


MAY OF 09



Live your life
to the fullest !!

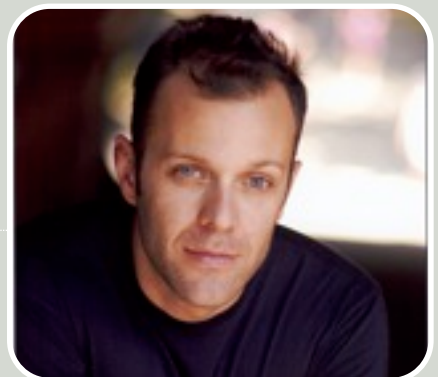


INTERVAL TRAINING

- Doing a minimum of 20 to 30 minutes daily of continuous *MONDERATE* exercise punctuated by *INTENSE short intervals of hard work sprinkled with 10 to 15 seconds of short burst of hard work* will rev up your Resting Metabolic Rate dramatically.
- The body will always respond to the *intensity* of a session not the duration, so the harder you work, the more calories you will burn afterwards and fat you will lose.

Thought for the month:

Centers for Disease Control and Prevention (CDC) recommends the following to prevent the spread of germs and flu: ***“Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food, get three servings of vegetables per meal and supplement with OMEGA 3 ”***



Meal 1: Egg whites, scallions, one slice of wheat toast

Snack: Apple

Meal 2: Salad with Grilled Chicken, olive oil and vinegar,

Snack: 8 almonds, 1 peach

Meal 3: Turkey Burger, avocado, tomato, whole wheat bun, side salad