

The 10 Commandments of Weight Management

Organize and Prioritize- *"Plan your day or your day will plan you"*

Nutrition:

Know how many calories you consume each day. Follow your individual metabolic amount. Too high or too low will cause fat generation.

Eat smaller more frequent meals, every 3 hours for 5-6 meals per day. Keeps metabolism high. Don't skip meals.

Limit carbohydrates in the PM. Unused Carbs turn to fat.

Eat more healthy protein. Protein helps rebuild tissues.

Drink water with every meal and when you are thirsty. You need water for all major body processes. Drink a glass before you eat if possible.

Exercise:

Do 30 min of cardiovascular exercise 4-6 times per week. Burns fat and protects the heart, lungs and blood vessels.

Do strength training 3-6 times per week. Muscle increases your metabolism, improves balance and protects your joints from injury.

Don't exercise the same muscle groups on consecutive days

Try to get 8 hours sleep so you can recover and build new tissue.

Take at least 1 day off per week to rest your body and mind.

Keep good records. Log your food and workouts daily.



Fundamentals of Resistance Conditioning

Warm-up – Stretch and get blood flowing

Form- Full range of motion

Speed- Slow, approximately 3 seconds positive/ 6 seconds negative

Intensity- Fail on 8-12 rep

Progression- Add resistance when able to achieve last rep

Nutrition- Drink 64oz water daily, adjust protein if necessary

Rest- Get 8 hours of sleep

Recordkeeping- Record details of workouts

Reevaluate- Re-test to determine success of program

Cool-down- Perform activity to gradually allow systems to return to normal

General Food Guide for Effective Weight Management

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Foods to Choose

Proteins	Carbohydrates	Vegetables	Fats	Foods to Avoid
Chicken	Baked Potato	Broccoli	Avocado	Whole Milk
Turkey	Sweet Potato	Asparagus	Sunflower Seeds	Butter
Swordfish	Squash	Lettuce	Pumpkin Seeds	Mayonnaise
Tuna	Yams	Carrots	Cold Water Fish	Candy
Cod	Brown Rice	Cauliflower	Natural Peanut Butter	Regular Soda
Halibut	Whole Grain Pasta	Green Beans	Hard Cheeses	Processed Meats
Tilapia	Oatmeal	Peppers	Low-Cal Salad Dressing	Processed Foods
Lean Pork	Beans	Mushrooms	Nuts	Sour Cream
Lean Beef	Corn	Spinach	Olives	Pasta
Deer	Melons	Tomatoes	Olive Oil	Bread
Eggs	Apples	Peas	Sunflower Oil	Cereals
Cottage Cheese	Oranges	Brussels Sprouts	Canola Oil	Ice Cream
Tofu	Bananas	Artichoke	Flax Seed Oil	Low Fat Foods
Whey Protein	Mangos	Cabbage		Sweet Tea
Shrimp	Yogurt	Celery		Lemonade
	Whole Grain Breads	Zucchini		Kool-Aid
	Popcorn	Cucumbers		Pastries/Cake/Pie
	Grits	Onions		Sauces
		Soy Beans		Regular Sports Drinks
				White Rice
				Pancakes/Waffles
				Alcohol/Beer
				Crackers

HEALTH & FITNESS TRACKER

NUTRITION

Week of _____ - _____ Year _____

Basics	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water							
Fruits							
Vegetables							
Daily Supplements							
Meal Journal	*	*	*	*	*	*	*
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

* Track your daily intake of protein, carbohydrates or fats in this area in the form of grams, calories, etc.

HEALTH & FITNESS TRACKER

Resting Heart _____

EXERCISE

Week of _____

Year _____

Cardio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Exercise							
Time / Distance							
Exercise							
Time / Distance							
Exercise							
Time / Distance							

Strength	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Upper / Lower / Both							
Circuit							
Other							

Notes