

4 Week Plan

MAKING OUR WORK PLACE HEALTHIER



Fitness



Mind



Nutrition

To determine your caloric needs, you will need to first learn how many calories you should consume to maintain your weight or lose weight. The below method is what you will use to calculate your (BMR) Basal Metabolic Rate, you will use age, height, weight, sex, and activity level and this will give you an estimated BMR and calorie value. The result of the number is the recommended daily calorie intake to maintain your current body weight. Then, to lose weight, you'll need to cut or burn extra calories and aim for a calorie level lower than the results you get with this formula.

STEP 1

Adult Women:

$$655 + (4.3 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

Adult Men:

$$66 + (6.3 \times \text{weight in pounds}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

STEP 2

Now that you have your BMR number, you will need to incorporate your activity level to get your final number.

Choose your activity level below and calculate:

Sedentary: BMR x 20 percent

Lightly active: BMR x 30 percent

Moderately active: BMR x 40 percent (You exercise most days a week)

Very active: BMR x 50 percent (You exercise intensely daily or for prolonged periods)

Extra active: BMR x 60 percent (You do hard labor or are in athletic training)

A realistic goal is to lose .5 to 2 pounds per week. Losing more than 2 pounds per week will make the weight less likely to stay off permanently. Cut back your calorie intake a little every 2 pounds so for example, every 3,500 calories are equivalent to 1 pound.

Example

Adult women:

Hannah is 45 years old, 5'5', and weighs 210 lbs. she has Sedentary activity. She has a goal weight of 150 lbs or a loss of 60 lbs. Based on the BMR Calculator below, we will need to cut back her calories per day by 1,000 for her to lose 2 pounds in a week. So let's see an example of the calculations below:

$$655 + (4.3 \times 210) + (4.7 \times 65 \text{ inches}) - (4.7 \times 45) = 1,645 \text{ calories per day}$$

$$655 + (4.3 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

$$1,645 \text{ calories per day} \times 20 \text{ percent} = \mathbf{1,975} \text{ calories for Sedentary Activity}$$

Daily Calories

Results	Calorie
Maintain Weight	1,918
Mild weight loss	1,668
Weight Loss	1,418
Extreme weight loss	918

Activity Level

Activity Level	Weight lost per week
Exercise 1-3 times per week	0.7 lb
Exercise 4-5 times per week	1.0 lb
Intense daily 3-4 time per week	1.3 lb
Intense daily 6-7 per week	2.0

Ideal

Weight:

111.2-150.2 LBS

- Exercise: 15-30 minutes of elevated heart rate activity.
- Intense exercise: 45-120 minutes of elevated heart rate activity.
- Very intense exercise: 2+ hours of elevated heart rate activity.

Example

Adult Men:

John is 65 years old, 6'1, and weighs 275 lbs. He has Moderate activity. He has a goal weight of 225 lbs or a loss of 50 lbs. Based on the BMR Calculator below, we will need to cut back her calories per day by 1,000 for her to lose 2 pounds in a week. So let's see an example of the calculations below:

$$66 + (6.3 \times 275) + (12.9 \times 73) - (6.8 \times 65) = 2,280 \text{ calories per day}$$

$$66 + (6.3 \times \text{weight in pounds}) + (12.9 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

$$2,280 \text{ calories per day} \times 40 \text{ percent} = \mathbf{912} \text{ calories for Moderate Activity}$$

Daily Calories

Results	Calorie
Maintain Weight	3,056
Mild weight loss	2,806
Weight Loss	2,556
Extreme weight loss	2,056

Activity Level

Activity Level	Weight lost per week
Exercise 1-3 times per week	0.5 lb
Intense exercise 6-7 times per week	1.6 lb
Very Intense daily per week	2.7 lb

Ideal Weight:
140.2-189.5 LBS

- Exercise: 15-30 minutes of elevated heart rate activity.
- Intense exercise: 45-120 minutes of elevated heart rate activity.
- Very intense exercise: 2+ hours of elevated heart rate activity.

The table below shows the recommended calories to consume at each meal. This allows flexibility to adjust your food selections based on your preference. If you prefer a smaller meal and more snacks you are able to mix and match the program so it works for you.

Calorie Guidelines

Calorie Goal	1200 calories	1400 calories	1600 calories	1800 calories	2000 calories
Breakfast	200	250	300	350	400
Lunch	350	400	450	500	550
Snack	100	150	200	250	300
Dinner	550	600	650	700	750
TOTAL	1200	1400	1600	1800	2000

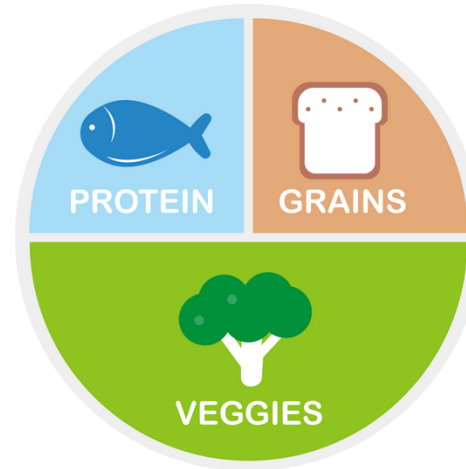
The table below shows you the certain food groups that you can mix and match for your daily nutrition

Daily Amount from each Food Group

Calorie Goal	1200 calories	1400 calories	1600 calories	1800 calories	2000 calories
Fruits	1 cup	1.5 cup	1.5 cup	1.5 cups	2 cup
Vegetables	1 cup	1.5 cup	2 cup	2.5 cups	2.5 cup
Grains	4 oz.	5 oz.	5 oz.	6 oz.	6 oz.
Meats & Beans	3 oz.	4 oz.	5 oz.	5 oz.	5.5 oz
Oils	4 tsp.	4 tsp.	5 tsp	5 tsp.	6 tsp.
Milk	2 cups	2 cups	3 cups	3 cups	3 cups

Nutrition Guide Tips

- Eat Fresh, not processed
- Limit Meals on the Run
- Read the Labels
- Don't Deny Yourself the Things you Love
- Eat with Mindfulness
- Spice it Up
- Make Smart Drink Choices
- Choose the foods you Like, and Stick with Them
- Focus on Fiber
- Write down your Calories (Food Intake)



Nutrition Facts	
Serving Size 10 oz.	
Serving Per Container 5	
Amount Per Serving	
Calories 200	Calories From Fat 200
% Daily value*	
Total Fat 10 g	35%
Saturated Fat 1.5g	11%
Trans Fat 0.0 g	
Cholesterol 0 mg	1%
Sodium 210 mg	15%
Total Carbohydrate 15 g	3%
Dietary Fiber 2 g	3%
Sugars 3 g	
Protein 30 g	
Vitamin A 3%	Vitamin C 3%
Calcium 6%	Iron 6%

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2500	1500
Total Fat	Less Than	50g	25g
Saturated Fat	Less Than	55g	15g
Cholesterol	Less Than	35mg	15mg
Sodium	Less Than	15mg	50mg
Total Carbohydrate		300g	350g
Dietary Fiber	Less Than	20g	40g

Calories per gram
Fat 7 Carbohydrate 8 Protein 6

EAT HEALTHY

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”

-Buddha



WHY EAT WELL

SUPPORTS



Longevity



Muscles and Bones



Immunity

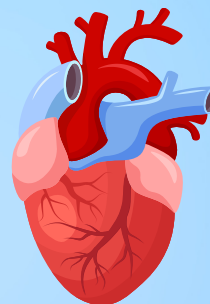


Skin, teeth, and eyes

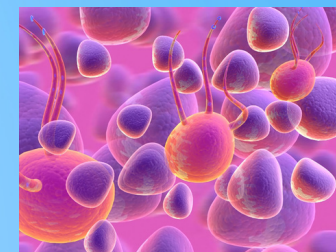


Healthy Weight

REDUCES RISK OF



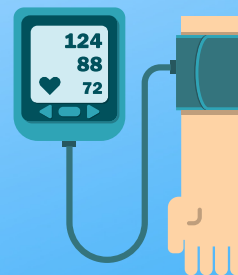
Heart Disease



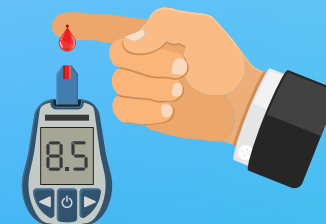
Cancer



Cognitive Decline



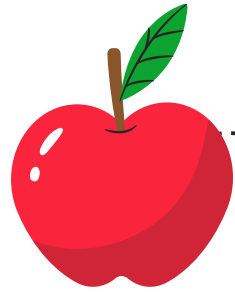
High Blood Pressure



Type 2 Diabetes

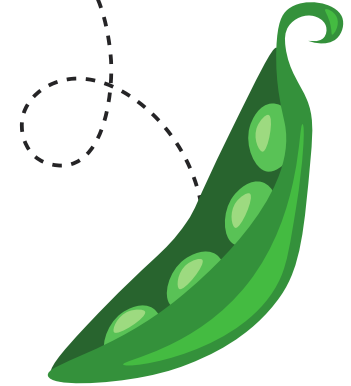


**WHOLE
GRAINS**



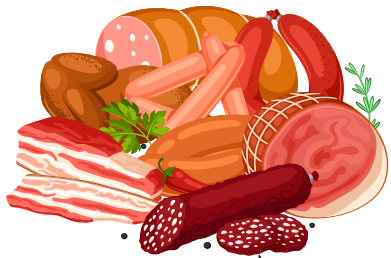
FRUITS

VEGETABLES



Balance Diet

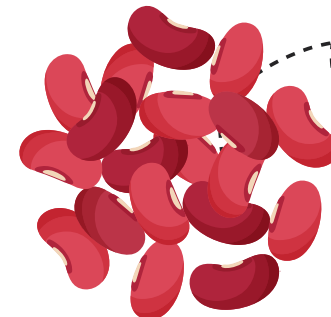
Gives your body the nutrients it needs to function properly, small changes can lead to BIG results! Start with adding nutrition to one meal each day and work your way up from there.



LEAN PROTEINS



NUTS



LEGUMES

“When you hit failure, your workout has just begun.”

-Ronnie Coleman

Let's Chat!

What are some words that come to mind when you think about balancing your nutrition?



Things to focus on



**There is no one-size-fits-all approach
to nutrition**



**Healthy eating does not have to be
complicated**



BODY FUELS



Macronutrient: **Protein**

- ✓ Meat (beef, lamb, elk, bison, pork)
- ✓ Poultry (chicken, turkey, duck)
 - Seafood (salmon, shrimp, clams)
- ✓ Eggs (hard-boiled, poached, scrambled)
- ✓ Full- or low-fat dairy (milk, cheese)
 - Nuts, seeds, and legumes (almonds, chickpeas, lentils)



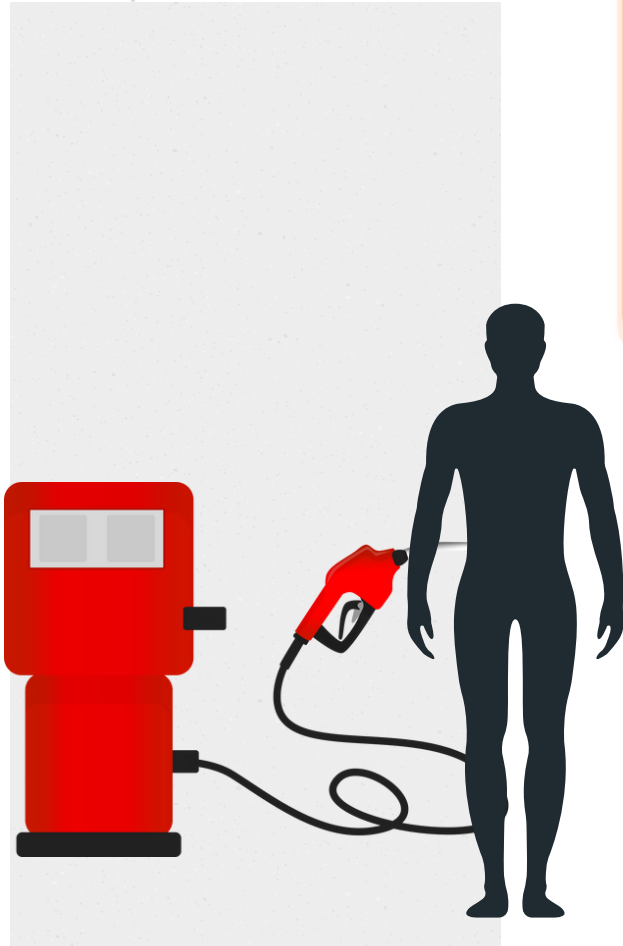
Macronutrient: **Carbohydrate**

- ✓ Butter
- ✓ Egg yolks
 - Fatty fish
- ✓ Nuts and seeds
- ✓ Olives
 - Avocados
- ✓ Coconut oil

- ✓ Brown rice
 - Quinoa
- ✓ Potatoes/sweet potatoes
 - Fruits
- ✓ Vegetables
 - Bread
- ✓ Beans

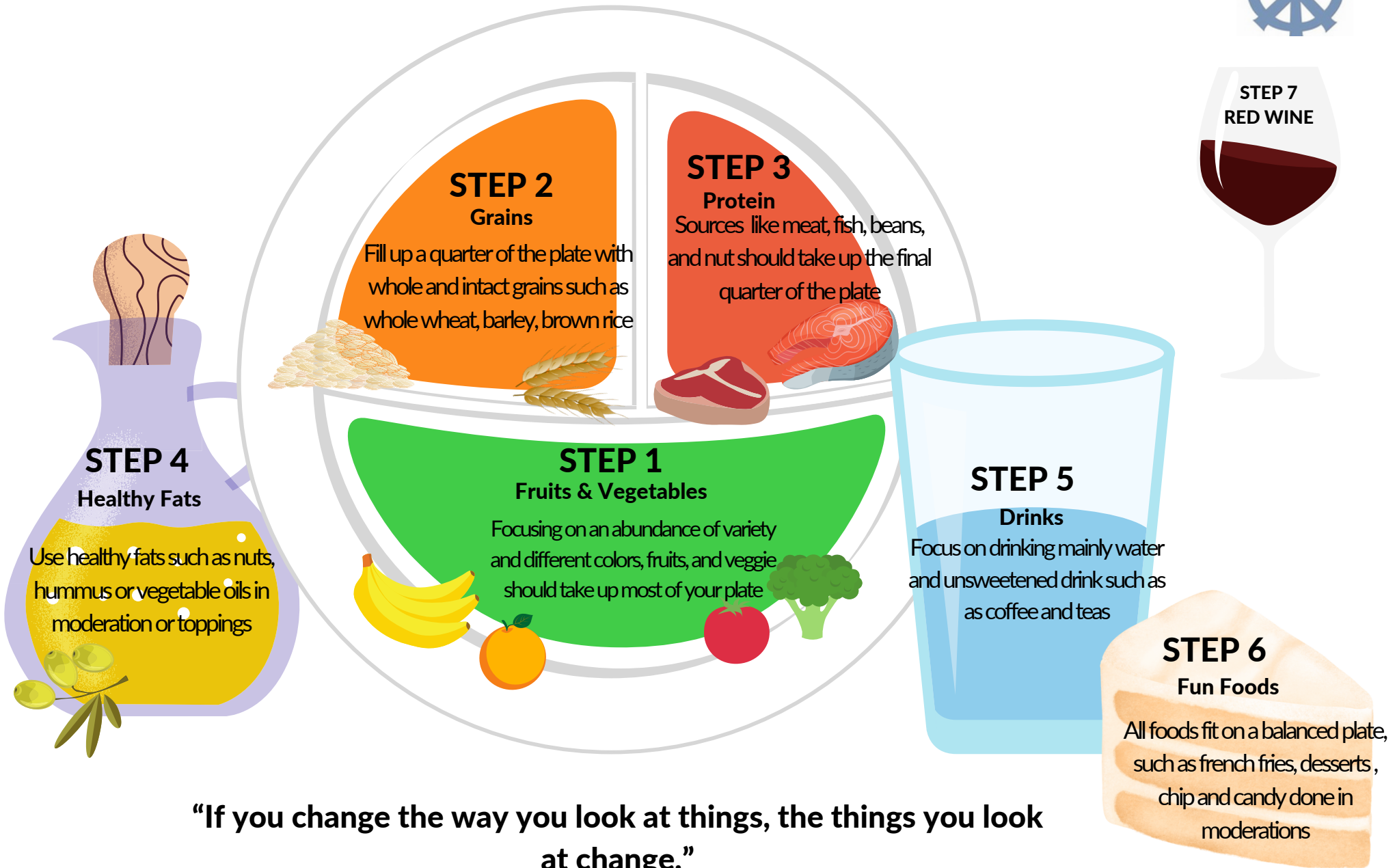
“The secret of getting ahead is getting started.”

-Mark Twain



Macronutrient: **Fat**

PLATING WITH BALANCE



“If you change the way you look at things, the things you look at change.”



Turkey + mustard wrap
on 6-inch tortilla



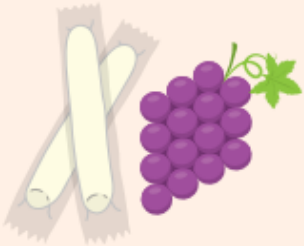
1 slice whole grain toast
+ 2 tbsp peanut butter
+ sliced strawberries



6 oz Greek yogurt
+ ½ cup berries



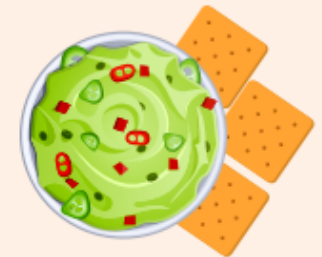
1/3 cup chopped nuts
+ 1/3 cup dried fruit



2 string cheeses
+ 1 cup grapes

Healthy Snacks

Eating healthy snacks can help maintain energy levels and steady blood sugar, prevent overeating at mealtimes, and provide essential nutrients for overall well-being. Incorporate a variety of whole, minimally processed foods into your snacking routine to support a healthy diet and lifestyle. Check out these healthy snack ideas for inspiration!



¼ cup guacamole
+ 1 serving whole grain
crackers



¼ cup hummus
+ 2 handfuls pretzels



½ cup high-fiber cereal
+ 4 oz skim or 1% milk



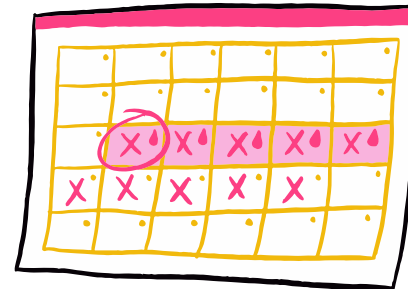
½ cup chicken salad
+ 1-2 slices of bread



1 apple + 2 tbsp
almond butter

When is a good time to EAT

- Eat breakfast within an hour of waking up
- Keep a consistent meal schedule
- For the average adult, 3 meals in a day and 1 to 3 snacks
- Stop eating about 2 hours before bedtime



“Your body can stand almost anything. It’s your mind that you have to convince.”

Emotions make you Eat Sometimes

GUILT



UNSATISFIED



ANGRY



LONELY



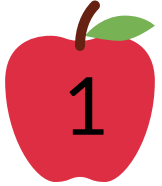
HUNGRY



ZONE OUT



Meal Prepping 212



1 Individual portions: preparing fresh meals, then splitting them into individual grab-and-go portions to be refrigerated.



2 Ready-to-cook ingredients: prepping ingredients required for certain meals ahead of time.



3 Batch cooking: making large batches of a healthy recipe, then splitting them into individual portions to be frozen.



4 Make-ahead meals: cooking in advance, refrigerating, and reheating when ready to eat.

Example of Meal Prep

BREAKFAST



**Microwave Breakfast
Scrambles \$0.98 serving**



**No Sugar Added Blueberry
almond overnight Oats
\$1.13 serving**

LUNCH



**Peanut Butter Lunch Box w/
apples/ pretzels
\$1.14 serving**



**Tuna Salad Lunch Box
\$1.92 serving**

DINNER



Ranch chicken \$2.90 serving



**Smoky Roasted sausage and
veggie
\$1.97 serving**

Microwave Breakfast Scrambles



- 2 oz. ham, diced
- 1/2 cup diced bell pepper
- 1/4 cup diced onion
- 1/2 cup shredded sharp cheddar
- 2 tsp butter
- 1/2 tsp seasoning salt
- 8 large eggs

Divide the ham, bell pepper, onion, and cheddar between four resealable containers*. Cut the butter into 4, 1/2 teaspoon-sized pieces, and add one to each container. Sprinkle about 1/8 teaspoon seasoning salt into each container.

Seal the containers and store them for up to 4-5 days.

When you're ready to prepare a microwave breakfast scramble, pour the ingredients of the container into a ceramic mug, add two large eggs, and stir to combine.

Loosely cover the mug with a paper towel or another microwave-safe object and microwave on high power for 30 seconds. Stir the contents of the mug and microwave for 15 seconds more. Stir again and continue to microwave for 15 second intervals, stirring after each, until the eggs are mostly set, but still moist. Serve immediately.

Tuna Salad Lunch Box



Classic Tuna Salad
2 12oz. can chunk light tuna in water)
1 cup diced celery
1/4 cup chopped walnuts
2 green onions, sliced
1/2 cup mayonnaise
1 Tbsp lemon juice
1/4 tsp salt
1/4 tsp freshly cracked black pepper
Other Box Ingredients
4 ribs celery
12 mini sweet peppers
20 crackers



Drain the tuna well. Finely dice the celery and slice the green onion. Combine the tuna, celery, green onion, walnuts, mayonnaise, lemon juice, salt, and pepper in a bowl. Stir until everything is evenly combined.

Slice the remaining celery into sticks. Cut each mini sweet pepper in half and scoop out the seeds.

Divide the tuna salad between four containers (about 1 cup each). Add celery sticks, mini sweet peppers, and crackers to each box with the tuna salad. For extra protection, either wrap the crackers in a sandwich baggie or pack them separately. Refrigerate the lunch boxes up to four days

Smoky Roasted sausage and veggie



- Smoky Vinaigrette
- 1/4 cup olive oil
- 2 Tbsp red wine vinegar
- 1 tsp coarse deli mustard (or Dijon)
- 1/4 tsp garlic powder
- 1/4 tsp dried oregano
- 1/2 tsp smoked paprika
- 1/4 tsp salt
- freshly cracked black pepper
- 1/4 tsp sugar
- Sausage and Vegetables
- 12 oz. smoked sausage
- 1 lb. broccoli crown
- 1 bell pepper (any color)
- 1 red onion
- For Serving
- 1 cup long-grain white rice (uncooked)
- 1 handful of chopped parsley

Preheat the oven to 400°F. Line a large baking sheet with parchment paper.

In a small bowl or jar combine the ingredients for the vinaigrette (olive oil, red wine vinegar, mustard, garlic powder, dried oregano, smoked paprika, salt, pepper, and sugar). Whisk the ingredients together or close the jar and shake until combined. Set the vinaigrette aside.

Slice the smoked sausage into 1/2-inch medallions. Cut the broccoli into small florets. Dice the bell pepper and onion into 1-inch pieces. Place the sausage, broccoli, bell pepper, and onion onto the baking sheet.

Drizzle 2 Tbsp of the vinaigrette over the sausage and vegetables and toss to coat.

Roast the vegetables in the fully preheated oven for 35-40 minutes, or until they're browned on the edges, stirring once halfway through.

While the sausage and vegetables are roasting, cook the rice. Add the rice and 2 cups water to a sauce pot. Place a lid on the pot and bring it up to a boil over high heat. Once boiling, turn the heat down to low and let simmer for 15 minutes. After 15 minutes, turn the heat off and let it rest, undisturbed, lid in place, for an additional 5 minutes. Fluff with a fork just before serving.

After the sausage and vegetables have finished roasting, add half of the remaining vinaigrette and toss to coat. Season with an extra pinch of salt and pepper if needed.

To serve, add about 3/4 cup of rice to each bowl or container along with 1/4 of the roasted sausage and vegetables. Drizzle another spoonful of the vinaigrette over top, then finish with a sprinkle of fresh parsley.

Let's Chat!

What is one healthy eating habit you will practice going forward?



HUNGER- FULLNESS SCALE



- 1** Painfully hungry – dizzy, nauseous, physically ill
- 2** Extremely hungry – ravenous, gnawing emptiness in stomach, moody
- 3** Very hungry – growling stomach, low energy
- 4** Hungry – ready to eat, slightly empty stomach
- 5** Neutral – neither hungry nor full, little to no sensation
- 6** Mildly full – early sensations of fullness, can still eat, not yet satisfied
- 7** Comfortably full – content, satisfied
- 8** A little too full – slightly uncomfortable
- 9** Very full – very uncomfortable, stuffed, belly distension
- 10** Painfully full – physically ill, sick, nauseous

4-Week Workout Plan

Focus Areas: Improving strength in 13 muscle groups.

- **Upper Body-** Shoulders, Chest, Biceps, Triceps, Back, Lower Back
- **Lower Body-** Hips, Glutes, Quads, Hamstrings, Inner Thigh
- **Core-** Abs, Obliques

Rep Per Set: A Repetition is one complete movement through an exercises.

- **Beginner-** 10 Reps
- **Intermediate-** 12 Reps
- **Advanced:** 15 Reps

*Sets is the total number of reps you do a move: Example: 10 Reps of curls is 1 Set when asked to do 3 Sets of 10 REPS



Workout Schedule

Goal	Cardio	Intensity	Strength	Sets
Lose Weight	4 Days	20 Minutes Light to Moderate or Calorie Burn Goal	1 Days Upper Body 1 Days Lower Body 2 Days Core	2 Sets Each Focus Area
Maintain Weight	3 Days	20 Minutes Moderate	1 Days Upper Body 1 Days Lower Body 2 Days Core	2 Sets Each Focus Area
Tone and Sculpt	2 Days	20 Minutes Light to Moderate	2 Days Upper Body 2 Days Lower Body 3 Days Core	2 Sets Each Focus Area
Lose Weight , Tone and Sculpt	3 Days	20 Minutes Light to Moderate or Calorie Burn Goal	2 Days Total Body 2 Days Core	2 Sets Each Focus Area

***Intensity** can be increased by 20 minutes each week.

***Sets** can be increase by 1 more set.



UPPER BODY



Plank



Back Row



Bicep Curls



Tricep Extension

LOWER BODY



Glute Bridge



Side Leg Lift



Side Leg Lift



Squats

CORE



Knee Up Around



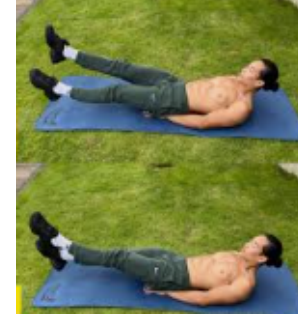
Side Plank Reach



Cross Crunch



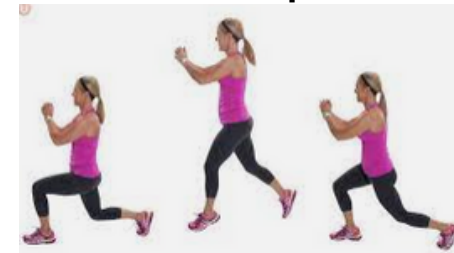
TOTAL BODY



Flutter Kicks



Push-ups



Split Jumps

***All exercises can be modified!
Always consult with your doctor
before beginning any workouts.**

Water intake calculation:
Your Weight x 0.5 = oz of water per day

Identify your Goals:

- Lose weight
- Maintain weight
- Get toned
- Get Healthier
- Eat **BETTER**
- Be Realistic



“If you don’t make time for exercise, you’ll probably have to make time for illness.”

-Robin Sharma