, roll the meat until it forms a loaf and place in a baking dish. Place the 2 strips of turkey bacon on top of the meatloaf and place in the oven.

Spread broccoli out onto a baking sheet and spray with olive oil, or drizzle with regular olive oil. Sprinkle with sea salt and pepper and set aside.

After meatloaf has been cooking for about 40-45 minutes, put in broccoli and cook another 10-15 minutes.

STARTING NOW!

Healthy Living At Your Fingertips

Egg bake

- 4 Eggs brought to almost room temp(if more liquid is desired, add egg whites)
- 1/2 cup of milk
- Parmesan cheese
- 3 slices of turkey bacon
- 1 small-med onion
- Crushed red pepper
- Chopped pepper-any color you like
- One tomato diced
- Roasted asparagus(ends broken off and sprayed with olive oil, seasoned with salt and pepper)

Preheat Oven to 375 degrees

Sauté turkey bacon and cook until browned, stirring frequently for even cooking. Add onion, red pepper flakes, salt and pepper for about 5 minutes-feel free to add any spice that you like. Then add the chopped pepper and tomato and stir for another 3 minutes. Set aside and let cool for a bit.

Whisk eggs together and then add the milk, salt, pepper, and a small palmful of parmesan cheese. Next, add the onion mixture to the eggs and stir to combine. This can now be transferred to either one small pie dish or I like to divide it among 2 onion soup bowls.

Bake in the oven until the egg begins to brown on top...about 25-35 minutes for the individuals and up to 50-60 minutes for a bigger dish. Broiling the egg bake for the last 2-4 minutes is a good way to brown the top.

Serve with a side of roasted asparagus, which can go in the oven for the last 10 minutes of cooking.

STARTING NOW!

Healthy Living At Your Fingertips

Curry scallops over brown rice with roasted brussels sprouts

- 6-8 fresh or thawed scallops cleaned and patted dry
- 3-4 green onions chopped
- 1/2 cup chopped cilantro
- Curry powder
- Juice of 1 lemon
- 1 cup prepared brown rice (I thaw out a bag of frozen to save time)
- Half bag of brussels sprouts cleaned and cut in quarters (about 10 of them)

Preheat oven to 375 degrees

Toss prepared brussels sprouts with 1-2 tablespoons of olive oil, sprinkle in salt, pepper, garlic powder, and some crushed red pepper for heat(optional).

These will bake for about 30 minutes...you can start the scallops about 20 minutes into the baking process. (assuming all prep work is done)

Sprinkle the Scallops with sea salt and curry powder. Use more curry for a stronger flavor

Heat 1-2 tablespoons of olive oil in pan and sauté scallops 2-3 minutes per side. Transfer to a plate.

In the same pan, add onions, cilantro, and sprinkle of salt and pepper and sauté for another few minutes. Then add the brown rice and the juice of one lemon. combine all together and toss in scallops to reheat. Serve with the side of brussels sprouts

STARTING NOW!

Healthy Living At Your Fingertips

Snacks

I find it helpful to add a cup of tea to my snacks

Kind bars (Qty:1): Look for any that have less than 10 grams of sugar

Annie's chewy peanut granola bars (Qty:1)

Celery with all natural unsalted nut butter (Qty:2-3 stalks and 2-3 tablespoons of nut butter)

Whole grain crackers dipped in organic cottage cheese (Qty:10-15 crackers and 1/2 cup cottage cheese) Add a few tablespoons of salsa to liven this up

Turkey roll-ups (Qty 5 slices and half an avocado): Cut slices of avocado and place one in a slice of turkey-top with a sprinkle of Sea Salt and forkful of salsa

Carrots and celery dipped in all natural hummus (Qty: 2-3tablespoons of hummus and as many carrots and/or stalks of celery as you want)

Lara bars (Bc these are higher in sugar, they should be consumed earlier in the day) or treated as a desert (Qty:1)

Dry roasted (light sodium) or raw mixed nuts (Qty: 1/4-1/2 cup)

Apple or banana with 1-3 tablespoons of all natural nut butter (Qty: 1 piece of fruit)

Any veggie I prefer snacking on carrots or sugar snap peas

Hard boiled egg - with a sprinkle of sea salt and black pepper

STARTING NOW!

Healthy Living At Your Fingertips

Baked snap pea crisps Needing a greasy fix- these are delicious and satisfy that craving (Qty: 25-35 pieces)

Low fat plain greek yogurt with all natural nut butter and honey
(Qty: 1 cup yogurt, 1 tablespoon Unsalted Nut Butter, and 1/2
tablespoon of honey-top with cinnamon)

Granola bars (Qty:1) Keep the sugar under 10g

Olives (Qty:5-10)

**Keep Seltzers on hand for oral satisfaction when hunger is not
actually the issue**

STARTING NOW!

Healthy Living At Your Fingertips

Food Alternatives These are my favorite options. Refer to this list should you want to swap out a food from one of the meals. Just make sure you are swapping a grain for a grain, a protein for a protein, and so on...

Proteins:

Chicken

All natural chicken or turkey sausage

Turkey bacon

Fish

Shrimp

Beans

Egg

Vegetables:

Broccoli

Brussels sprouts

Asparagus

Kale

Spinach

Arugula

Dairy and dairy substitutes:(Avoid skim or fat free bc of high sugar)

Reduced fat organic milk

Unsweetened soy milk

Unsweetened almond milk

Unsweetened rice milk

Unsweetened coconut milk

Cottage cheese- reduced fat

Low fat yogurt- preferably Greek for the higher protein content.

Cheese- stick with sharper harder cheeses such as Parmesan

STARTING NOW!

Healthy Living At Your Fingertips

Grains: Make sure the word “whole” is listed
Sprouted whole wheat/grain breads and crackers
Sprouted whole wheat/grain pasta
Couscous
Quinoa
Brown rice
Sweet potato

Fruits:
Apple
Banana
Grapefruit
Strawberries
Blueberries
Orange

Healthy Fats:
Avocado
Olive oil
Nuts
Coconut oil
Olives

STARTING NOW!

Healthy Living At Your Fingertips

Notes on Exercise

The weekly goal should be 2-3 days of strength work plus 2-3 days of hard cardio.

Form is crucial for success. One should never feel pain in their low back, knees, or neck. We've included pics, but always ask a professional if you are unsure of proper technique

Please take some time to stretch after each workout.

I suggest number of repetitions-if you could have done 5-10 more, the weight is not heavy enough. Go up in 2.5 lb. increments. If you could not even do 10 repetitions, drop down in weight.

Always go as heavy as you can, but feel free to drop down in weight for the third set if necessary

Ladies, you WILL NOT bulk up from this type of strength training, so go strong!!!!

For the "Hard Cardio" days, you should be working hard enough so that you find yourself having to open your mouth to breath in more oxygen. If you can continue to breath through your nose, you are not working hard enough! Jogging, incline speed walking, spin classes are all examples of GREAT cardio workouts! 30-60 minutes!!

If you are following the journal correctly, not eating before a workout should NEVER be an issue. On the "Hard Cardio" days, you need at least a banana with a protein/fat before the workout. Finish the breakfast within an hour of completing your exercise. However, if it is a "Strength Day", a more substantial breakfast is mandatory.

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Healthy Living At Your Fingertips

In the list of workouts, some can be done at the gym, some at home, and some outside. Pick what works for you! I have also included a couple “short” workouts when pressed for time. Make sure you put the energy into EVERY workout!

Whenever there are less than 4 flights, TAKE THE STAIRS!

DRINK WATER!!

Always make sure you have a good starting stance.

- Feet hip distance apart
- Shoulders pulled back and down
- Stomach held tight
- Knees soft



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Healthy Living At Your Fingertips

Workout #1: Gym

This workout meant to be done at a quicker pace

Jog or walk on a steep incline: 5-10 minutes

Bicep curls with 10 lb. free weights-15 repetitions

Full sit-ups- with feet anchored only if needed ie: you feel it in your back otherwise -15 repetitions followed by 15 crunches

REPEAT ABOVE 2 MORE TIMES

Weighted squats- either machine leg press or holding 15 lb. weights in each hand - 20 repetitions

Bicycle crunches for 50

REPEAT ABOVE 2 MORE TIMES

Tricep extensions on machine or with free weights:

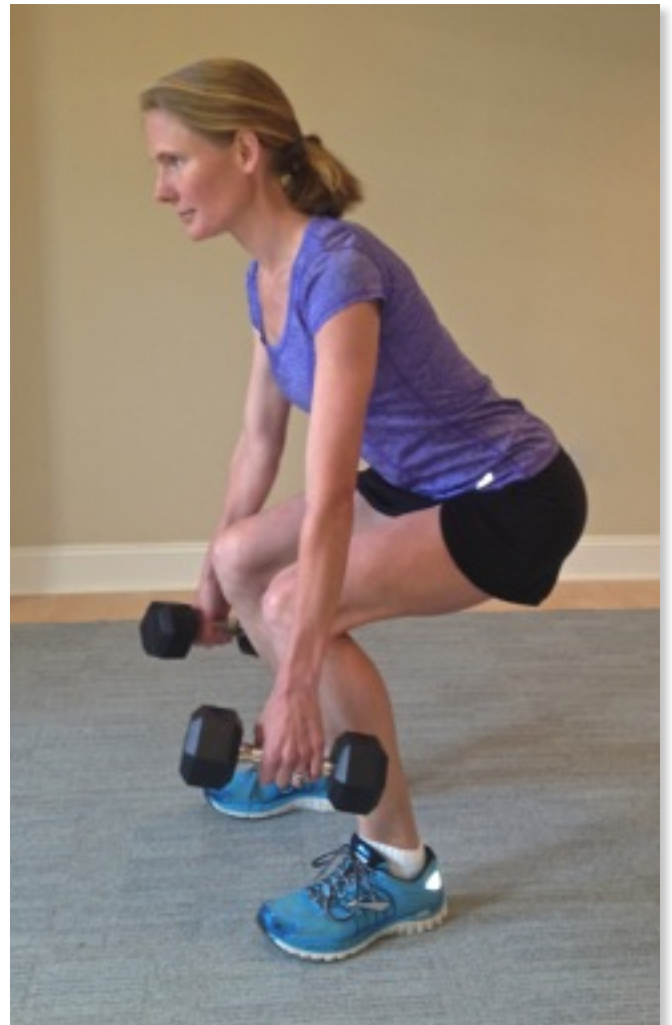
7.5-10 lb. —20 repetitions

Ballet squats holding 20-30 lb. weight- 20 repetitions

20-30 second forearm plank

REPEAT ABOVE 2 MORE TIMES

Jog or walk on a steep incline: 5-10 minutes



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Healthy Living At Your Fingertips

Workout #2: Cardio weighted workout

Warm up on elliptical: 10 min

Using 7.5 lb. weights:

10 bicep curls/10 squats back to back
3 times

Forearm plank for 20-30 seconds
followed by 20 crunches back to back
3 times

Cardio machine: (any) 5 minutes



Using 7.5-10 lb. weights:

Ballet squats with one foot up on bosu ball- 15 on either side followed
by 15 ballet squats with heels up on outside of bosu ball
Followed by 15 ballet squats on floor

30 bicycle crunches

20 second side forearm plank- both sides

30 bicycle crunches

Using 5 lb. weights:

15 tricep kick backs, after 15th, turn hands up to CEILING and pulse
for 15

10 squats holding weights

STARTING NOW!
Healthy Living At Your Fingertips

15 tricep kickbacks, after 15th, turn palms towards FLOOR, and do 15 pulses

10 squats holding weights

15 final tricep kickbacks

10 squats holding weights

Forearm plank 20 seconds

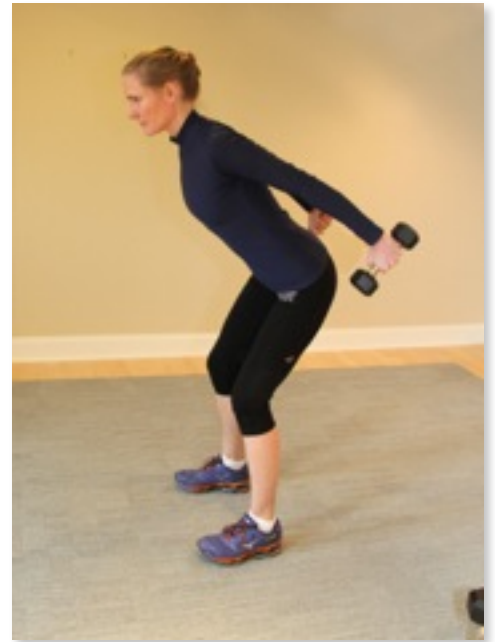
20 crunches

REPEAT ABOVE ABDOMINAL SETS 2 MORE TIMES

Holding 5 lb. weights:

Feet hip distance apart with weights at shoulders: squat down and then stand and press over head stretching all the way up- repeat 20-30 times

Cardio: 5-10 minutes



STARTING NOW!
Healthy Living At Your Fingertips

Workout #3: Home with weights or gym

Warm up on elliptical or treadmill: 10 minutes

45 bicep curls with 7.5 lb. free weights(take a 5 second break if needed)

45 squats holding those 7.5 lb. weights.

45 second forearm plank

REPEAT ABOVE

10 minutes fast cardio- jogging 6.0-6.5 mph or hill walking at 8%
incline at 3.6-4.0mph

45 push-ups on knees with 5 second break when needed

45 ballet squats holding 10 lb. weights in each hand

100 bicycle crunches

REPEAT ABOVE

10 minutes fast cardio- same as before

3-5 minute cool down with stretching.

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Workout #4: 20/30/40/50

Warm up: 10 minutes on cardio machine

20 bicep curls: 7.5-10 lb. free weights

30 crunches

40 squats holding the 7.5-10 lb. weights

50 second forearm plank

REPEAT ABOVE 2 MORE TIMES

20 reverse lunges on both sides

30 tricep extensions-either rope or kick backs: 20-35 lb with rope or 5-7.5 lb. with free weights

40 ballet squats pulses holding the 5-7.5 lb. weights

50 second side plank on both sides

REPEAT ABOVE 2 MORE TIMES

Cardio/cool down: 10-15 minutes



STARTING NOW!
Healthy Living At Your Fingertips

Workout #5: Under 30 minute workout at home

Jog in place for 30 seconds

20 Jumping Jacks

15 Pushups- knees or toes- (try for full ones)

REPEAT ABOVE 2 MORE
TIMES

20 Jump Squats

30-45 second Forearm Plank

REPEAT ABOVE 2 MORE
TIMES

15 Reverse Lunges on each leg

30-45 second Full Plank

REPEAT ABOVE 2 MORE
TIMES

20 Reverse Plank Tricep dips

30 Crunches w/knees bent and hands behind your head with your elbows
WIDE

REPEAT ABOVE 2 MORE TIMES

20 Ballet Squats

20-30 second side forearm plank on both sides

REPEAT ABOVE 2 MORE TIMES

Jog in place for 1 minute while doing kick boxing punches

10 Deep squats as cool down while taking deep breaths and bringing
your arms up and over your head



STARTING NOW!

Healthy Living At Your Fingertips

Workout #6: Gym

Warm up on Elliptical or treadmill: 10 minutes

Chest Press machine: 15 repetitions (the weight should be heavy enough that you are fatigued by repetition 15)

20 knee tucks on physio ball from plank position. Feet on ball, hands on floor-pulling knees into chest while keeping core very tight

30 Crunches on physio ball with feet propped up on bench

REPEAT ABOVE 2 MORE TIMES

Cardio: 5 minutes

Leg Press Machine: 15 repetitions with heavy weight (should be fatigued by 15)

15 Standing Lunges holding a 10-15 lb. free weight in each hand

Plank with feet on physio ball-15 reverse leg lifts on each side

20 side crunches over physio ball on each side

REPEAT ABOVE 2 MORE TIMES

Cardio: 20-30 Minutes



STARTING NOW!
Healthy Living At Your Fingertips

Workout #7: Gym

Warm up 10 minutes on elliptical or treadmill

15 Assisted Pull ups

15 Leg Extensions

15 Pushups

15 leg curls

30 crunches

REPEAT ABOVE 2 MORE TIMES

Cardio:5 minutes

15 Tricep pushdown on cable machine

15 Inner thigh presses on machine

15 Bicep curls with cable machine or free weights

15 Outer thigh presses on machine

30 second side forearm plank on both sides

REPEAT ABOVE 2 MORE TIMES

Cardio: 10 minutes



STARTING NOW!

Healthy Living At Your Fingertips

Workout #8: Gym

Warm up on Elliptical: 10 minutes

Chest Press machine- 15-30 lbs. - 15 repetitions

Pushups with feet on physio Ball - 15 repetitions

Knee tucks on physio ball - 15 repetitions

Crunches on physio ball - 30 repetitions

REPEAT THE ABOVE 2 MORE TIMES

Leg Press Machine- 50-100 lbs.- 15 repetitions followed by 10 pulses in the down position

Dead lifts on bosu ball: Holding 10-15 lb. free weights in each hand - 15 repetitions

Dead lifts Standing on Floor - 5-10 repetitions

Side Crunches over the bosu ball or small physio Ball - 20 on each side

Forearm Plank on bosu or small physio ball:
20-30 second hold

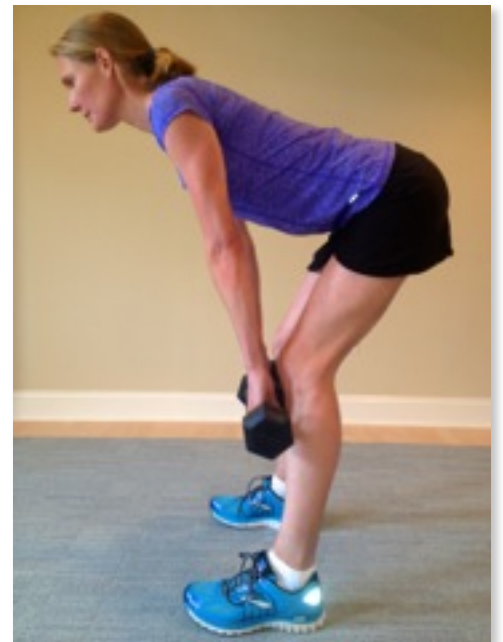
REPEAT THE ABOVE 2 MORE TIMES

Tricep extensions over head with the Rope-10-20 lbs - 15 repetitions

Jump squats - 15 repetitions

REPEAT THE ABOVE 2 MORE TIMES

20 minute cardio burst: jog outside, treadmill hill, or elliptical



STARTING NOW!
Healthy Living At Your Fingertips

Workout #9: Gym

10 minute treadmill hill

20 jumping jacks
15 chest flies with cables
REPEAT ABOVE 2 MORE TIMES

20 seconds jogging in place
15 one leg dead lifts on each side (be sure to square off your hips)
REPEAT ABOVE 2 MORE TIMES

20 jump squats
15 tricep pushdowns with cables
REPEAT ABOVE 2 MORE TIMES

30 Crunches on a bosu ball or small physio ball
30 second forearm plank on that ball
REPEAT ABOVE 2 MORE TIMES

20 seconds jogging in place
15 Inner thigh squeeze on machine
REPEAT ABOVE 2 MORE TIMES

Side plank on bench-20 repetitions of a hip dip on each side
Decline bench abdominal twists- 20 on each side
REPEAT ABOVE 2 MORE TIMES

Treadmill: 10 minute hill plus 1-5 minute cool down

STARTING NOW!

Healthy Living At Your Fingertips

Workout #10: Quick outside workout

This is a great one if you have a long driveway to use-If it is a long stretch of road or park, that is fine as well. If you can get to a hill to use, even better to do all these things up and down a hill.

Warmup: jog or speed walk down and up the driveway

jog down the driveway and do 20 squats
Sprint back up and do 15 pushups

Side shuffles down the driveway and do 20 jump squats
sprint back up and do 15 pushups

Side shuffle in the other direction down the driveway and do 15 reverse lunges on both legs
sprint back up and do 15 pushups

Walking lunges down the driveway and do 20 ballet squats
sprint back up and do 15 pushups

Jog down the driveway and do 20 ballet jump squats
sprint back up and do 15 pushups

15 final jump squats legs coming in an out
15 final pushups

Walk down and up the driveway to cool down taking deep breaths

STARTING NOW!

Healthy Living At Your Fingertips

BIO

In 2001 I got my personal trainer certification, but my love and interest in health and fitness started much earlier. I grew up as the youngest in a family that loved being together outdoors. To me, exercise was part of the fabric of my family's life, whether we were skiing, hiking, or swimming, exercise for me had nothing to do with "working out" and everything to do with spending time together and feeling good. As I grew older, exercise continued to be something that felt good to me. In college, hungover or not, I would religiously make it to a spin class or just hit the track at the rec center. After graduating from college, I moved to Manhattan. Bored in an office job I wasn't enjoying, I realized that maybe my love for exercise could be transformed into a career. In 2001, I began at Crunch Gym. In 2003, my husband and I moved to Connecticut and started our own fitness facility: Charged! The Experience That Inspires. Eleven years and two kids later, I have a career that I love, and wonderful clients.

As a fitness professional, I've realized that to truly change your life, you need to change how you approach eating and exercise. Part of the key to my own success is allowing for indulgences. I allow myself a few almost daily, and reserve others for parties or special occasions. Freeing yourself from the cloud of restriction enables you to get through each day with more enjoyment and less stress!

