


# TAURELFITNESS.COM

AUGUST 09



Live your life  
to the fullest !!



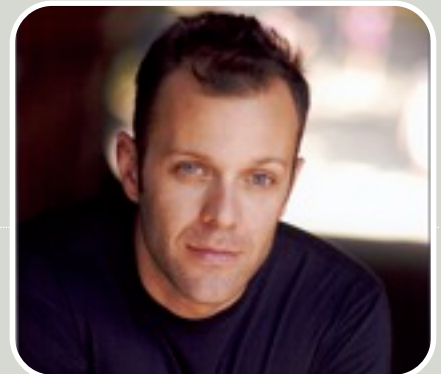
## SNACKS

1. Keep your metabolism running
2. Help you eat less at meal time
3. Ensures you get all of your vitamins
4. Helps with moods
5. Fools off the strongest of cravings

*Snack ideas and TIP for my RUNNERS on 2nd page!*

### **Thought for the month:**

**Aim to reduce your calories intake by 100 calories every day for the next month and you will lose one pound with hardly any work. Add 4 days of exercise to that total and you could triple your weight loss for the month. Ex: Leave one fork full or one bite on the plate.**



### **WORKOUT**

- 10 minutes of cardio at a level 6 intensity
- 2 sets per body part, 12 reps.
  - lunge, seated row, DB Chest press, biceps curl, triceps ext, DB Shoulder presses
- 10 minutes of cardio at a level 6 intensity.  
(1 being easy and 10 being very hard)

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# Snack Ideas

1. Small handful of nuts
2. 5 to 6 dried apricot halves
3. Endives filled with part-skim ricotta
4. Sliced cucumbers and one wedge light swiss cheese
5. Energy bar containing at least 4 grams of protein
6. Three cups of air popped popcorn sprinkled salt or dark chocolate shavings
7. Apple slices with TB spoon of butter
8. Two slices of low sodium deli turkey and a handful of grapes
9. Small bowl of plain oatmeal topped with fresh berries and a splash of skim milk
10. Handful of almonds mixed with dried berries or cherries
11. Rye melba toast with low fat cream cheese and dried cranberries
12. Hard boiled egg with freshly ground pepper and salt
13. One whole wheat English muffin with peanut butter
14. Low Fat Greek yogurt with chipped walnuts and honey Type to enter text
15. Bowl of tomato soup-huge appetite killer
16. Protein bar with no more than 250 total calories

## Dinner option

- Roast beef Salad with goat cheese and balsamic vinaigrette
- Boston lettuce ( torn into pieces), Sliced deli roast beef, 1 beef steak tomato, red onion( sliced) and crumbled goat cheese all in bowl
- In a small bowl , Whisk 2 TBS of olive oil, 2 TBS of balsamic vinegar, 2 Tsp of dijon mustard and kosher salt and pepper to taste
- Sprinkle dressing over salad



**Moves to help you with your running: Remember it is always about your hips.**

**Walking Lunges-** *Strengthens quadriceps and improves stability and balance. Take a full stride forward with your right leg. Drop the back knee down keeping your torso upright and your front knee down, keeping your torso upright and your front knee over your ankle. Push off you left foot and lunge forward with your left leg, repeating the move. Use our quads and outer hips muscles to keep the forward knee form wobbling from side to side.*

***Do three sets of ten repetitions ( five per leg).***

**Bridge with leg lift-** *Strengthens hip flexor, abductor and buttocks. Lie on the floor with your knees bent, feet flat on the floor, arms at your sides. Raise your buttocks off the floor until your thighs and back form one straight line, and squeeze. Lift your right foot a few inches off the floor-without letting your hips dip. Lower your right foot and repeat with the left leg.*

***Repeat 30 times per leg.***

**Vertical Jumps-** *Improves lower body strength and stability. Stand with hands at your sides. Slightly bend the knees and jump straight up. Land softly on the balls of you feet with a slight bend in your knees.*