

T . W . O . G . C . W O R K O U T P R O G R A M

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BEGINNERS PROGRAM - 1st Month

Sunday - Off
Monday - Walk 20 to 30 minutes
Tuesday - Walk 20 to 30 minutes
Wednesday - Off
Thursday - Walk 20 to 30 minutes
Friday - Off
Sabbath - Off

NUTRITION PLAN: Monday - Friday

EAT YOUR REGULAR MEALS!!!!

Drink 1/2 to 1 gallon of water per day.

No soda unless it has 0 calories (fruit juices are high in calories)

No candy, ice-cream or foods with high sugar content.

If eating out:

- Order vegetables or fruit instead of fries or potato.
- Remove half or the whole bun from burgers.

Snacks if you get hungry:

- Fruit
- Vegetables

Sabbath and Sunday are free days (TREAT YOURSELF).

GET READY TO START AGAIN ON MONDAY!!!!!!

If you want to weigh yourself, Only do it on Friday's.

PART II COMING SOON

INTERMEDIATE PROGRAM - 2nd Month

Sunday - Off

Monday - Walk 30 to 45 Minutes

Tuesday - Walk 30 to 45 Minutes

Wednesday - OFF

Thursday - Walk 30 to 45 Minutes

Friday - OFF

Sabbath - OFF

Nutrition Plan: Courtesy of Sis. Danielle

The following are some snack alternatives. They are low in calories, fat, and sugar **per serving**. Serving sizes can be found on the nutrition panel, and I just used a regular measuring cup to measure it out.

Most any snacks you can think of have 100 calorie packs. They tend to be a bit expensive in the regular stores, but can be found in wholesale stores like Costco, Sam's or BJ's. Going in with someone on these would probably work out better for your money.

Sweet:

Lots of fruit!!! (A serving with every meal and snack if possible!)

Chex mix has sweet flavors including milk chocolate, dark chocolate, turtle, etc. They also have 100 calorie packs. Calories for the regular serving size are 140 per 2/3 cup which is plenty for a snack.

Rice cakes (Quaker or generic) are also low in calories and sugar, again **per serving**. They also have salty flavors for salty snacks.

Yogurt is a good snack, especially since it's a good source of calcium, but you have to be careful since it tends to have a lot of sugar. Best to look for *light* versions, which usually have half the sugar and calories of regular yogurt. Dannon Light and Fit offers 80 and 60 calorie yogurts and is clean.

Pillsbury used to make sugar free (made with Splenda) chocolate chip cookies. They taste *exactly* like regular chocolate cookies and are pre cut! I haven't, however been able to find them lately so I'm not sure if they still make them.

Nestle sugar free turtles. (Taste just like the regular ones)

Sugar free juices - Sugar free punches or kool-aid

Splenda has recipes on their website for sugar-substituted dishes. They also make "brown sugar".

Do some research on artificial sweeteners. Nothing artificial is good in excess. There is however a natural sugar replacement called Stevia that can be found in some stores by other brand names.

Salty:

Rice cakes - Cheese and crackers (watch the sodium!) - Nuts

The following things can be replaced as part of regular eating habits...

Milk with skim milk

Butter and cooking oil with Smart Balance 50/50 butter blend and cooking spray

Seasonings with no sodium. (Lots of seasonings have high sodium along with whatever "flavor" they are, even though that may not be its purpose such as lemon pepper seasoning)

Cereal-special K (different type of sugar)

General info...

Vitamin C (in its natural state) is really good for helping with weight loss, try and eat a serving with each meal... 1 orange, 1 apple, and 1 cup of strawberries are all equal to one serving of vitamin C. *Be very careful with orange juice which has LOTS of sugar in it, and tends to be from non-natural sources. If you want to get your vitamin C from orange juice, there are light varieties. They don't taste the same but don't have nearly as much sugar. (Remember serving sizes for drinks as well)*

Calcium also helps with weight maintenance...make sure to find low fat choices: cheese, milk, and yogurt can all be high in fat. Try low fat cheese, skim milk, and light yogurt.

Sweeten oatmeal or breakfast cereals with fruit instead of sugar.

Watch sodium! Too much sodium causes water retention (women!). It's really important to look at the nutrition labels on what you buy. Things that may be called light or low calorie, especially frozen entrees, can be high in sodium, which can work against you. Daily recommended intake of sodium is 2400 mg. If you don't want to add up mg, just look at the percentage of daily values provided on the nutrition panels.

Fresh, grilled, or blanched vegetables rather than boiled, which may have lost most of their nutritional value from the boiling. Also, frozen (or fresh) vegetables rather than canned, which are high in sodium.

Be aware of your sugar sources. Different types of sugar break down differently in the body and affect blood sugar differently. Fructose breaks down differently than sucrose, which tends to spike blood sugar, and then crash it, which can be stressful for the body (and cause sugar cravings). The best sweet snack you can have is a piece of fruit, or those that are all natural or have no added sugar. Honey and raw sugar, while still not the best, break down better than "regular" sugar.