



SWEAT NUTRITIONAL AND EXERCISE EDUCATION PROGRAM

A COMPLETE GUIDE TO REACHING YOUR FITNESS GOALS

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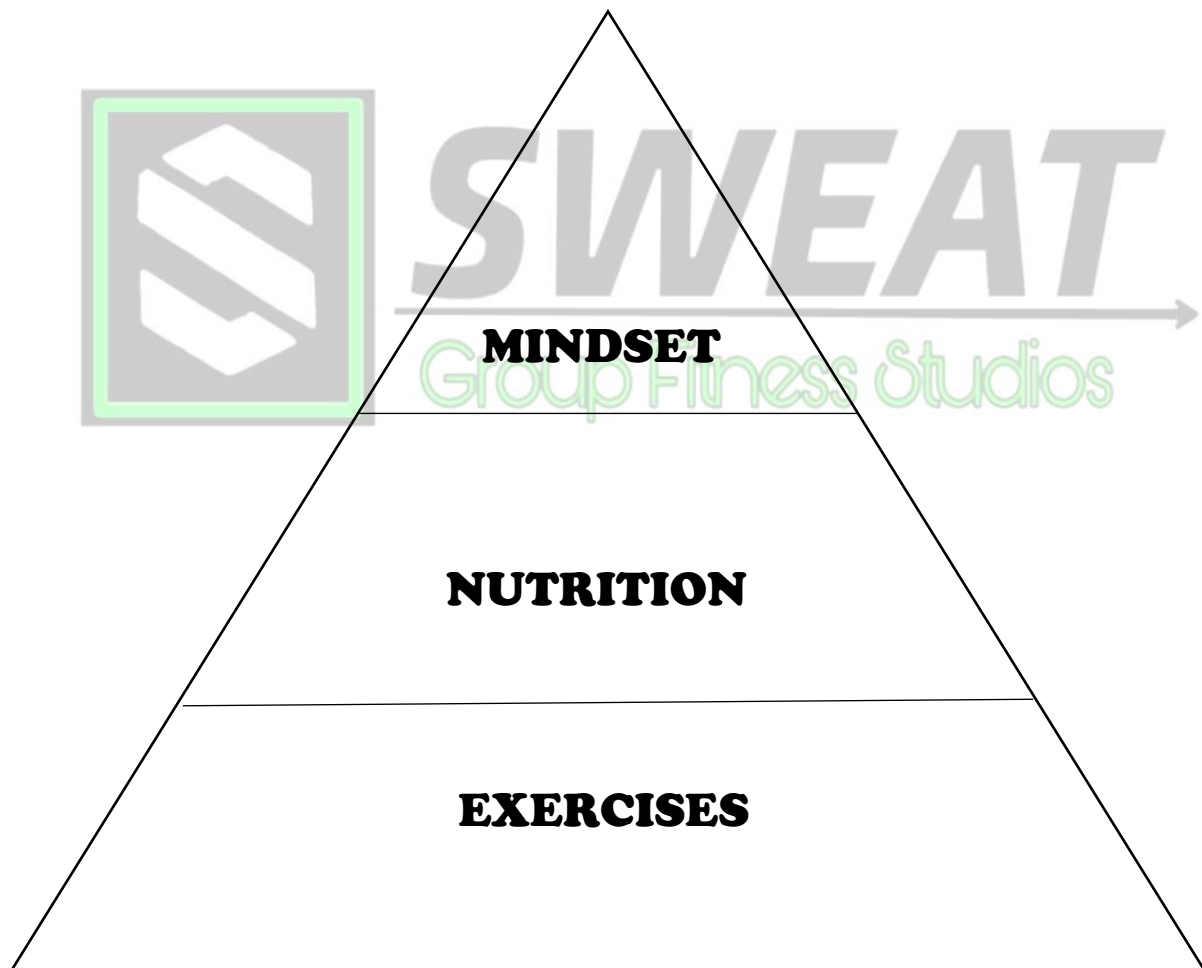


DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program as well as making any nutritional changes to determine if it is right for your needs. This Fitness Plan and Guide by SWEAT offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on the following material and all subsequent information as a substitute or replacement for professional medical advice, diagnosis, treatment, or rehabilitation. The information distributed and promoted are meant to supplement, not replace, proper exercise training. By engaging in this program, you acknowledge that it is your sole responsibility to consult with your physician regarding both your medical fitness to engage in this exercise program and any medical or physical conditions which might arise during your exercise program. If you have any concerns or questions about your health, you agree to consult with a physician or other health-care professional. You further agree to not disregard, avoid or delay obtaining medical or health related advice from your health-care professional regarding information or suggestions provided. The use of any information provided, distributed, and promoted are to be used solely at your own risk. Please discuss all nutritional changes with your physician or a registered dietician. Don't perform any exercise without proper instruction. Always perform a warm-up prior to performing any type of physical activity. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately and arrange to be seen and evaluate by a physician. Developments in medical research may impact the health, fitness and nutritional advice that is promoted and distributed. No guarantee can be given that the advice promoted and distributed will always include the most recent findings or developments with respect to that particular subject. All exercise poses possible risk of injury or death, depending upon your underlying medical condition. We advise everyone to take full responsibility for their safety and know their limits. Do not take risks beyond your level of experience, expertise, training and fitness level. Don't perform any exercise unless you have been shown the proper technique by a certified fitness professional (personal trainer or certified strength and conditioning specialist). By enrolling in the program, you agree to consult your physician or other health care professional before starting this fitness program.



PYRAMID OF SUCCESS





PROTEINS

Chicken Breast
Turkey Breast
Lean Ground Turkey
Top Round Steak
Sirloin Steak
Lean Ground Beef
Lean Ham
Wild Game Meats
Egg Whites
Egg Substitute
Tuna
Sword Fish
Orange Roughy
Steamed Salmon
Crap
Lobster
Shrimp
L- Fat Cottage Cheese

CARBOHYDRATES

Baked Potatoes
Sweet Potato
Yams
Squash
Beans
Corn
Brown Rice
Wild Rice
Pasta
Oatmeal
Rice Cakes
High Fiber Cereal
Pop Corn
Tortillas
Whole Grain Breads
Apples
Oranges
Fat Free Yogurt

VEGETABLES

Broccoli
Asparagus
Lettuce
Carrots
Cauliflower
Green Beans
Green Peppers
Mushrooms
Spinach
Tomatoes
Peas
Onions
Brussel Sprouts
Artichokes
Cabbage
Celery
Zucchini
Cucumbers

FATS ALLOWED

Avocado
Sunflower Seeds
Pumpkin Seeds
Cold Water Fish
Natural Peanut Butter
Low Fat Cheese
Low-Fat Salad Dressings
Low Sodium Nuts
Olives
Olive Oil
Canola Oil
Sunflower Oil
Flaxseed Oil
FATS TO AVOID
Butter
Mayo
Fried Foods
Whole Fat Dairy

VEGETARIAN PROTEIN SOURCES

Temph Tofu Soy Foods Seitan Textured Vegetable Protein Veggie Burger

BASIC RULES TO YOUR DIET

- EAT 4 TO 6 TIMES PER DAY.** This, will help to boost your metabolism so that you will burning calories and melting fat all day long. This also helps keep your blood sugar stable all day so that you can maximize your energy levels. So make sure you are eating within 1 hour of waking up and 2 to 2.5 hours after each meal.
- COMBINING CARBS AND PROTEIN WITH EACH MEAL.** Every meal you consume should include proteins and carbs. This combo is easier for your body to break down and won't be stored as fat.
- COMBINE FATS WITH PROTEIN AND VEGETABLES.** Consuming and combining your fats and carbohydrates together tends to make it extremely difficult for the body to break them down. With that in mind and for optimum fat loss, it may be best to consume your good fats with carbs in the form of a vegetable.
- EAT APPROPRIATE PORTIONS.** As we already discussed before, we need to make sure you're consuming the right amount of calories for your body. Do not overfeed yourself, as this will surely make your body store any unused energy as FAT!
- PLAN YOUR MEALS IN ADVANCE.** Make sure that you plan your meals and snacks the day before, as this makes it easier to stick with your meal and food plan. **DO NOT CHEAT**
- WATER INTAKE.** It's super important that you stay hydrated throughout the day in order to help build lean muscle and burn body fat. As a good rule of thumb you need to drink about 1 to 1 ½ gallons per day. And if you drink lots of coffee you will definitely need to drink that gallon of water since these are natural diuretics.
- STAY FOCUSED.** This is very important for getting the results we've talked about. Just remember that these rules are 80% of what it takes for you to see the results you've asked for. Every time you think about cheating on food or your routine just imagine how you will feel after you complete the cheat. Are you going be satisfied? Will you regret it? You must have patience.... Trust me, it will be worth it!!!! **DON'T CHEAT!!!!**



Group Fitness Program Check- List

We want you to start off on a good foot here at SWEAT, so we are going to help you by giving you a simple check list to mark as you prepare for your first day of class. Once you have Completed a task simply check it off thus increasing your chances for a great start.

- Purchase some sturdy thick workout gloves for lifting weights
- Have athletic shoes when you train (preferably cross trainers to protect your ankles)
- Have a workout towel (you will need it)
- Don't forget your inhaler
- Knee Braces or almost essential when training. Find a "thick" pair to protect your legs.
- Icy Hot or an anti-inflammation cream

- Go get your Tupperware or meal prep dishes
- Buy a scale for food measuring
- Buy a weight scale for you
- Buy a measuring tape
- Have your grocery list prepared

- Read the complete Group Fitness Nutritional Program
- Establish all your nutritional goals and guidelines
- Create a workout routine (class schedule) that you know you will stick to
- Create a my fitness pal account profile to track macros



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