



HAMSTRING STRETCH

Stand with your feet shoulder-width apart. Bend your left knee to lower yourself down as far as you can. At the same time, extend your right leg in front of you, toes lifted, and pull your right foot towards your body. Place both hands on your hips for support and keep a straight line from head to tailbone. Hold the stretch for 15-30 seconds, then switch legs. Repeat 3-5 times.



HIP FLEXOR STRETCH

Stand with your feet staggered in a lunge-like position with your left foot forward and right foot back, toes pointed straight ahead. Bend the right knee, releasing the heel off the floor, and gently press through the front of the right hip, feeling the stretch in the right upper leg. Hold the stretch for 15-30 seconds, then switch legs. Repeat 3-5 times.

TOTAL BODY STRETCH

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10-DAY ACCELERATED FAT LOSS PROGRAM

YOU COMMITTED TO DANCE OFF THOSE UNWANTED POUNDS —

NOW GET THE MOST OUT OF YOUR WORKOUTS BY FEEDING YOUR BODY WHAT IT NEEDS.

This diet focuses on whole, natural foods to nourish your body and fuel weight loss. Follow the five-day recipe program twice to complete your 10-day commitment. After just 10 days, you will be amazed at how energized you will feel and how great you will look. This kind of lifestyle may become a healthy addiction!

Find your place on the Portion-Size Chart and use the corresponding snack equivalents (found at the end of this section) to supplement your meals throughout the day. When there are references to dairy products, it is okay to substitute the equivalent soy, goat, sheep, rice, almond and/or hemp products. You can also substitute the same portion of alternate nut butters where applicable. Remember to season with pepper to taste. It is best to use minimal salt, if any, as it can cause bloating and high blood pressure. If you must add salt, sprinkle sea salt to finish the dish.

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10-DAY ACCELERATED FAT LOSS PROGRAM

PORTION-SIZE CHART

GENDER	UNDER 150LBS/68KG	150-175LBS/68KG-79KG	OVER 175LBS/80KG
MEN	Add 3 snack equivalents	Add 4 snack equivalents	Add 5 snack equivalents
WOMEN	Add 2 snack equivalents	Add 3 snack equivalents	Add 4 snack equivalents

HOW TO PORTION YOUR MEALS

You will eat 3 small meals and 1-3 snacks per day. Allow 2-3.5 hours between each meal and follow the chart above to determine which snacks you want to add to your day. For example, if you are a 165lb male you have an additional 4 snack equivalents you can add to your diet each day. Use the list of snacks at the end of this section to help you choose. With 4 additional snack equivalents you can choose 4 items from the 1 snack equivalent list, 2 from the 2 snack equivalent list, or any combination you prefer to meet your snack allotment for the day. Then refer to the meals (and corresponding recipes) and snacks provided and start cooking!

HYDRATION

Water is vital in maintaining digestion, physical performance and optimal energy levels. In order to stay adequately hydrated, you should drink about half of your weight in ounces of water daily. So if you are a 150lb woman, you should drink 75oz of water daily before counting fluid lost during exercise. The best way to measure water lost during exercise is to weigh yourself before and after physical activity. For each pound lost, drink an additional 16oz of water. Thirst can commonly be misinterpreted as hunger, so try to drink a glass of water before each meal or snack. It is important to avoid all alcohol while on the 10-day plan.

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