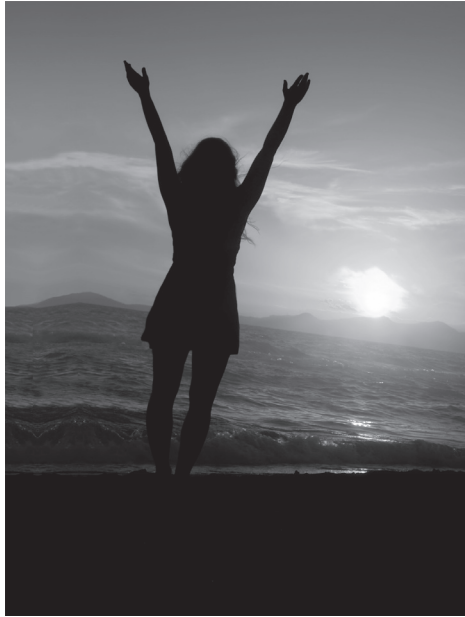




The Women's Fitness Kit

Developed by Angie Battaglia

The Women's Fitness Kit was developed by women, for women. Fitness Professional, Angie Battaglia, developed this complete health and fitness package to meet the top health needs of every woman regardless of age or stage in life.

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Preface

In the spring of 2007, I was diagnosed with breast cancer. As I was going through surgery and radiation, I had to modify my workouts. I was unable to go to the gym and barely had enough energy to workout let alone get out of bed. My doctor gave me a handout of exercises and basically told me I was on

my own. Unable to accept that I had to lie around and just accept what was happening to me, I decided that I had to be the one to take it

upon myself to keep exercising. All of my workouts were at

home with all of the contents of this kit, the fitness

ball, weights, resistance band, pedometer

and jump rope. With only these simple fitness

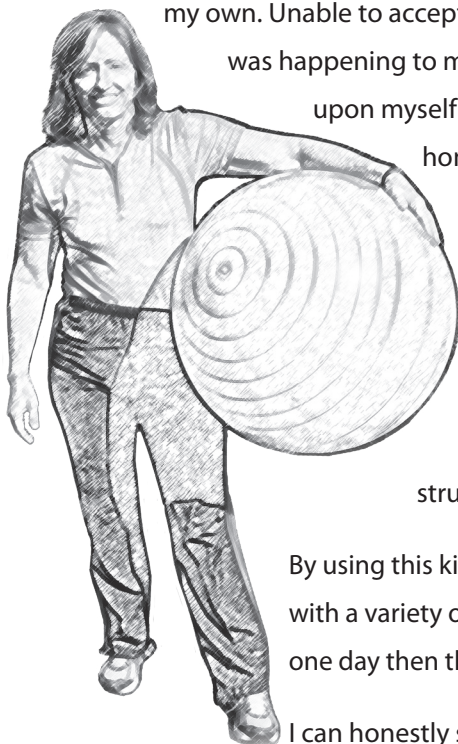
tools, I was able to keep my energy level up

and my spirits high. I quickly realized that

this kit could help so many other women that

were having not only health challenges but

struggles just fitting a workout in their busy life.



By using this kit you can get a simple yet challenging workout with a variety of fitness tools. You can mix it up and use the ball one day then the resistance bands the next.

I can honestly say that this kit kept me healthy and happy throughout my breast cancer challenge. It helped me not only keep a positive frame of mind, but assisted me in training for the Breast Cancer 3-Day, 60-mile walk which I recently completed.

Angie Battaglia

Why is the present called the present?

Because it's a gift!

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Life is a game - Play It!

Author

Angie Battaglia, M. Ed, Certified Personal Trainer, has built a reputation for exclusive personalized services. She has had a lifelong interest in fitness, health and wellness with a passion to educate and motive others to experience the rewards of healthier lifestyles.

Her specializations include customized fitness and wellness programs, half



and full marathon training, general conditioning and overall improving your quality of life. Angie is also specialized in disabled group training in her Life Balancer program.

I want to thank my friends and family for being supportive and giving me the encouragement I needed to finish this project.

I am forever grateful to everyone that has inspired me to keep sharing with you my passion for *Reclaiming Your Life*.

Email Angie at:
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www.funfitpro.com

To order the Women's Fitness Kit by phone call:
1-866-202-6308

Product Code: AFAZ

*It's the start
that stops you!*

Why should women exercise?

Reduce the Effects of Menopause

You're hot, you're cold, you can't think straight, your forgetfulness is becoming increasingly worse. Studies show your suffering from menopause. Beginning around the mid-30s, the ovaries decline in hormone production. This accelerates in the 40s, which makes hormones fluctuate, and by the 50s, periods usually end completely. What many women don't like about this process is the problems that may happen to them:

- Hot flashes
- Depression
- Stress and anxiety
- Sleep disorders
- Osteoporosis
- Cardiovascular disease
- Irritability

Women may also weight gain, especially around the belly and waistline. Part of this has to do with those declining hormones, though researchers aren't sure how or why. Some studies have been done that have shown for some women their appetite has increased in menopause.

Menopause isn't the only cause of middle age spread. Other factors include:

1. Reduced activity. Women often exercise less when they enter menopause, which can lead to weight gain.
2. Decreased metabolism. One reason metabolism declines with age is loss of muscle mass. Muscle burns more calories than fat, so when you lose that muscle (about 1/2-lb per year if you don't preserve it with weight training/exercise) you don't burn as many calories.
3. Increase in calories. As metabolism drops, many people don't adjust their calories accordingly, which often leads to weight gain.

4. Genetics. Your genetic makeup and where you're predisposed to gain and store fat also plays a role in weight gain, making it more difficult to maintain your figure.

So with all this going on what can you do? One simple answer, exercise. The good news is that a regular exercise program of physical activity can help manage many of the uncomfortable symptoms of menopause as well as the relate health concerns, such as heart disease and osteoporosis.

Other benefits of exercise include:

- Weight loss • Reduction of hot flashes • Increased bone mass
- Reduced stress, risk of high blood pressure, heart attacks and strokes

Women who ramp up their physical activity during menopause gain far less weight than do those who decrease their activity. In the Women's health Initiative, a study of more than 160,000 post menopausal women 50 to 79, researchers found that the longer a woman sat each day, the greater risk of cardiovascular disease. Exercising can soften those hot flashes and help you to become easier to live with.

Minimize Bone Loss Due to Osteoporosis

Osteoporosis develops very slowly. Its first symptom is often a broken bone. Osteoporosis causes roughly 1.5 million bone fractures each year. The spine, hip and wrist are the most common sites. While an adequate calcium intake during childhood is essential to prevent the disease, calcium intake of 1,000mg to 1,200mg a day in adults has been shown to significantly reduce the risk of osteoporosis related fractures. Women in menopause need superior bone-building supplements. 1 in 2 women over the age of 50 will have an osteoporosis-related fracture in her lifetime.

Some of the known risk factors for osteoporosis can be modified, such as:

- Sedentary lifestyle
- Smoking
- Inadequate calcium intake
- Surgically removing the ovaries before menopause

Exercise, which helps build strong bones and slows bone loss, are helpful no matter when you begin, but have the greatest benefits when you start young and do it throughout your life. Resistance training lets you build muscle and bones throughout your entire body.

Strength training lets you build the muscles and bones in your arms and upper spine. Weight bearing exercise (walking, jogging, skipping rope) helps the bones in your legs, hips and lower spine.

It's very important that you get tested for osteoporosis. Don't wait until your 60 to get tested, go at a younger age. The test is quick and relatively painless. If you have someone in your family that has osteoporosis, then your chances increase. My grandmother had osteoporosis and now my mother needs a hip replacement. I could be next. One fracture can change your life forever. Be proactive not reactive.

Offset the Risk of Cardio Vascular Disease (CVD)

This is the #1 disease for women. CVD refers to any disease of the heart.

Women develop heart disease about 10-15 years later than men, due to high levels of estrogen. Estrogen produced by the body is thought to help protect the heart. After menopause, the levels of estrogen in a woman's body drop which increases the risk of CVD.

Risk factors for CVD include:

- Obesity
- Hypertension
- Smoking
- Stress
- Sedentary lifestyle
- Middle age

The more risk factors present the higher the risk of CVD.

Why should YOU exercise?

Because You're #1

Without your health you cannot give the best of yourself to anyone including you! Angie takes all activities one step at a time to support you in achieving a healthy quality of life. Now it is your turn to commit to yourself and give yourself the required permission to give yourself the gift of health!

By using this kit it will not only provide you a more balanced program of cardio, and resistance training but will enable you to handle the day-to-day challenges women face. Your energy level will increase, you will lose weight and you will lose those inches that you had a hard time getting rid of.

The Health of Your Bones Depends on It

Exercise helps build strong bones and slows bone loss. Exercise is helpful no matter what age you begin, but behold the underlying truth, it has the greatest benefits when you start young and do it throughout your life.

You'll Look and Feel Better

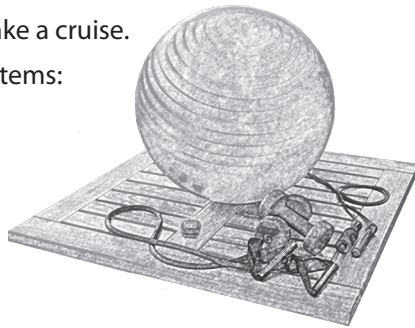
As women get older they start gaining weight. It could start right after high school when the activities slow down and you start having kids. Or the career takes off and you just don't have the time to exercise. Time flies and then all of a sudden you get excess weight in those places, under the arms, the back, legs and all throughout the middle. By using this kit it will help with those problem areas.

The Women's Fitness Kit is for you

Any woman will love the easy access and portability of their exercise tools. Easy to use right in your own home or pack and take with you utilizing the equipment virtually anywhere with ease of portability. Even if it is just to stay overnight with the grandchildren or take a cruise.

Included in each kit are the following items:

- 1 - Fitness Ball
- 1 - Yellow Resistance Tubing
- 1 - Pedometer
- 2 - 5-lb Weights
- 1 - Jump Rope



Fitness Ball – Best piece of equipment you can own. Versatile in use. There are physical benefits from working out of the ball. Back health – strengthens the spine and prevents injury. Improves posture – the act of balancing builds postural awareness and strength. Core stability – the deep abdominal and spinal muscles are worked and strengthened. Muscle balance – can reverse muscle imbalances, which can cause back injuries and postural problems. Mobility and flexibility – Relaxes, releases and rejuvenates your whole body.

The ball will give you a fun way to exercise. The ball could become 'wobbly' so you will draw on extra muscles and develop new skills. By working on the fitness ball you will automatically, often subconsciously, correct and improve your exercise quality. If you lose good posture, the ball will roll or wobble, prompting you to correct your form, from ball squats to abdominal exercises to resistance training. You are working muscles and don't even know it.

Resistance Tubing - These are great for people that want a quick and convenient exercise routine that they can do in the convenience of their own home. By using resistance tubes you can build muscle, tone and strengthen

your body even if you have limited space or time. Resistance tubes comes in a number of resistance levels that range from high to low, are lightweight, portable and allows you to turn almost any normal exercise into strength training. Think about a rubber band. They stretch out and offer a degree of resistance that pulls against your muscles.

The individual exercises shown in this kit are isolated to work-specific parts and muscles of the body, so you can easily do the exercises shown with resistance tubing or focus each day on specific muscle groups you want to improve. With a little work and commitment you can begin to see great results even from such a simple short resistance tube workout.

Pedometer – It can be one of the most effective tools to lose or maintain weight. The pedometer is convenient, compact, easy to use, and gives you daily step count totals. Just wear the pedometer on your hip and start walking. People who use a pedometer are more active, lose weight and lower their blood pressure.

Pair of 5-lb Weights – One or both can be used to provide resistance during workouts. Resistance exercise is used to develop the strength and size of the muscles. When properly performed, resistance training can provide significant functional benefits and improvement in overall health and well being.

Jump Rope – It's cheap, it's easy and you can do it anywhere (even in a hotel) Jumping rope is the perfect exercise for travelers. A simple easy way to get a cardio workout. The main benefits of jumping rope can burn up to 1,000 calories per hour, weight loss, agility, balance, endurance and cardiovascular health, making it one of the most efficient workouts possible. It tones muscles in the entire body, develops long lean muscles in all major muscle groups, both upper and lower. Jumping rope optimizes cardiovascular conditioning and maximizes athletic skills.

Ask yourself before starting

Answer the following questions: *When was the last time you gave yourself permission to focus on YOU?* That's right, you and the wants and needs of your physical body. No, we're not talking about giving yourself permission for that extra scoop of ice cream. *If you were to continue on this "extra scoop" path, where do you see yourself with regard to body fat and fitness level in two years? Do you like the mirror image you're visualizing? Is it time to change the care and feeding of you?*

Use our Women's Fitness Kit, with all of the tools, to stop the excuses and face yourself in the mirror without masks or veils. *How do you really see yourself? How do you feel inside when you see your body? What changes would you like to see on your frame? How would you like to see yourself 12 months from now?* That's right, it's time to STOP disguising the reasons and give up this repeating cycle of giving less than your BEST to your physical body.

By giving less to your physical needs you are shortchanging your soul and all those you interact with daily. You are shortening your life expectancy, through your lack of self-honesty. You are NOT living life to its fullest joyful pleasures.

Most women find it easy to give of themselves to others, but eventually they find themselves the last ones on the list to receive.

Isn't it time to break this expanding cycle of broken self-commitments and attitudes once and for ALL? Literally for ALL, forever and for all persons in your life and that includes YOU, first NOT last.

Angie will take you through every challenge one step at a time. The first challenge is the greatest and that is to make a LASTING commitment to YOU. This

is what has to occur to break the up and down cycle essential to sustaining lifetime success. This lasting success will provide you with many of the following benefits:

- Improved outlook
- Clothes fit better
- Increased energy
- Increase self-image
- Less Body Fat
- Increased endurance
- Level mood swings
- Positive self talk
- Improved quality of life

STEP 1 to Success

- Take one step at a time
- Promise to self to change lifestyle
- Forgive yourself for not exercising
- Have self-discipline
- Trust yourself

Example: *I will take responsibility for taking care of my body.*

STEP 2 to Success

Set goals that are:

Challenging

Realistic

End results broken down by action steps

Example: *I will workout 4 days each week by doing two full body workouts and two days of walking.*

STEP 3 to Success

- Achieve Consistency
- Put working out on your "to do" list
- Make time for you
- Workout early before day slips away from you

Example: *I love to workout. It's on my "to do" list everyday.*

STEP 4 to Success

- You are what you eat
- Don't fall asleep at your meals
- Start a food journal to become aware of what/how much you're eating
- Throw away the weight scale – use clothesometer

Example: *I will start writing down everything I eat and drink.*

STEP 5 to Success

- Mind work
- Increase your understanding and awareness of your body
- You are what you think and choose through your behavior and actions

Example: *If you think you'll lose 20 pounds in 16 weeks, you will.*

STEP 6 to Success

- Celebrate
- Acknowledge those small victories
- Be grateful for having the courage and strength to change
- Establish non-food rewards

Example: *I will get that new outfit I've wanted since I started to work out.*

STEP 7 to Success

- Go back to Step 1
- Remind yourself this is a change of your lifestyle
- When you come to a plateau that means its time to change your workout

Example: *I will keep exercise fun with new and challenging workouts.*

Use the following charts to set up your weekly Steps to Success:

EXERCISE WEEK 1	REPS	x/WEEK	TIME ALLOTTED	TEMPO
Walking				
Fitness Ball				
Weights/Ball				
Resistance Tubes				
Jump Rope				

EXERCISE WEEK 2	REPS	x/WEEK	TIME ALLOTTED	TEMPO
Walking				
Fitness Ball				
Weights/Ball				
Resistance Tubes				
Jump Rope				

EXERCISE WEEK 3	REPS	x/WEEK	TIME ALLOTTED	TEMPO
Walking				
Fitness Ball				
Weights/Ball				
Resistance Tubes				
Jump Rope				

EXERCISE WEEK 4	REPS	x/WEEK	TIME ALLOTTED	TEMPO
Walking				
Fitness Ball				
Weights/Ball				
Resistance Tubes				
Jump Rope				

Time to establish goals

Goals will give you a clear idea of what you are trying to achieve. When setting goals, see the big picture and the overall objective that you wish to accomplish. Next focus on baby steps to accomplish these goals. We call this, chunking down from the macro to the micro, step-by-step. By doing this you will set benchmarks for achievement and keep things realistic and in perspective. If we told you that you were going to be walking three miles in one day you might be overwhelmed and not be able to stay focused on the target goal. Start slowly with a basic cardio program (walking) and a full body resistance training program.

Keep It Simple

Keep things simple, take one-step at a time as well as one self-motivation at a time. Getting healthy is both an inside and an outside job. This booklet is targeted on your outside focus and muscle response. Inside work is just as challenging and includes: diet, supplements, vitamins as well as mental health and overall balance and well being. Your attempt is to achieve wholeness of health and mental attitude.

Put Goals In Writing

The framework for beginning the challenge is to put the goals into writing:

- Be realistic
- Be challenging
- Have measurable goals
- What you want to achieve
- How you want to achieve it
- Steps known as benchmarks
- Rewards for accomplishing small steps

Below is an example of setting a weekly program using the kit:

Monday	Walk
Tuesday	Full body resistance training
Wednesday	Walk
Thursday	Full body resistance training
Friday	Active rest – fun activity like bike riding, shopping
Saturday	Walk
Sunday	Relax totally

Use the following to chart your weekly program :

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Turn up the burn

You're about to make the best investment ever - you! As you start transforming your life, have fun, start slowly and enjoy the experience.

Beginners

- It's best to do 1 set (equivalent to 8-10 repetitions) of each exercise for at least 8 weeks.
- Make sure you are using enough weight to feel some resistance and muscle fatigue at the end of a set.
- Weekly goal: 1 set of all ball or tubing exercises at least 2 times a week.
- Walking days start with 5-10 minutes and work up to 30 minutes. The goal is to have at least 5,000 steps per walking day.

Intermediate Exercisers

- It's best to do 2 sets (equivalent to 10-12 repetitions) of each exercise only after you have been exercising consistently for at least 8-12 weeks.
- Weekly goal: 2 sets of all ball or tubing exercises at least 3 times a week.
- Walking days start with 30-45 minutes. The goal is to have at least 7,500 steps per walking day.

Advance Exercisers

- It's best to do 3 sets (equivalent to 12-15 repetitions) of each exercise only after you have a good foundation of fitness equivalent to 12-16 weeks.
- Weekly goal: 3 sets of all ball or tubing exercises at least 4 times a week.
- Walking days start with 45-60 minutes. The goal is to have at least 10,000 steps per walking day.

These 10 Ball Exercises will Give You a Total Body Workout *(sample):*

- Leg Squat
- Leg Lunge
- Abs Sit-up
- Chest Press
- Chest Fly
- Back Pullover
- Back Seated Rowing
- Shoulder Press
- Bicep Curl
- Triceps Extension

Now it's Time to Turn Up the Burn

If you want to take less time exercising and burn more calories, then:

- Only rest 10-15 seconds between each exercise.
- At the beginner level, jog in place, do jumping jacks, or jump rope for 15-30 seconds after each set.
- Once you have reached the intermediate level, increase jumping rope to 30-60 seconds after each set.
- After you have achieved an advanced level of fitness, increase jumping rope to 2 minutes or longer between each set.

When you work your upper body and lower body at the same time, you will also raise your heart rate and burn more calories. The result will be that you're fitter and stronger, so you can walk and play more without getting tired.

Great ways to avoid injury

Get a Physical

Consult your doctor to determine any medical conditions of which you may not be aware. If you are on medications, ask your doctor if your meds will give you any side effects during or after you finish exercising.

Warm Up

Before you exercise walk for 5 or 10 minutes. Take a hot shower to loosen up your muscles. Stretch before and after your workout.

Breathe Correctly

Your body needs oxygen to function at its best. Inhale through your nose, exhale through your mouth. Just remember, ***exhale on the exertion***. Avoid holding your breath as this raises blood pressure and increases fatigue.

Proceed Slowly

Expect slow, gradual improvements. Every body is different, so comparing yourself to others isn't helpful. Go at your own pace.

Balance Both Sides of Your Body

Always lift the same amount of weight with both sides instead of lifting a heavier weight on your stronger side. Stick with the same pounds (i.e. 5 pound weight with left arm and 5 pound weight with right arm).

Focus on Quality Not Quantity

Quality is more important than quantity. If you cannot do all the repetitions as suggested, do what is possible for you. Focus on good form, move slowly and remain in control throughout each move. If you are lifting weights and lose your form, stop and move on to the next exercise.

Always Stop If You Feel Pain

If an exercise hurts every time you try it - don't do it! For example, if your knees hurt jumping rope then throw down the rope and start walking.

Cool Down

After walking, jumping rope or working out with weights or tubes cool down for 5 to 10 minutes. Walking slowly or doing stretches is a good way to achieve this.

Take Time Off If Necessary

If your not feeling good or maybe you didn't sleep the night before, skip your exercise and take the day off.

Enjoy abundant vitality

We all experience stress. The important factor is how we deal with it. Exercise and healthy eating will definitely help you handle stress in a more relaxed and positive manner.

Take some time for yourself each and every day. Get at east 6 hours of sleep a day and listen to your body, because when it says, ENOUGH, it probably is.

Give yourself permission to slow down, turn off the TV, and silence your phone. Turn on some soothing music, close your eyes and meditate. Just be still in the now.

Let's get moving

Use the Pedometer

Start with counting how many steps you take daily. Place it on your hipbone and start walking first thing in the morning. Measure all the steps you take daily.

- 5,000 steps or less – sedentary lifestyle – time to get moving
- 5,000 – 7,499 steps – low active – a typical day of activities
- 7,500 – 9,999 steps – somewhat active – some exercise and maybe a job that requires more walking
- 10,000 steps – active – you're where you want to be. Keep it up everyday.

Use the pedometer to increase your steps each day combined with different speeds of walking:

- Stroll 120 steps 3mph
- Brisk Tempo – 135 steps 4mph
- Fitness Pace 150 steps 5mph

Good rule of thumb: Walk at a pace at which you can carry on a conversation.

Tips on Walking Techniques and Form

As you spend more time on your feet, it is important to maintain good form so as to minimize unnecessary soreness. Walk as relaxed as possible. It is up to you to select the portions of the walking stride that feel most comfortable and practice putting each piece into place to build the muscle memory that will help you achieve the consistency you will need.

- Good posture is essential. Think tall and walk tall.
- Look ahead about 10-20 feet. The head should be level, eyes looking forward and the chin parallel to the ground.
- Your shoulders should be relaxed, not cinched up towards your ears. Arms



are bent at the elbows at an 85° angle and should swing freely with the forearms at waist level in a controlled but relaxed motion. Do not cross your arms in front of you.

- Your lower abdomen is held in and your buttocks tucked under your body not sticking out in back.
- Each stride begins at your hip. Rotate your hip forward as though you were twisting from the waist. This hip rotation will initiate the forward swing of your legs. Avoid leaning forward from your waist.
- Land on your heel with the forefoot high. The momentum of your body weight will help you roll from the back of your foot to your toes. Your next stride begins with a push off from your toes.
- Begin slowly. Concentrate on the basic motion and technique rather than speed. Increased speed and endurance start with good technique.

Shoes and Socks

Everyone has their own favorite brand of shoes and socks. While I don't recommend any specific brand, here are a few things to look for when buying both.

The number one consideration for shoes is the fit. I recommend trying a wide variety of brands to find the one that feels the best. You may want to get at least one size bigger due to the fact that your feet will swell as you're walking. I have trained hundreds to walk marathons and I always recommended that they go to a shoe store that will take a look at their old shoes to see if they pronate inward or outward as they walk.

Don't buy a shoe just because it looks cool. The heel should fit securely so there is no excess movement. The forefoot should be very flexible due to the heel-to-toe rolling motion of the foot. The shoe should have a high, toe box area to avoid cramping the toes and should have a firm heel counter for stability.

A properly fitting running shoe is better than an ill-fitting walking shoe. Avoid cross trainers as they are made for lateral movement making them too rigid for the rolling motion. A good walking shoe should last approximately 500 miles.

As far as socks are concerned, I recommend they be made of a synthetic blend such as Coolmax to draw perspiration away from the foot. A cotton sock is NOT a good choice as your foot will remain damp creating an unhealthy environment. There are specialized walking socks that contain extra padding along the bottom to provide extra cushioning and prevent blisters and chafing. They are available in most sporting goods stores.

Challenge Yourself

Now it's time to start walking. So, what should you be striving for?

For most people, 10,000 steps a day is equivalent to five miles of walking. Unless you have an active job such as a waitress or nurse, it would be difficult to log that by just daily activity. Most people achieve it by walking 30-60 minutes or more per day.

If you are already logging 10,000 steps per day and continuing to gain weight or failing to lose weight, then add another 2,000 steps per day and/or eat fewer calories. If that still doesn't work after a couple of weeks, continue to add more steps and/or eat less.

Keep track of your steps in your journal. If you walk 2,500 steps one day, raise your goal 10% and walk another 250 steps or 2,750 steps the next day.

Remember park farther away from a store and walk, use the stairs instead of the elevator, use the bathroom on the second floor instead of the first floor. You will be amazed at how many steps you can take if you just focus on it. It's time to lace up those shoes and enjoy the great outdoors. Lets start walking!

Just Put One Foot in Front of the Other

Walking a half hour a day, or 3 hours per week, can decrease your risk of heart disease. Walking 7 hours a week can decrease your risk of breast cancer and Type II diabetes.

You want to build a habit. Walking at least 5 days a week, or every other day, will help you develop a new habit. Increase the time you spend walking each week before working on speed.

Week 1 - Start with a daily 15 minute walk at an easy pace. Spread out your rest days, such as making every 3rd and 6th day a workout day with weights and the ball. *Weekly goal 60-75 minutes.*

Week 2 - Add 5 minutes a day so you are walking 20 minutes, 5 days a week. Or you may want to extend yourself more on some days, followed by a rest day. *Weekly goal 75 - 100 minutes.*

Week 3 - Add 5 minutes a day so you are walking 25 minutes, 5 days a week. *Weekly goal 100 - 125 minutes.*

Week 4 - Add 5 minutes a day so you are walking 30 minutes, 5 days a week. *Weekly goal 125-150 minutes.*

If you experience a week that seems difficult, repeat that week until you are able to progress comfortably rather than adding more time.

Graduate - Once you are able to walk each day for 30 minutes at a time comfortably, then it's time to starting training for a 5k. You have built the foundation now anything is possible.

Let's have a ball

Exercise for Legs using the Ball

Squats – Starting Position

- Stand with your back to the wall with your feet hip-width apart.
- Place the ball between your lower back and the wall.
- Move your feet away from the wall until you can see your toes just beyond your knees.
- Place your hands at the top of your thighs.
- Keep your abs tight and your back straight.

Action

- Lower yourself to a seated squat position with thighs horizontal.
- Pause and then slowly stand up to the start position
- Complete an appropriate number of reps per set.



Exercise for Legs using the Ball

Lunge – Starting Position

- Stand with your back to the wall with your feet hip-width apart.
- Place the ball between your lower back and the wall.
- Lean slightly forward so your tailbone is touching the ball.
- Place left foot as far forward as possible and the right foot back towards the wall so your heel is slightly off the ground.
- Place your hands at the top of your thighs.
- Keep your abs tight and your back straight.

Actions

- Lower yourself to a seated squat position with thighs horizontal.
- Pause and slowly stand up to the start position
- Repeat the actions above with right foot forward and left foot towards the wall in order to complete one rep.
- Complete an appropriate number of reps per set.



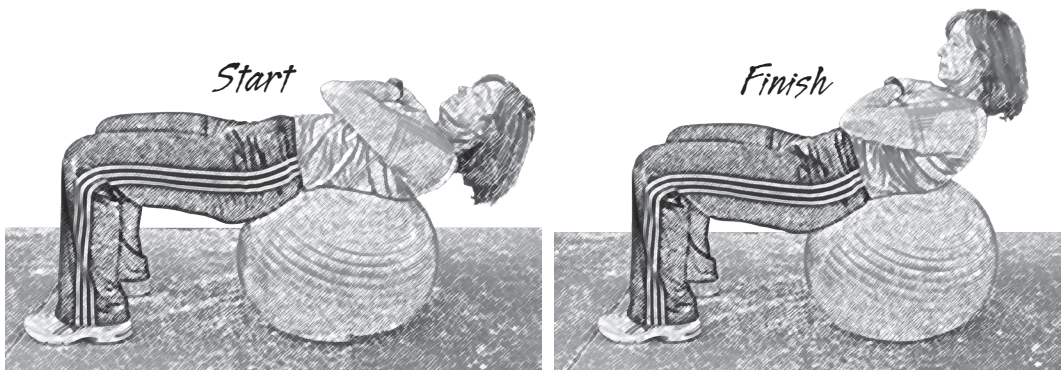
Exercise for Abs using the Ball

Sit-ups – Starting Position

- Place the ball on the floor and sit on it balancing carefully.
- Position your feet hip-width apart.
- Walk down, face up, into a supine (tabletop) position until your mid- to-lower back is resting on the ball.
- Keep your abs tight and your back straight.
- Cross your arms over your chest.

Actions

- Raise your head and shoulders so that you are looking straight ahead.
- Complete an appropriate number of reps per set.



*If you continue to do
what you've always done,
you'll continue to get
what you've always gotten!*

Let's pull our weight

Exercise for the Chest using the Weights

Chest Press – Starting Position

- Place the ball on the floor and sit on it balancing carefully.
- Position your feet hip-width apart.
- Hold one weight in each hand and walk down, face up, into a supine (tabletop) position until your shoulders are resting on the ball.
- Keep your abs tight and your back straight.
- Position your arms perpendicular to your body and bend your elbows so your forearm is in an upright position with palms facing your feet.

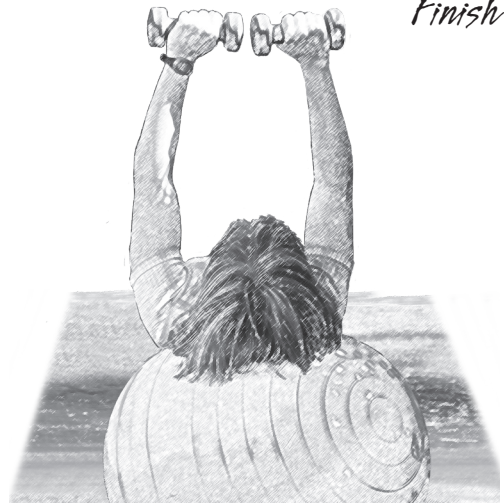
Action

- Slowly press and extend your arms upward toward the ceiling until they are straight and the weights are directly above your chest.
- Pause and then slowly return the weights to their starting position.
- Complete an appropriate number of reps per set.

Start



Finish



Exercise for the Chest using the Weights

Flys – Starting Position

- Place the ball on the floor and sit on it balancing carefully.
- Position your feet hip-width apart.
- Hold a weight in each hand and walk down, face up, into a supine (tabletop) position until your shoulders are resting on the ball.
- Keep your abs tight and your back straight.
- Position your arms perpendicular to your body and bend your elbows so your forearm is at a 45° angle with your palms facing each other.

Action

- With elbows slightly bent, close your arms slowly (like hugging someone), raising the weights up towards the ceiling until they come together directly above your chest.
- Pause and then slowly return the weights to their starting position.
- Complete an appropriate number of reps per set.

Start



Finish



Exercise for the Back using the Weights

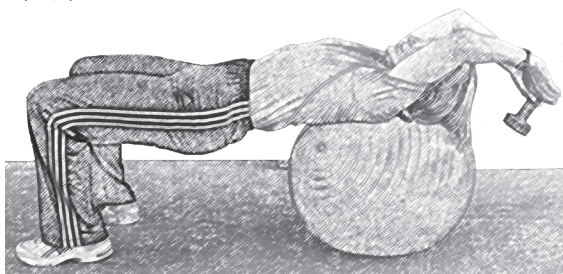
Pullover – Starting Position

- Place the ball on the floor and sit on it balancing carefully.
- Position your feet hip-width apart.
- Hold the head of one weight in both hands and walk down, face up, into a supine (tabletop) position until your shoulders are resting on the ball.
- Keep your abs tight and your back straight.
- Extend your arms over your head so the weight is centered horizontally and vertically with your body.

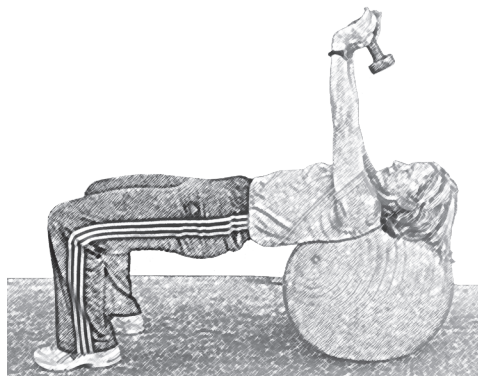
Action

- With elbows slightly bent, slowly raise the weight upward towards the ceiling until arms are straight and weight is directly above your head.
- Pause and then slowly return the weight to its starting position.
- Complete an appropriate number of reps per set.

Start



Finish



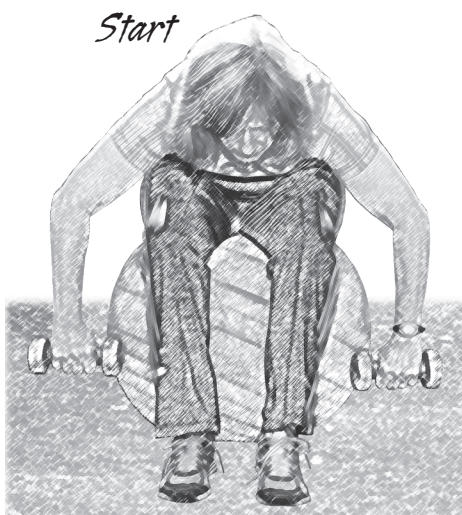
Exercise for the Back using the Weights

Seated Rowing – Starting Position

- Place the ball on the floor and sit on it balancing carefully.
- Keep your feet hip-width apart.
- Bend forward so your shoulders are over your knees.
- Hold one weight in each hand even with your mid-calf.
- Position your arms perpendicular to your body, bend elbows 90° so your forearm is perpendicular to the floor with palms facing back.

Action

- Draw shoulder blades and arms up and back so weights are even with your waist (as if rowing a boat).
- Pause and then slowly return the weights to their starting position.
- Complete an appropriate number of reps per set.



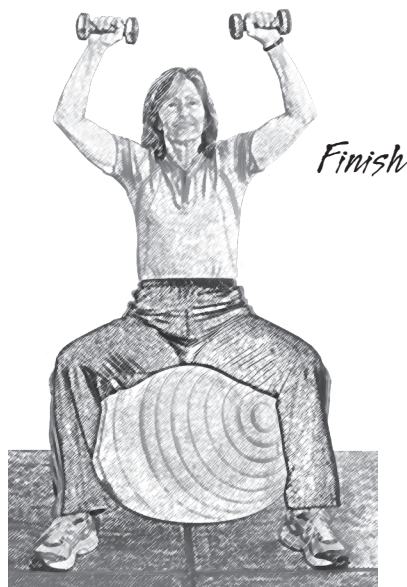
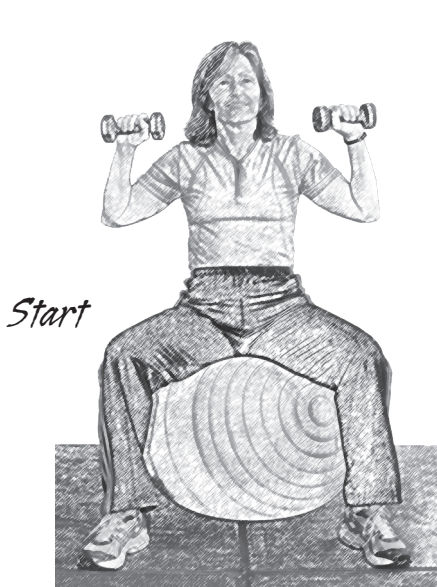
Exercise for Shoulders using the Weights

Press – Starting Position

- Place the ball on the floor and sit on it balancing carefully.
- Keep your feet hip-width apart.
- Keep your abs tight and your back straight.
- Position your arms perpendicular to your body, bend elbows 90° so your forearm is perpendicular to the floor with palms facing forward.
- Hold one weight in each hand at shoulder level.

Action

- Slowly press the weights up toward the ceiling until your elbows are level with your ears.
- Pause and then slowly return the weights to their starting position.
- Complete an appropriate number of reps per set.



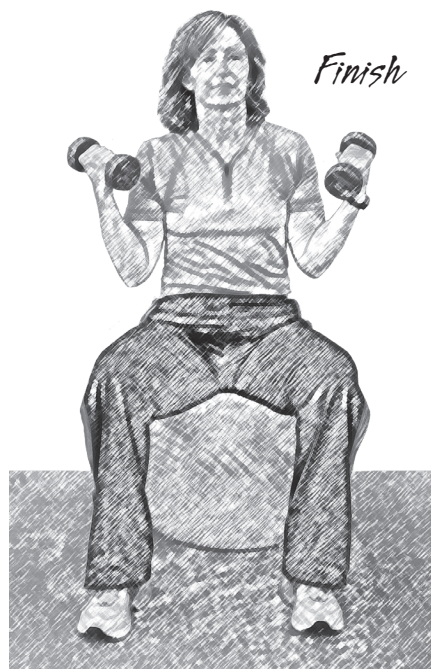
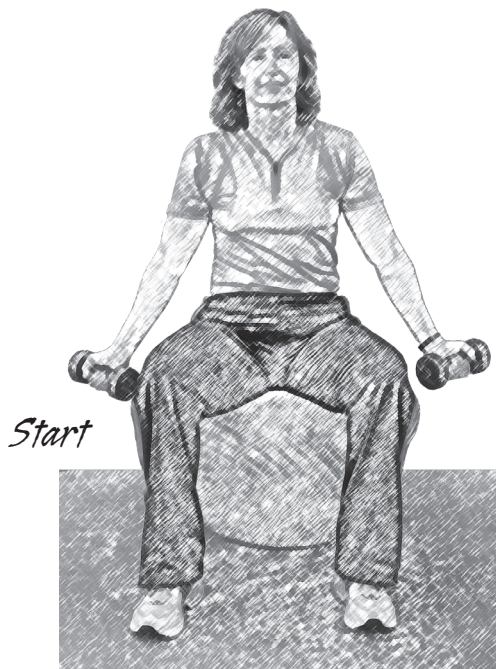
Exercise for Arms using the Weights

Bicep Curl – Starting Position

- Place the ball on the floor and sit on it balancing carefully.
- Keep your feet hip-width apart.
- Position your arms straight down and slightly away from your body.
- Hold one weight in each hand with palms facing forward.

Action

- Slowly draw the weights upward bending your elbows until your hands are level with your shoulders.
- Pause and then slowly return the weights to their starting position.
- Complete an appropriate number of reps per set.



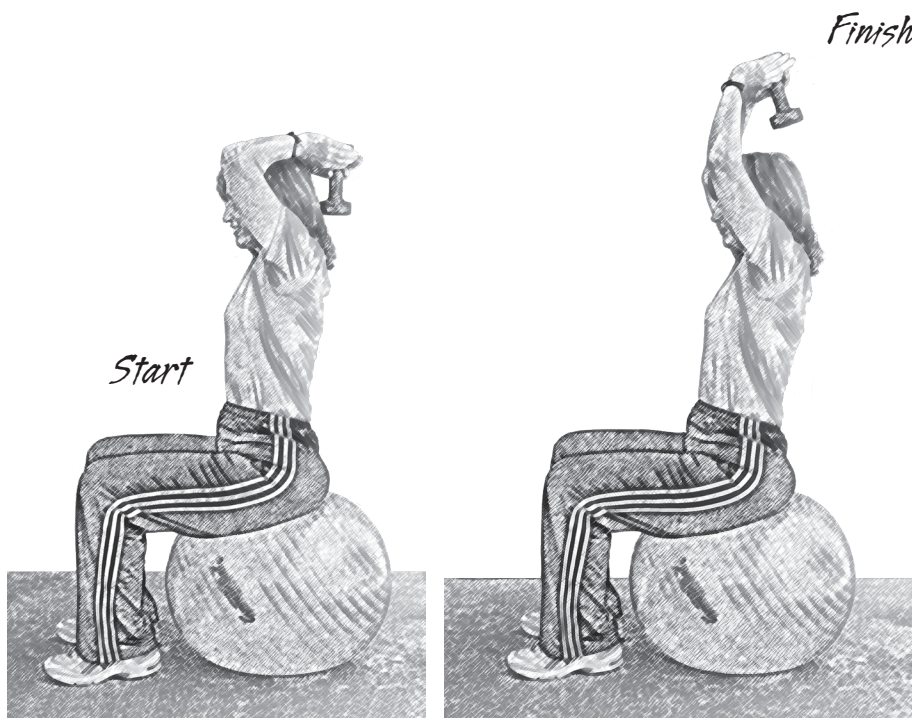
Exercise for Arms using the Weights

Triceps Extension – Starting Position

- Place the ball on the floor and sit on it balancing carefully.
- Keep your feet hip-width apart.
- Hold the head of one weight in both hands.
- Extend your arms over your head so the weight is centered horizontally and vertically with your body.

Action

- With elbows slightly bent, slowly raise the weight upward towards the ceiling until arms are straight and weight is directly above your head.
- Pause and then slowly return the weights to their starting position.
- Complete an appropriate number of reps per set.



Expect to stay healthy!

Let's go tubing

Exercise for Legs using the Tubing

Squats – Starting Position

- Hold one handle of the tubing in your right hand and the other handle in your left hand.
- Step on the center of the tubing with both feet.
- Position feet shoulder-width apart and stand up with your back straight and knees flexed.
- Place both hands, palms up, at shoulder height, with tubing behind each forearm.

Action

- Slowly bend forward at the waist while lowering yourself into a squat position keeping your back straight.
- Pause and then slowly return to the starting position.
- Complete an appropriate number of reps per set.



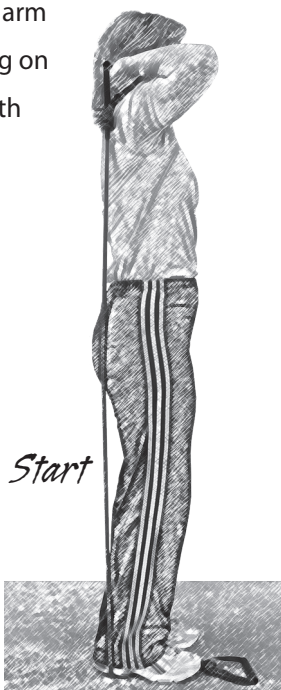
Exercise for Arms using the Tubing

Triceps Extension – Starting Position

- Place one handle of the tubing on the floor and step on the tubing nearest to the handle with your right foot.
- Hold the other handle in your right hand behind your right shoulder with your palm up and your elbow bent in a hinge position, perpendicular to the floor and stand with your back straight and knees flexed.

Action

- Slowly extend your right arm over your head until it is straight up. Do not lock the joint.
- Pause and then slowly return your hand to the starting position.
- Complete an appropriate number of reps per set with your right arm and then repeat with your left arm while standing on the tubing with your left foot.



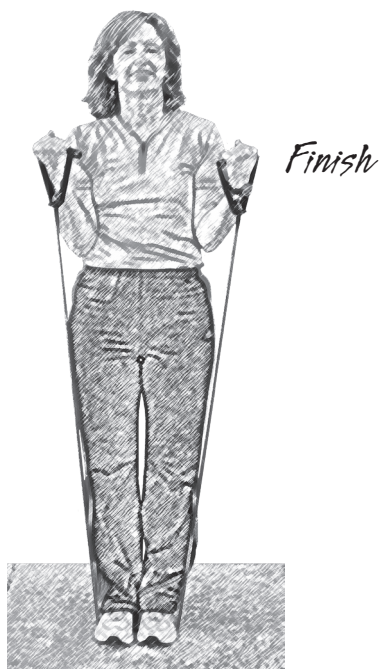
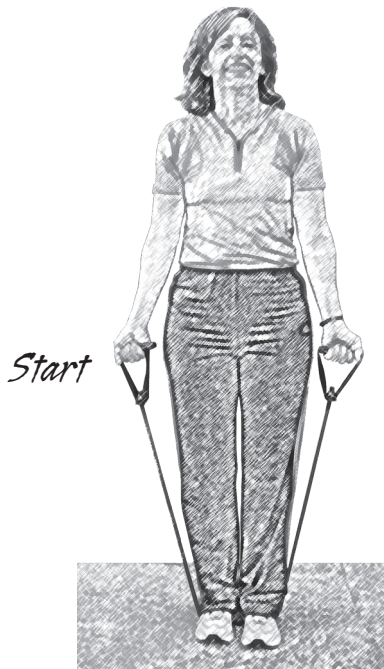
Exercise for Arms using the Tubing

Bicep Curls – Starting Position

- Hold one handle of the tubing in your right hand and the other handle in your left hand.
- Step on the center of the tubing with both feet.
- Position feet together, stand with your back straight and knees flexed.
- Position arms straight down at your sides with palms facing forward.

Action

- Slowly draw the tubing upward while bending your elbows until your hands are nearly level with your shoulders, keeping the elbows close to the body.
- Pause and then slowly return your arms to the starting position.
- Complete an appropriate number of reps per set.



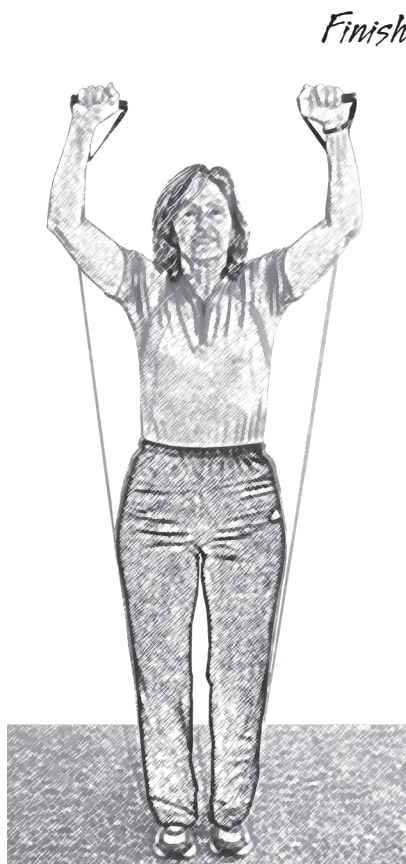
Exercise for Shoulders using the Tubing

Press – Starting Position

- Hold one handle of the tubing in your right hand and the other handle in your left hand.
- Step on the center of the tubing with both feet.
- Position feet together, stand with your back straight and knees flexed.
- Position your hands behind each shoulder with palms facing up and elbows bent in a hinge position, perpendicular to the floor.

Action

- Slowly extend your arms over your head until they are straight up.
Do not lock the joints.
- Pause and then slowly return your hands to the starting position.
- Complete an appropriate number of reps per set.



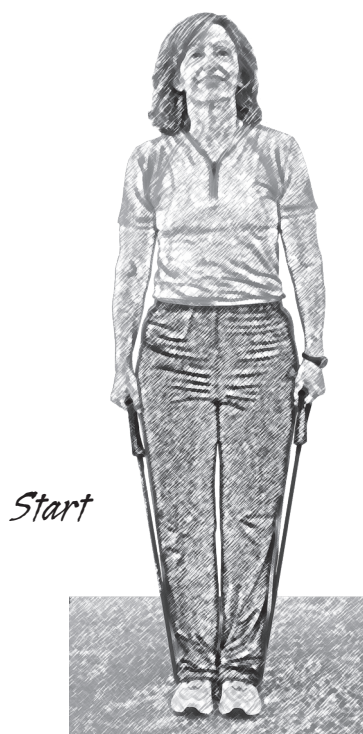
Exercise for Shoulders using the Tubing

Wings – Starting Position

- Hold one handle of the tubing in your right hand and the other handle in your left hand.
- Step on the center of the tubing with both feet.
- Position feet together, stand with your back straight and knees flexed.
- Position arms straight down at your sides with palms facing your body.

Action

- Slowly draw the tubing outward to the sides while keeping your arms straight (like flapping your wings).
- Pause and then slowly return your arms to the starting position.
- Complete an appropriate number of reps per set.



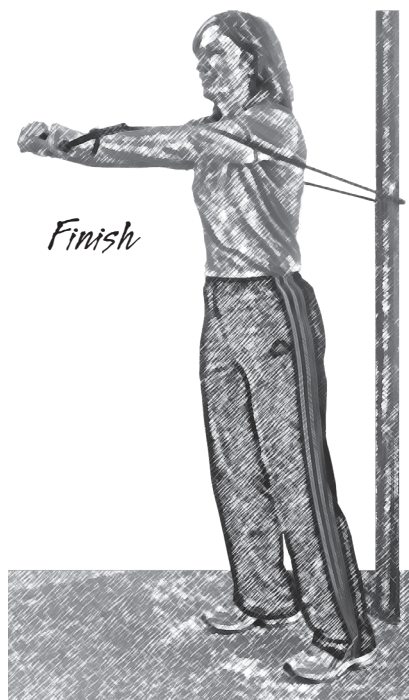
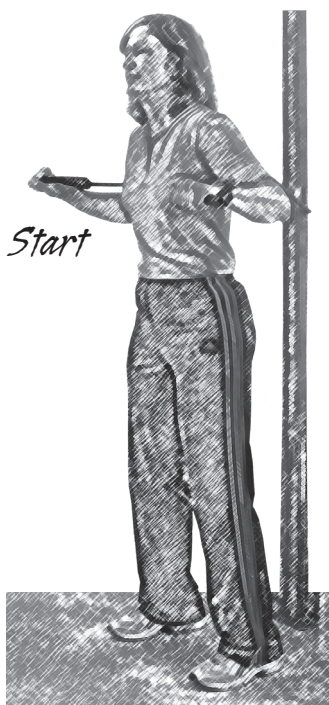
Exercise for the Chest using the Tubing

Press – Starting Position

- Wrap the tubing around a sturdy object, like a pole.
- Hold one handle of the tubing in your right hand and the other handle in your left hand.
- Position feet shoulder-width apart, stand facing away from the pole with your back straight and knees flexed.
- Position hands chest high at your sides with elbows bent, fists facing forward, palms down, and tubing positioned on top of your arms.

Action

- Slowly extend the tubing forward until your arms are straight.
- Pause and then slowly return your arms to the starting position.
- Complete an appropriate number of reps per set.



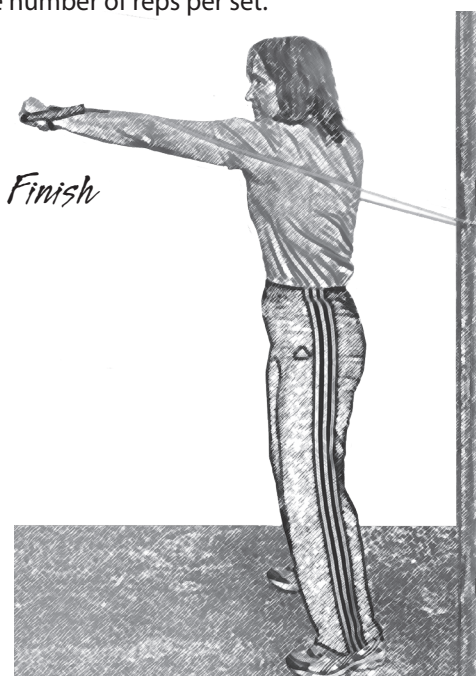
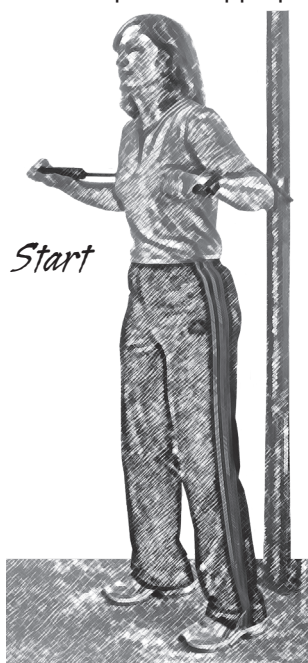
Exercise for the Chest using the Tubing

Alternating Press – Starting Position

- Wrap the tubing around a sturdy object, like a pole.
- Hold one handle of the tubing in your right hand and the other handle in your left hand.
- Position feet shoulder-width apart, stand facing away from the pole with your back straight and knees flexed.
- Position hands chest high at your sides with elbows bent, fists facing forward, palms down, and tubing positioned on top of your arms.

Action

- Slowly extend your left arm keeping the right arm in the starting position.
- Pause and then slowly return your left arm to the starting position.
- Repeat the actions above using your right arm in order to complete one rep.
- Complete an appropriate number of reps per set.



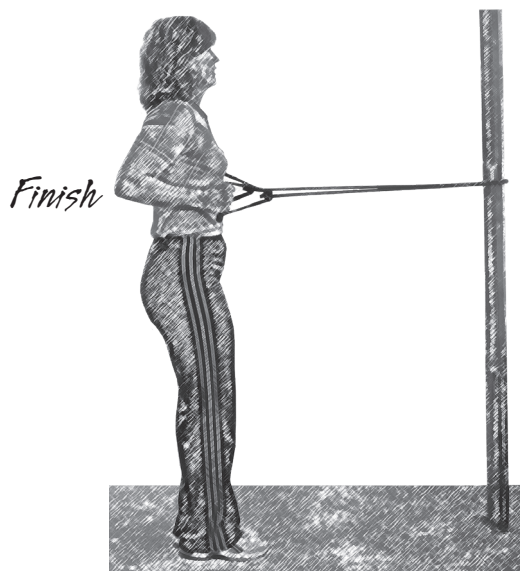
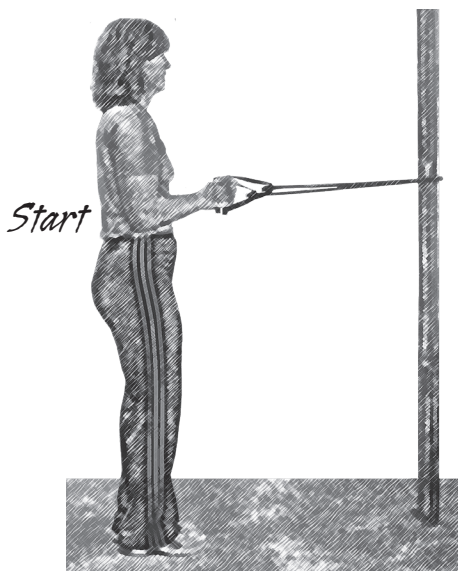
Exercise for the Back using the Tubing

Standing Row – Starting Position

- Wrap the tubing around a sturdy object, like a pole.
- Hold one handle of the tubing in your right hand and the other handle in your left hand.
- Position feet shoulder-width apart, stand facing the pole with your back straight and knees flexed.
- Position elbows close to body at the waist, and bent so that forearms are perpendicular to the floor and hands are in front of the body with palms facing each other.

Action

- Draw shoulder blades and arms back so that hands are even with your waist (as if rowing a boat).
- Pause and then slowly return your hands to the starting position.
- Complete an appropriate number of reps per set.



Let's jump for joy

Jump Rope

Jumping rope can avoid the knee damage which may occur during running, since the impact of each jump or step is absorbed by both legs. Jumping rope also helps strengthen the arms and shoulders.

Jumping rope is appropriate for a wide range of ages and fitness levels. Jumping rope is particularly effective in an aerobic routine combined with other activities, such as walking, biking, running and lifting weights.

Variations | Skill Levels | Time Equivalents

Beginner - Just getting started: 15-30 seconds without stopping.

- Basic, Double Foot Jump - where both feet are slightly apart and jump over the rope at the same time. Beginners should master this technique before moving on to more advanced techniques.
- Alternate Foot Jump - the "skipping method" consists of using alternate feet to jump off the ground. This technique can be used to effectively double the number of skips per minute as compared to the above technique.

Intermediate - Now your getting the hang of it: 30-45 seconds.

- Running Step - incorporates a slight jog while jumping/skipping over the rope at a slightly faster pace to increase intensity.
- High Step - incorporates a moderate run with a high knee lift to increase intensity.

Advanced - Becoming a pro: 60 seconds...plus.

- Cross Step - where, while in the air during the jump, the lower legs cross slightly and the feet land with the legs crossed.

Guidelines

- Use a floor surface that is even, non-abrasive and limits friction.
- Use a length of the rope that when you step on the middle, the end sections of the rope should fit comfortably in the hands and reach the middle of the chest.
- Remember to lift feet off the floor just high enough for the rope to pass quickly.
- Avoid jumping high and landing hard.
- Have patience. Jump for 15 seconds, then 30 seconds, and slowly and steadily increase the skill level and intensity over time.
- Make sure to land on the padded portion, or balls of the feet, to avoid knee injuries.
- This is an impact sport so use caution with regard to your knees and ankles.

Muscle Groups Used

- Legs - Calves and Thighs
- Abdomen
- Chest
- Shoulders
- Back
- Arms

Let's eat to live

Tips to Healthy Eating

The major factor in your health, low energy levels, and undesirable appearance, is eating poorly due to hectic lifestyles. The key is to eat well-balanced meals together with healthy snacks throughout the day.

Skipping meals works against you. It slows your metabolism and keeps those pounds exactly where they are. Just think that after sleeping for 7 hours, your body requires fuel to get it going, so always eat breakfast.

Become aware of what you are eating. Read labels and watch out for misleading information. For example, the label reads, "8 oz. drink – 150 calories per serving; Serving Size: 2," which means it's 300 calories total. Pay attention.

Keep away from fad diets where you lose mainly water weight and just put the weight back on plus more. And, don't eat the portions that restaurants give you, always cut them in half. Proper portions are essential.

Recognize Proper Portions

- 1 oz. nuts = palm of your hand
- 1/2 cup = tennis ball
- 3 oz. meat = deck of cards
- 1 cup = size of your fist

Habits to Healthy Eating

- Start each day with positive self-talk.
- Always leave food on your plate.
- Drink lots of water. It helps to fill you up and flushes out unwanted toxins.
- Don't eat at least 2 hours before going to bed.
- If it's late at night and you're hungry, ask yourself, "*Am I hungry, tired or just bored?*" If your tired or bored then go to bed where you can dream about food. Remember, "*Breakfast is golden, lunch is silver and dinner is lead.*"

Food Journal

Meal	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Water			
Supplements			
Exercise			
Duration			
Notes			

Name _____

Week _____ of _____

[illegible]

Food Journal

Meal	Day 1	Day 2	Day 3
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Water			
Supplements			
Exercise			
Duration			
Notes			

Name _____

Week _____ of _____

[illegible]

