



Rob's Rules to Get Fit and Lean NOW!

Rules for high-octane health and fitness!

While exercise is a must to be fit, healthy, and lean, good nutrition can be as much as 80% responsible for results. There is no need to rely on trendy diets or complicated programs. Simple education, planning, and effort are all it takes to make big difference in your life. Understand that with any major lifestyle change that there will be a period of adjustment. Once you alter your eating habits, and adopt a healthy nutrition ritual, you can expect some dramatic changes to occur in your physique, your energy levels, your moods, and even the quality of your skin. Food is power, and the fuel of your life.

Exercise Rules

- Lift weights 2-3 days per week in brief, intense sessions
- Engage in cardiovascular exercise 3-6 days per week in your target heart zone
- Try to stretch everyday for 10-20 minutes, hold each stretch for 20-30 seconds
 - Get adequate rest for recovery and avoid stress

Nutrition Rules

- Consume foods every 3-4 hours beginning at wake-up
- Eat a balance of protein, clean carbs, and fiber at each meal
- Consume 25 to 40 grams of fiber a day (*average American consumes 6 gms. A day!*)
 - Avoid sugar and any enriched/refined carbohydrate
 - Consume ½ gallon to 1 gallon of water daily
 - Ask me about Green drinks & regular juicing
 - Keep serving sizes under control

My Top Foods that should be in your kitchen!

Salmon (not canned)
Chicken Breast
Turkey
Whey Protein Powder
Beans, Peas
Plain Yogurt
Almonds, Walnuts
Sweet Potatoes, New Red Potatoes
Oatmeal
Broccoli, Spinach, & other Green Vegetables
Romaine lettuce & mixed baby greens for salads
Carrots, Corn
Flax
Egg Whites
Blueberries & other fresh seasonal berries
Oranges, Apples, Cantaloupes, Dates, Plums

Tomatoes, Onions
Brown Rice
Olive oil & olive oil based salad dressings
Wheat Germ & Ground Flax Seeds
Soy Milk
Natural Peanut Butter
Lemons

**There are more great foods... but these are the MUST HAVE choices that are the foundation of your plan.*

Approved Cold Cereals:

(All now available at most Lowe's Foods)

Kashi Go Lean and Go Lean Crunch *(and most Kashi brand cereals)*

Ezekiel Brand Cereals

Nature's Path Brand Flax Granola Cereal *(And most other Nature's Path Cereals)*

Fiber One

Special K

**Be sure to use only Skim Milk or Soy Milk on cereals*

Breads:

Choose only **100% whole grain** breads. When possible, choose wheat and gluten free breads. Ezekiel Brand breads are great. "Sprouted Grain" breads are also very clean and recommended. Read your ingredient list on breads to ensure that there is nothing "enriched". I generally buy my breads & baked goods at healthier supermarkets like Harris Teeter in Viewmont. Check your local health food store or grocery and see if they carry these types of fresh breads in their store.

Supplements:

(Available at the Spa)

Whey Protein Powder:

Use when traditional protein is not available or practical. Replaces chicken, turkey, fish, egg whites, etc.

Meal Replacement Shake

Replaces an entire meal: Mix one packet into a blender with 12-16oz. of cold water & ice for a great high protein, low sugar meal.

Meal Replacement Bars

There are a million out there. Always read the label and see that they are high in protein, low in sat. fat, and low in simple sugars. See your trainer if you're not sure.

Multi Vitamin

Essential Fatty Acids (EFA)

AVOID or CEASE CONSUMING:

(Except on a cheat day)

Simple and refined sugars
Soda, candy, cakes, cookies and the obvious junk foods
Pasta
Cheeses
White breads & heavy breads
Margarine
Any enriched, refined, or processed flours
Sugared cereals
Excess dairy
Fatty red meat
Anything fried
Pizza & heavy Italian foods
White dressings & sauces
Sweet tea
Alcohol
FAST FOOD!!

(If it has a drive thru window... avoid it!)

**Let logic be your guide... if you're uncertain, ask me.*

Menu Ideas

The following represent a FEW ideas for quick clean meals. There are literally thousands of options if you get creative with the approved foods. ***IMPORTANT Choose foods off the food list above and get creative. In my 14 years of training clients, I've learned that menus only last a short while. You have to learn how to create your own menu from the foods I give you. Get creative and work at it. Sit down in the evening and write down a plan of action for meals for the week. Get family to help in the preparation. It can actually be a fun activity!**

Breakfast Ideas

Scrambled Egg Whites or Egg White Omelet and Blueberry Oatmeal

>Scramble 3-7 egg whites in a nonstick pan. Add a handful of peppers, onions then top with fresh salsa for a southwestern flavor. Cook ½ cup of whole grain oatmeal and add a handful of fresh or frozen blueberries. Top with a teaspoon of wheat germ or ground flax.

Whole Grain & Fresh Fruit Yogurt Cup

Put ½-cup plain yogurt in a small bowl. Add ½-cup wholegrain, high fiber cereal, and then top with a handful of fresh berries. Sprinkle a teaspoon of wheat germ or ground flax on top. **Use only approved cereals.*

In a hurry?

>**Mix 1-2 scoops of whey protein powder** (available at the Spa) **with 1 cup of cold water then consume 1 cup of approved cereal or oatmeal with blueberries.**

Or...

>**Mix 1 packet of Ultramet Meal Replacement shake** (available at the studio) with 12-16 oz. of cold water & ice in a blender. Drink and go!

Mid-Morning Meal

>Whey Protein Shake and a serving of fresh fruit

>Ultramet Meal Replacement Shake

> Whole Grain & Fresh Fruit Yogurt Cup

Put ½-cup plain yogurt in a small bowl. Add ½-cup wholegrain, high fiber cereal, and then top with a handful of fresh blueberries. Sprinkle a teaspoon of wheat germ or ground flax on top.

**Use only approved cereals.*

**Add a handful of almonds to this meal*

Lunch

>Leftovers from your clean dinner the night before

>Lean meat wrap or sandwich on whole-grain, rye, or pumpernickel bread.

No mayo. Add lettuce, tomato, onions, and mustard. Have a side salad, mixed veggies, or just skip the side altogether.

>Grilled chicken, turkey, or fish with brown rice and steamed vegetables.

Mid Afternoon Meal

**Same as Mid-Morning meal*

Dinner

>Grilled chicken, turkey, or fish with brown rice and steamed vegetables.

>Grilled chicken over black beans & brown rice.

Add fresh salsa and chopped onions! (My favorite)

>Chicken Stir Fry.

Add cut chicken strips to fresh vegetables or bag of frozen vegetables in a wok or deep nonstick pan. Mix in a little olive oil. Serve fresh peas, beans, or corn as a side. YUM!

Late Snack

>Whey Protein shake, fresh berries or raw vegetables, handful of almonds or walnuts

>Natural peanut butter over apple slices, handful of almonds or walnuts

Optional: Consume 1 liter of water per day with 1-2 scoops of SuperGreens Green drink to alkalize your blood and boost immune system function

Misc.

Walk outdoors at least 2 times per week and get some sunshine on your skin
(good for the soul)

Enter a 5K charity run that is a few months into the future in order to have a goal

Go for a hike! You live in a gorgeous part of the country. Don't take it for granted. Go hiking! It's a fantastic cardio activity. Take it from a Floridian... the landscape is awesome here... get out and enjoy it!

Ride a bike!

If you have young kids... go outside and act like a kid with them. Play tag, hide and seek, throw a baseball, or just wrestle with them in the grass. If your kids are grown or you have no kids... do it with your spouse or significant other.

Plan an active vacation this year (Grand Canyon hike, Appalachian Trail, bike tour)

Walk in the rain

Think any of this stuff is not for you? WRONG! Step out of the box and do something new and different. You'll be so happy you did. We're all kids at heart... let it out! I don't believe in Mid-life crisis... I believe in Mid-life awakening!

Most importantly... STAY THE COURSE! Never give up!

-Rob

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www.TrainDifferent.com

www.spaathletic.com

NEXT STEP:

**See Rob to take this information
to the next level for you!!**

Make the appointment today!