

ORBITREK
X17



Healthy Eating Meal Plan

4-WEEK HEALTHY EATING PLAN

Proper nutrition is essential for a healthy, fit body. With that in mind, we've developed the 4-Week Orbitrek™ X17™ Healthy Eating Plan just for you! Follow it and you're guaranteed to see a difference in your physical body and energy level!*

Back to Basics

In order to understand nutrition, you've got to first understand protein, carbohydrates, and fats.

Protein

Protein is the most important element in your diet plan. It provides amino acids that build muscle, grow hair and nails, and create hormones and enzymes. Having a protein with every meal provides these essential 'building blocks,' as well as slowing the movement of food in the gastrointestinal tract, keeping you fuller longer. Good protein options include lean beef filets, extra lean ground turkey, skinless chicken breasts, egg whites, low-fat tofu, and no-fat cottage cheese.

Carbohydrates

Now hear this: carbohydrates are not bad for you! In fact, they are essential to good health and are the number one source of energy used by the body to fuel metabolism, physical activity and daily bodily functions. But not all carbs are created equal: Simple carbs are broken down quickly in the body and are to be eaten sparingly. These include things like mashed potatoes, chips, cola, crackers, white bread, and fruit juice. Complex carbs contain tons of fiber and take a long time to break down in the body, keeping you fuller longer and making your meals more satisfying. These include things like yams, brown rice, oatmeal, green vegetables, beans, and whole fruits.

Fat

Dietary fat and body fat are not the same things, (though you could swear you see that peanut butter cup pop up on your thighs an hour after eating it!) Dietary fat is broken down into fatty acids, which provide energy while supporting things like your nervous and endocrine systems. However, not all fats are created equal, either. Saturated and trans fats have been linked to heart disease and some cancers, so eat foods that contain these fats sparingly, such as processed packaged desserts, fatty meats, deep fried foods and chips. Instead, choose heart-healthy, all natural fats to ensure a healthy body and high energy, such as avocado, raw nuts, olive oil, and fish oil.

Water

Did you know that your body is made up of more than 60% water? Water helps with digestion, decreases your appetite, rids your cells of toxins and wastes, and extracts nutrients from your foods. You lose water through perspiration, breathing, urinating, and other bodily functions, and this loss must be replenished often. Because water cannot be manufactured by the body, it must be ingested in the form of beverages or watery foods like fruits and vegetables. Drink at least 8-12 full glasses of water a day, more if possible, and eat plenty of fresh fruits and veggies to keep yourself properly hydrated.

* Consult your doctor before starting this or any other diet program.

Go decaf!

Caffeinated coffee, tea, and soda have a diuretic effect on the body, and could be counteracting your hydrating efforts. Switch to decaf, or limit your caffeinated beverages to one per day for the best results.

Fun fact:

Drink more to retain less! If you're feeling bloated, drink water! It sounds backwards but consider this: Water helps flush sodium from your system, the element most responsible for water retention and bloating.

SUGGESTED SHOPPING LIST

Meat, Fish and Poultry

- Skinless chicken breasts
- 99% fat-free ground turkey
- Lean beef filets
- Lean pork chops
- Chunk white low-sodium tuna in water
- Fresh fish (Salmon, snapper, halibut, flounder, albacore)
- Shellfish (Shrimp, scallops, crab)
- Low-sodium, low-fat deli sliced turkey, ham, roast beef

Dairy

- Soft cheese wedges
- Low- or no-fat cheese
- Skim milk
- Low- or no-fat string cheese
- Light yogurt, plain
- Low- or no-fat cottage cheese
- Eggs or packaged egg whites

Fruits and vegetables

- Broccoli
- Asparagus
- Tomatoes
- Cucumbers
- Lettuce
- Peppers (red, green, yellow)
- Avocado
- Onion
- Sweet potatoes
- Green beans
- Apples
- Berries
- Spaghetti squash
- Carrots
- Zucchini
- Yams
- Spinach
- Mushrooms
- Lemons

Dry goods

- Wild or brown rice
- Whole grain crackers
- Non-fat cooking spray
- All natural bran cereal
- Whole wheat pasta
- Whole grain cereal
- Beans (canned or dried)
- Whole wheat bread products
- Fresh ground or reduced fat peanut butter
- Low sugar or sugar free jams and spreads
- Dry oatmeal (plain)
- Raw nuts
- Olive oil

Spices, dressing and condiments

- Balsamic vinegar
- Fat free or light salad dressing
- Extra virgin olive oil
- Garlic powder
- Hot sauce
- Mustard
- Non-fat or light mayonnaise
- Low-sodium soy sauce
- Ground pepper
- Spice blends seasoning
- 10-minute marinade

The Plate Plan

Portion control can be a tricky thing to figure out, especially in our society of super-sized everything. To determine proper portions of protein, carbs, and fats, use the Plate Plan. Imagine a plate. Then - Fill 1/4 of it with protein.

Your protein should be about the size of a deck of cards or the palm of your hand.

Fill 1/4 of it with starchy carbs. This amounts to about 1 cup of cooked oatmeal, 1 medium fruit, or one slice of whole wheat bread.

Fill 1/2 of it with veggies. This amounts to about 1 cup of broccoli or 2 cups of salad greens.

On the side of your plate, imagine a large spoon.

Then - Fill that with dietary fat. This is about 2 tbsp of reduced fat peanut butter or a golf ball sized scoop of avocado.

Meal Planning

Break your daily food intake into three meals and two snacks daily. It might sound like a lot, but think of your body as a fireplace: you want to keep the fire (your metabolism) burning all day long. In order to do that, you've got to keep throwing logs (food) onto the fire. By spreading your meals out during the day, you'll keep this fire burning hot, elevating your metabolism and burning tons of fat over the long term. You'll also never 'crash,' and feel like you're starving. Prepare your food ahead of time and pack it in a small cooler to carry with you to work, on a hike, or to the kids' soccer games to avoid the lure of the drive-thru window.

CALORIE CONTROL

Each day, eat between 1200-1400 calories if you are a female; and if you are a male, eat between 1800-2200 calories each day. Don't go below 1200 calories a day for female or 1800 calories for male, or you risk body rebellion! Your body perceives this caloric deficit as 'starvation,' and immediately goes into calorie hoarding mode, storing any and all calories you take in as fat, even the good ones! This is exactly the opposite of what you're trying to do.

To encourage your body to release fat as fuel and elevate your metabolism, eat each of your meals and snacks at regular intervals throughout the day. Generally you'll eat something every 3-4 hours. Here's how an eating schedule might look on any given day:

Orbitrek™ X17™ Healthy Eating Plan

Want to kick-start your weight loss right now? Then this 4-Week Healthy Eating Plan is your meal ticket to success. Using the foods on your suggested shopping list, follow this meal plan for the first month of your program; After the first month, add in a few more calories to maintain your healthy weight. Here's how it breaks down:

- Each day, choose one meal each from the Breakfast, Lunch and Dinner lists.
- Each day, choose 1-3 snacks from the Snack list.
- Plan to eat a meal or snack every 3-4 hours during the day.
- On days when you don't have an after-dinner snack, wait 30 minutes. If you're still legitimately hungry, add an Extra into your plan. They are indicated in your sample schedule with a "**Refer to Snacks listed**".
- Add the calories together and make sure they total between 1200-1400 a day for females and 1800-2200 for males.
- For optimal 4-week fat-loss, eat starchy carbs (bread, tortilla, rice, potato) before 3 PM and stick to veggies and occasional small fruits after that.
- Drink at least 1/2 gallon (8-12 glasses) of water a day.
- If you don't like a particular item in a suggested meal, sub it with something from the same food genre. For example: you hate celery. Have sliced raw red peppers instead. Beef is not your friend? Sub in pork or shrimp.
- The Sample 4-Week Healthy Eating Plan Schedule is only an example. You may change items around as you wish, so long as your calorie total stays between 1200-1400 a day for females and 1800-2200 for males.

This eating plan was created for an average women's body size. For men, the eating plan would need to be adjusted accordingly for their body type.

Food preparation notes:

- Cook all your egg whites and pan-seared items in a non-stick skillet coated with non-fat cooking spray.
- Cook all vegetables in a steamer or eat them raw.
- Unless otherwise specified, make your rice, oatmeal, smoothies and other need-to-prepare dishes with water, not milk or juice.
- Cook in bulk and portion your food out in baggies or containers for convenience.

Meal	Time
Breakfast	7 AM
Snack	10 AM
Lunch	1 PM
Snack	4 PM
Dinner	7PM

Fast Fact:

Some days you might be hungrier than others; this is fine. Hunger is a sign that your metabolism is working! Have another snack between meals or add a little more to your plate during meal times without going overboard. Remember: you want to create a caloric deficit, but not so much that you shut down your system.

Beyond 4-Week

Remember: this 4-Week Healthy Eating Plan is only to be used for your first month to kick-start your fat-loss process. After Week 4, incorporate 200-300 calories more into your daily plan, bringing your calorie totals approximately between 1500-1700 calories for females and 2000-2500 for males.

This will encourage lasting, effective fat loss of 1-2 pounds a week while giving your body the fuel it needs to train hard and be fit.

SAMPLE MEALS

*Note: calorie totals are approximate within 10-20 calories per meal.

BREAKFAST	LUNCH	DINNER	SNACKS
<p>Eggs 'n' toast + fruit</p> <ul style="list-style-type: none"> • 4 egg whites • 1 yolk • 1 slice whole grain toast with 1 tsp sugar free jam • 1 apple (320) <p>Raisin Oatmeal</p> <ul style="list-style-type: none"> • 1 cup cooked oatmeal • 1 cup skim milk • 1 mini-box raisins (285) <p>Egg white omelet</p> <ul style="list-style-type: none"> • 5 whites • 1/2 cup of chopped spinach, mushrooms, peppers of other veggies of choice • 1 cup sliced berries • 1 slice whole wheat toast (260) <p>Peanut butter and raisin oatmeal</p> <ul style="list-style-type: none"> • 1 cup cooked oatmeal • 1 tbsp reduced fat peanut butter • 2 mini boxes raisins (285) <p>Pita egg sandwich</p> <ul style="list-style-type: none"> • 4 egg whites • 1 organic soy breakfast patty • 1 slice fat-free cheddar cheese • 1/4 cup salsa • 1 whole wheat pita (330) <p>Fruit and crunch yogurt</p> <ul style="list-style-type: none"> • 1/2 cup whole grain cereal • 1/2 cup blueberries • 4 oz Light plain sugar-free yogurt (220) <p>Cereal + fruit</p> <ul style="list-style-type: none"> • 1/2 banana • 1 cup bran flakes • 1 cup low-fat or skim milk (285) <p>Grapefruit and cheese</p> <ul style="list-style-type: none"> • 1/2 grapefruit • 1 cup low-fat cottage cheese (200) <p>Eggs and oatmeal</p> <ul style="list-style-type: none"> • 5 egg whites • 1 cup cooked oatmeal • 1/2 cup low-fat milk (310) <p>Smoothie</p> <ul style="list-style-type: none"> • 1 cup low fat milk + 1 scoop protein powder + 1 cup frozen berries (300) 	<p>Burrito meal</p> <ul style="list-style-type: none"> • 1 small whole wheat tortilla, 1/4 cup salsa • 1 slice fat-free cheese • 3 oz chicken or steak • 1 small apple (350) <p>Pita lunch Sandwich + fruit</p> <ul style="list-style-type: none"> • 1 whole wheat pita (small) • 4 oz deli low-sodium ham, turkey, or lean roast beef • 1 oz avocado • lettuce, tomato, mustard • 1 small peach (360) <p>Tuna salad + yam:</p> <ul style="list-style-type: none"> • 1 small can water packed tuna (5 oz) • 1 tbsp low-fat mayo • 1/4 cup chopped celery • large green salad with lettuce tomatoes, cucumbers, red peppers • 1/2 baked yam (330) <p>Chicken rice bowl:</p> <ul style="list-style-type: none"> • 3 oz grilled chicken • 1/2 cup cooked brown rice • 1 cup steamed veggies • 2 tbsp low-fat dressing (300) <p>Chicken or beef kabob + rice & salad</p> <ul style="list-style-type: none"> • 3 oz chicken • cherry tomatoes • whole mushrooms on a skewer • 1/2 cup cooked brown rice • 1 cup salad • 1 tbsp low-fat dressing (350) <p>Burger + salad</p> <ul style="list-style-type: none"> • 4 oz extra lean ground turkey or beef • 1 whole wheat hamburger bun • 1 slice fat-free cheddar cheese • 1 cup salad greens • 1 tbsp low-fat dressing (350) <p>Pasta marinara</p> <ul style="list-style-type: none"> • 1/2 cup cooked whole wheat pasta • 1 cup steamed spinach • 3 oz chicken or 5 oz shrimp • 1/2 cup marinara sauce (360) <p>Chef salad + roll</p> <ul style="list-style-type: none"> • 2 oz fat-free turkey breast • 2 oz extra lean low-sodium ham • 1 oz avocado • 1 oz fat-free mozzarella • 2 cups lettuce, tomato, cucumber • 2 tbsp low-fat ranch dressing • 1 whole wheat roll or 2 whole grain crackers (300) 	<p>Chicken and veg + fruit</p> <ul style="list-style-type: none"> • 3 oz chicken breast • 1 cup green beans • 1 cup salad • 1 tbsp low-fat dressing • 1 medium fruit (apple, orange) (220) <p>Fish and veg</p> <ul style="list-style-type: none"> • 6 oz baked or broiled fish (salmon, halibut, cod) • 1 cup steamed veggies • 1 cup salad • 1 tbsp low-fat dressing (290) <p>Spaghetti squash and meat sauce + veg</p> <ul style="list-style-type: none"> • 4 oz cooked lean ground turkey or beef • 1 cup cooked spaghetti squash • 1/2 cup marinara sauce • 1 cup steamed veggies (280) <p>Salmon salad</p> <ul style="list-style-type: none"> • 6 oz grilled salmon • 2 cups salad greens • 1/2 cup light dressing (240) <p>Turkey fiesta salad</p> <ul style="list-style-type: none"> • 2 oz ground turkey • 1/4 cup beans • 1 oz low-fat cheese • 2 tsp picante sauce • 2 cups salad greens (300) <p>Stir fry</p> <ul style="list-style-type: none"> • 3 oz chicken or steak sauteed in wok with 2 cups veggies of choice • 1 clove diced garlic • 1 tsp fresh ginger, chopped • 1 tsp low-sodium soy sauce • 1 tbsp olive oil (270) <p>Steak and veg + fruit</p> <ul style="list-style-type: none"> • 3 oz flank steak • 1 cup steamed veggies • 1 cup salad • 2 tbsp low-fat dressing • 1 medium apple (280) <p>Cajun shrimp + veg and fruit</p> <ul style="list-style-type: none"> • 8-10 medium shrimp cooked in 1 tbsp olive oil • Cajun seasoning • lemon juice • garlic • 2 cups steamed veggies • 1 cup blueberries (320) <p>White fish + veg</p> <ul style="list-style-type: none"> • 5 oz pan-seared white fish of choice • 1 cup steamed veggies • 1 tbsp olive oil (320) 	<ul style="list-style-type: none"> • 1 medium apple • 6 celery stalks • 2 tbsp reduced fat peanut butter (190) • 22 whole, dry roasted or raw almonds (160) • 1 medium plum • 1 piece light string cheese (100) • 1/2 cup fat-free cottage cheese • 1 tsp sugar free jam • 1/2 cup bran cereal (140) • 2 whole grain crackers • 2 wedges soft cheese wedges • tomato (170) • 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130) • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210) • 14 baby carrots • 1/4 cup hummus (160) • 2 hardboiled eggs (160) • 1/2 cup edamame (120) • 100-calorie pack of microwave popcorn (100) • 1 40-30-40 nutritional energy bar (200)
			EXTRAS
			<ul style="list-style-type: none"> • 1 slice avocado • 1 slice tomato • 1 whole grain cracker (70) • 6 oz light yogurt, plain, with two sliced strawberries (100) • 1 tbsp reduced fat peanut butter (95) • 11 raw almonds (80) • 3 slices deli turkey with mustard (50) • 1 medium fruit (banana, apple, orange) (80) • 20 grapes (40) • 1 light string cheese (60) • 1/2 cup blueberries (40) • 5 baby carrots dipped in 1 tbsp light ranch dressing (60)

FEMALE WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack				<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) 			
Breakfast	<ul style="list-style-type: none"> • Egg 'n' toast • fruit (320) 	<ul style="list-style-type: none"> • Fruit and crunch yogurt (220) 	<ul style="list-style-type: none"> • Egg white omelet • fruit and toast (260) 	<ul style="list-style-type: none"> • Pita egg sandwich (330) 	<ul style="list-style-type: none"> • Smoothie (300) 	<ul style="list-style-type: none"> • Peanut butter & raisin oatmeal (285) 	<ul style="list-style-type: none"> • Eggs and Oatmeal (310)
Snack	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160) 	<ul style="list-style-type: none"> • 1 medium apple • 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210) 		<ul style="list-style-type: none"> • 1 medium plum • 1 piece light string cheese (100) 	<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) 	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160)
Lunch	<ul style="list-style-type: none"> • Chicken rice bowl (300) 	<ul style="list-style-type: none"> • Chef salad roll (300) 	<ul style="list-style-type: none"> • Pasta Marinara (360) 	<ul style="list-style-type: none"> • Burger salad (350) 	<ul style="list-style-type: none"> • Burrito fruit (350) 	<ul style="list-style-type: none"> • Chicken or beef kabob with rice and salad (350) 	<ul style="list-style-type: none"> • Tuna salad • 1/2 baked yam (330)
Snack	<ul style="list-style-type: none"> • 1/2 cup sliced berries • 1/2 cup plain light yogurt (130) 	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160) 	<ul style="list-style-type: none"> • 1 nutritional energy bar (200) 	<ul style="list-style-type: none"> • 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> • 6 celery stalks • 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> • 2 hardboiled eggs (160) 	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160)
Dinner	<ul style="list-style-type: none"> • Fish and Veg (290) *Extra: 1 medium fruit (80) 	<ul style="list-style-type: none"> • Chicken and Veg • fruit (220) *extra: 11 raw almonds (80) 	<ul style="list-style-type: none"> • Cajun Shrimp veg and fruit (320) *extra: 1 light string cheese (60) 	<ul style="list-style-type: none"> • Salmon salad (240) *Extra: 6 oz plain yogurt with two strawberries (100) 	<ul style="list-style-type: none"> • Stir fry (270) 	<ul style="list-style-type: none"> • Turkey fiesta salad (290) *Extra: 20 grapes (40) 	<ul style="list-style-type: none"> • Cajun Shrimp veg and fruit (320) *Extra: 1 slice avocado, 1 slice tomato, 1 whole grain cracker (70)
Snack		<ul style="list-style-type: none"> • 100-calorie pack of microwave popcorn (100) 			<ul style="list-style-type: none"> • 1/2 cup edamame (120) 		
Calorie Total	1200 + extra: 1280	1200 + extra: 1280	1350 + extra: 1410	1200 + extra: 1300	1330	1225 + extra: 1265	1280 + extra: 1350

FEMALE WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack		<ul style="list-style-type: none"> • 1 whole grain cracker • 1 wedge Soft cheese wedges • tomato (85) 					
Breakfast	<ul style="list-style-type: none"> • Smoothie (300) 	<ul style="list-style-type: none"> • Cereal • fruit (285) 	<ul style="list-style-type: none"> • Egg white omelet • fruit and toast (260) 	<ul style="list-style-type: none"> • Raisin oatmeal (285 cal) 	<ul style="list-style-type: none"> • Pita Egg sandwich (330) 	<ul style="list-style-type: none"> • Fruit and Crunch yogurt (220) 	<ul style="list-style-type: none"> • Cereal and fruit (285)
Snack	<ul style="list-style-type: none"> • 1 Plum • 1 piece string cheese (100) 	<ul style="list-style-type: none"> • 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130) 	<ul style="list-style-type: none"> • 1 medium apple • 3 tbsp reduced fat peanut butter (285) 	<ul style="list-style-type: none"> • 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) 	<ul style="list-style-type: none"> • 2 hardboiled eggs (160) 	<ul style="list-style-type: none"> • 6 celery stalks • 2 tbsp reduced fat peanut butter (190)
Lunch	<ul style="list-style-type: none"> • Pita roast beef sandwich • fruit (360) 	<ul style="list-style-type: none"> • Steak burrito • fruit (350) 	<ul style="list-style-type: none"> • Tuna salad • 1/2 yam (330) 	<ul style="list-style-type: none"> • Chicken kabob • rice • salad (350) 	<ul style="list-style-type: none"> • Turkey Burger • salad (350) 	<ul style="list-style-type: none"> • Pasta Marinara with shrimp (360) 	<ul style="list-style-type: none"> • Pita Ham Sandwich • fruit (360)
Snack	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160) 	<ul style="list-style-type: none"> • 6 celery stalks • 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> • 1/2 cup edamame (120) 	<ul style="list-style-type: none"> • 1 nutritional energy bar (200) 	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160) 	<ul style="list-style-type: none"> • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210) 	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160)
Dinner	<ul style="list-style-type: none"> • Cajun Shrimp veg and fruit (320) *Extra: 1 slice avocado, 1 slice tomato, 1 whole grain cracker (70) 	<ul style="list-style-type: none"> • Salmon salad (240) *Extra: 1 medium fruit (80) 	<ul style="list-style-type: none"> • Chicken stir fry (270) *Extra: 6 oz light yogurt with 2 strawberries (100) 	<ul style="list-style-type: none"> • Turkey Fiesta salad (300) 	<ul style="list-style-type: none"> • White fish veg (320) *Extra: 1 light string cheese (60) 	<ul style="list-style-type: none"> • Turkey Fiesta Salad (300) *Extra: 20 grapes (40) 	<ul style="list-style-type: none"> • Steak and Veg • Fruit (280) *Extra: 1 slice avo, 1 slice tomato, 1 whole grain cracker (70)
Snack				<ul style="list-style-type: none"> • 100-calorie pack of microwave popcorn (100) 			
Calorie Total	1240 + extra: 1310	1280 + extra: 1360	1265 + extra: 1365	1375	1300 + extra: 1360	1250 + extra: 1290	1275 + extra: 1345

FEMALE WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack				<ul style="list-style-type: none"> • 1 medium apple • 2 tbsp reduced fat peanut butter (190) 			
Breakfast	<ul style="list-style-type: none"> • Eggs 'n' Toast • fruit (320) 	<ul style="list-style-type: none"> • Egg white omelet • fruit • toast (260) 	<ul style="list-style-type: none"> • Pita Egg sandwich (330) 	<ul style="list-style-type: none"> • Fruit and crunch yogurt (220) 	<ul style="list-style-type: none"> • Raisin Oatmeal (285 cal) 	<ul style="list-style-type: none"> • Egg white omelet • fruit • toast (260) 	<ul style="list-style-type: none"> • Eggs and oatmeal (310)
Snack	<ul style="list-style-type: none"> • 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> • 1 nutritional energy bar (200) 	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160) 	<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) 	<ul style="list-style-type: none"> • 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> • 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130) 	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160)
Lunch	<ul style="list-style-type: none"> • Chef salad • roll (300) 	<ul style="list-style-type: none"> • Chicken rice bowl (300) 	<ul style="list-style-type: none"> • Chicken pasta marinara (360) 	<ul style="list-style-type: none"> • Chicken Burrito • fruit (350) 	<ul style="list-style-type: none"> • Tuna salad • 1/2 baked yam (330) 	<ul style="list-style-type: none"> • Beef Burger • salad (350) 	<ul style="list-style-type: none"> • Chicken rice bowl (300)
Snack	<ul style="list-style-type: none"> • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210) 	<ul style="list-style-type: none"> • 6 celery stalks • 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> • 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130) 	<ul style="list-style-type: none"> • 2 hardboiled eggs (160) 	<ul style="list-style-type: none"> • 2 whole grain crackers • 2 wedges soft cheese wedges • tomato (170) 	<ul style="list-style-type: none"> • 1 medium apple • 3 tbsp reduced fat peanut butter (285) 	<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)
Dinner	<ul style="list-style-type: none"> • Steak and Veg • fruit (280) 	<ul style="list-style-type: none"> • Spaghetti squash with meat sauce • veg (280) *Extra: 1/2 cup blueberries (40) 	<ul style="list-style-type: none"> • Fish and Veg (290) *Extra: 3 slices deli turkey with mustard (50) 	<ul style="list-style-type: none"> • Chicken and veg • salad • fruit (220) *Extra: 11 raw almonds (80) 	<ul style="list-style-type: none"> • Steak stir fry (270) *Extra: 1 medium fruit (80) 	<ul style="list-style-type: none"> • Salmon Salad (240) *Extra: 1 light string cheese (60) 	<ul style="list-style-type: none"> • Steak and Veg • fruit (280)
Snack	<ul style="list-style-type: none"> • 1 medium plum • 1 piece light string cheese (100) 						<ul style="list-style-type: none"> • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)
Calorie Total	1350	1230 + extra: 1270	1270 + extra: 1320	1280 + extra: 1360	1195 + extra: 1275	1265 + extra: 1325	1400

FEMALE WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack		<ul style="list-style-type: none"> • 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140) 					
Breakfast	<ul style="list-style-type: none"> • Peanut butter raisin oatmeal (285) 	<ul style="list-style-type: none"> • Pita Egg sandwich (330) 	<ul style="list-style-type: none"> • Grapefruit and cheese (200) 	<ul style="list-style-type: none"> • Eggs 'n' toast • fruit (320) 	<ul style="list-style-type: none"> • Raisin Oatmeal (285) 	<ul style="list-style-type: none"> • Smoothie (300) 	<ul style="list-style-type: none"> • Eggs and oatmeal (310)
Snack	<ul style="list-style-type: none"> • 2 whole grain crackers • 2 wedges soft cheese wedges • tomato (170) 	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160) 	<ul style="list-style-type: none"> • 2 hardboiled eggs (160) 	<ul style="list-style-type: none"> • 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130) 	<ul style="list-style-type: none"> • 1 peach or medium apple + 1/2 cup low-fat cottage cheese (140) 	<ul style="list-style-type: none"> • 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140) 	<ul style="list-style-type: none"> • 2 whole grain crackers • 2 wedges soft cheese wedges • tomato (170)
Lunch	<ul style="list-style-type: none"> • Burrito • fruit (350) 	<ul style="list-style-type: none"> • Chef salad • 2 whole grain crackers (300) 	<ul style="list-style-type: none"> • Turkey Pita Sandwich • fruit (360) 	<ul style="list-style-type: none"> • Tuna salad • 1/2 baked yam (330) 	<ul style="list-style-type: none"> • Chicken or beef kabob • rice • salad (350) 	<ul style="list-style-type: none"> • Chicken pasta marinara (360) 	<ul style="list-style-type: none"> • Ham Pita Sandwich • fruit (360)
Snack	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160) 	<ul style="list-style-type: none"> • 1 medium plum • 1 piece light string cheese (100) 	<ul style="list-style-type: none"> • 6 celery stalks • 2 tbsp reduced fat peanut butter (190) 	<ul style="list-style-type: none"> • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210) 	<ul style="list-style-type: none"> • 1 medium plum • 1 piece light string cheese (100) 	<ul style="list-style-type: none"> • 22 whole, dry roasted or raw almonds (160) 	<ul style="list-style-type: none"> • 14 baby carrots • 1/4 cup hummus (160)
Dinner	<ul style="list-style-type: none"> • Turkey Fiesta salad (300) *Extra: 6 oz light yogurt with two strawberries (100) 	<ul style="list-style-type: none"> • White fish and Veg (320) *Extra: 1 tbsp reduced fat peanut butter (95) 	<ul style="list-style-type: none"> • Cajun Shrimp • fruit (320) *Extra: 5 baby carrots with 1 tbsp light ranch dressing (60) 	<ul style="list-style-type: none"> • Spaghetti squash and meat sauce (280) *Extra: 1 tbsp reduced fat peanut butter (95) 	<ul style="list-style-type: none"> • Turkey Fiesta Salad (300) 	<ul style="list-style-type: none"> • Chicken stir fry (270) *Extra: 1 medium fruit (80) 	<ul style="list-style-type: none"> • Spaghetti squash and meat sauce • veg (280) *Extra: 6 oz light yogurt with two strawberries (100)
Snack					<ul style="list-style-type: none"> • 1/2 cup edamame (120) 		
Calorie Total	1265 + extra: 1365	1350 + extra: 1445	1230 + extra: 1290	1270 + extra: 1365	1295	1230 + extra: 1310	1280 + extra: 1380

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	• 1 Nutritional Energy bar (200)	• 2 Hardboiled eggs (160)	• 1 Medium Plum • 1 piece light string cheese (100)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• Smoothie (300)	• Fruit and Crunch yogurt (220)
Breakfast	• Egg 'n' toast • Fruit (320) *extra: • 1 toast (100)	• Fruit and crunch Yougurt • 1 medium plum • 1 piece light string cheese (320)	• Egg white omelet • fruit and toast (260) *extra • 1 toast (100)	• Pita Egg sandwich (330)	• Smoothie (300)	• Peanut butter & raisin oatmeal (285)	• Eggs and Oatmeal (310)
Snack	• 22 almonds • 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (370)	• 1 medium apple • 2 tbsp reduced fat peanut butter (190)	• 1/4 cup raw cashews • 4 celery sticks • 4 carrots sticks (210)	• Smoothie (300)	• 1 medium plum • 1 piece light string cheese • 22 whole dry roasted or raw almonds (260)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)	• 22 whole, dry roasted or raw almonds (160) • 1 nutritional energy bar (360)
Lunch	• Chicken rice bowl (300) *extra • 1/2 cup rice (400)	• Chef Salad and 1 whole wheat roll (300) *extra • 1 whole wheat roll (300)	• Pasta Marinara (360) *extra • 1/2 cup pasta (100)	• Bargar Salad • 2 hardboiled eggs (520)	• Burrito fruit (350) • 1 nutritional energy bar (550)	• Chicken or beef kabob with rice and salad (350)	• Tuna salad • 1/2 baked yam (330)
Snack	• 1/2 cup sliced berries • 1/2 cup plain light yogurt (130)	• 14 baby carrot • 1/4 cup hummas • 22 whole dry roasted or raw almonds (320)	• 1 nutritional energy bar • 22 whole dry roasted or raw almonds (360)	• 1/2 cup fat-free cottage cheese • 1/2 cup sugar free jam • 1 cup of bran (240)	• 6 celery sticks • 2 tbsp reduced fat peanut butter (190)	• 2 hardboiled eggs • 2 whole grain crispbread cracker • 2 individual-sized soft cheese wedge, • tomato (340)	• 14 baby carrots • 1/4 cup hummus (160)
Dinner	• Fish and Veg (290) *extra • 1 medium fruit (80)	• Chicken and veg fruit (220) *extra • 1 slice avocado • 1 slice tomato • 1 crispbread cracker (70)	• Cajun Shrimp veg, • fruit (320) *extra • 1 piece light string cheese (60)	• Salmon Salad chef salad + roll (540) *extra • 6 oz plain yogurt with two strawberries (100)	• Stir fry (270)	• 2 servings of Turkey fiesta salad (600) *extra • 20 grapes (40)	• Cajun Shrimp veg, fruit • 1 cup rice (520) *extra • 1 slice avocado • 1 slice tomato • 1 crispbread cracker (70)
Snack		• 100-calorie pack of microwave popcorn (100)	• 2 whole grain crispbread cracker • 2 individual-sized soft cheese wedges • tomato (170)		• 1/2 cup edamame (120)	• 100-calorie pack of microwave popcorn (100)	
Calorie Total	2110 + extra: 2190	1910 + extra: 1980	1980 + extra: 2040	2070 + extra: 2170	2180	2115 + extra: 2155	2060 + extra: 2130

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack		• 1 Whole grain crispbread cracker • 1 individual-sized soft cheese wedge, • tomato (85)	• Grapefruit and cheese (200)	• Smoothie (300)	• Grapefruit and cheese (200)	• 1 nutritional energy bar (200)	• Smoothie (300)
Breakfast	• Smoothie • 22 whole dry roasted or raw almonds (460)	• Cereal • Fruit • 22 whole dry roasted or raw almonds (445)	• Egg white omelet • fruit and toast (260)	• Raisin oatmeal (285)	• Pita Egg sandwich (330)	• Fruit and Crunch yogurt (220)	• Cereal and fruit (285)
Snack	• 1 Plum • 1 piece string cheese (100)	• 1/2 cup sliced berries • 1/2 cup light yogurt plain (130)	• 1 medium apple • 2 tbsp reduced fat peanut butter (190)	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)	• 2 hardboiled eggs (160)	• 6 celery stalks • 2 tsp reduced fat peanut butter (190)
Lunch	• Pita roast beef sandwich, • fruit (360)	• Steak burrito • Fruit • 1 cheese string (410)	• Tuna salad • 1/2 yam 1 whole wheat roll (630)	• Chicken kabob • rice • salad (350)	• Turkey Burger • Salad • 2 hardboiled eggs (510)	• Pasta Marinara with shrimp (360) *extra • 1/2 cup pasta (100)	• Pita Ham Sandwich, • fruit • 1/2 cup edamame (480)
Snack	• 14 baby carrots • 1/4 cup hummus • 1 nutritional energy bar (360)	• 6 celery sticks • 2 tbsp reduced fat peanut butter (190)	• 1/2 cup Edamame • 14 baby carrots • 1/4 cup hummus (280)	• 1 nutritional energy bar (200)	• 22 whole dry roasted or raw almonds • 1/2 cup sliced berries • 1/2 cup light yogurt plain (290)	• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)	• 14 baby carrots • 1/4 cup hummus (160)
Dinner	• Cajun Shrimp, Veg and fruit • 1 cup of rice (520) *extra • 1 slice avocado • 1 slice tomato • 1 crispbread cracker (70)	• Salmon salad (240) *Extra: • 1 medium fruit (80) • chicken rice bowl (300)	• Chicken Stir fry • 1 cup rice (470) *extra • 6oz light yogurt with 2 strawberries (100)	• Turkey Fiesta salad • chicken rice bowl (600)	• White fish • Veg • 1 cup rice (520) *extra • 1 piece light string cheese (60)	• 2 servings of Turkey Fiesta Salad (600) *extra • 20 grapes (40)	• Steak and Veg, Fruit, • Chef salad + roll (580) *extra • 1 slice avocado, • 1 slice tomato, • 1 crispbread cracker (70)
Snack		• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)		• 100-calorie pack of microwave popcorn (100)		• 2 whole grain crispbread cracker • 2 individual-size soft cheese wedges, • tomato (170)	
Calorie Total	1800 + extra: 1870	1910 + extra: 2080	2030 + extra: 2130	1975	1990 + extra: 2050	2020 + extra: 2060	1995 + extra: 2065

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	• Smoothie (300)		• 1 nutritional energy bar (200)	• 1 medium apple • 3 tbsp reduced fat peanut butter (285)	• Smoothie (300)	• Peanut Butter Raisin oatmeal (285)	• Smoothie (300)
Breakfast	• Eggs 'n' Toast + fruit (320)	• Egg white omelet • fruit • toast (260)	• Pita Egg sandwich (330)	• Fruit and crunch yogurt (220)	• Raisin Oatmeal (285)	• Egg white omelet • fruit • toast (260)	• Eggs and oatmeal (310)
Snack	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• 1 nutritional energy bar (200)	• 14 baby carrots • 1/4 cup hummus (160)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130)	• 22 whole, dry roasted or raw almonds (160)
Lunch	• Chef salad • 1 whole wheat roll • 22 whole dry roasted or raw almonds (460)	• Chicken Rice bowl • 1 cup rice (500)	• Chicken pasta marinara (360) *extra • 1/2 pasta (100)	• 2 Chicken Burrito • 1 fruit (620)	• Tuna Salad • 1/2 baked yam • 6 celery sticks • 2 tbsp reduced fat peanut butter (520)	• Beef Burger • Salad • nutritional energy bar (550)	• Chicken rice bowl (300)
Snack	• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)	• 6 celery sticks • 3 tbsp reduced fat peanut butter (285)	• 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130) • 22 whole dry roasted or raw almonds (290)	• 2 hardboiled eggs • 2 whole grain crispbread cracker • 2 individual-sized soft cheese wedges • tomato (330)	• 2 whole grain crispbread cracker • 2 individual sized soft cheese wedges, • tomato (170)	• 1 medium apple • 2 tbsp reduced fat peanut butter (190)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)
Dinner	• Steak and Veg + Fruit (280)	• Spaghetti squash with meat sauce • veg (280) *Extra: • 1/2 cup blueberries (40)	• Fish and Veg • chicken rice bowl (590) *extra • 3 slices deli turkey with mustard (50)	• Chicken and veg • salad • fruit (220) *Extra: • 11 raw almonds (80)	• Steak stir fry, • 1 cup rice (470) *extra • 1 medium fruit (80)	• Salmon Salad • chicken salad bowl (540) *extra • 1 piece light string cheese (60)	• Steak and veg • Fruit • chef salad + roll (580)
Snack	• 1 medium plum • 1 piece light string cheese (100)	• Smoothie (300)			• 100 calorie pack of microwave popcorn (100)		• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)
Calorie Total	1810	1825 + extra: 1865	2120 + extra: 2170	1815 + extra: 1895	1985 + extra: 2065	1955 + extra: 2015	2000

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	• Smoothie (300)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)	• Peanut Butter raisin oatmeal (285)	• Smoothie (300)	• 1 nutritional energy bar (200)	• Raisin oatmeal (220)	• Smoothie (300)
Breakfast	• Peanut butter raisin oatmeal (285)	• Pita Egg Sandwich • 1 cheese string (390)	• Grapefruit and cheese (200)	• Eggs 'n' toast + fruit (320)	• Raisin Oatmeal (285)	• Smoothie (300)	• Eggs and oatmeal (310)
Snack	• 2 Whole grain crispbread cracker • 2 individual sized soft cheese wedges • tomato (170)	• 22 whole, dry roasted or raw almonds • 1 nutritional energy bar (360)	• 2 hardboiled eggs (160)	• 1/2 cup sliced berries • 1/2 cup light yogurt, plain (130)	• 1 peach or medium apple • 1/2 cup low-fat cottage cheese (140)	• 1/2 cup fat-free cottage cheese • 1 tbsp sugar free jam • 1/2 cup bran cereal (140)	• 2 whole grain crispbread cracker • 2 individual sized soft cheese wedges • tomato (170)
Lunch	• Burrito, • fruit • 22 whole dry roasted or raw almonds (510)	• Chef salad • 2 crispbread crackers • 2 hardboiled eggs (460)	• Turkey Pita Sandwich • fruit (360)	• Tuna salad • 1/2 baked yam • 1/2 cup edamame (450)	• Chicken or beef kabob, • rice • salad • 22 whole dry roasted or raw almonds (510)	• Chicken Pasta Marinara (360) *extra • 1/2 cup pasta (100)	• Ham Pita Sandwich, • fruit • 22 whole dry roasted or raw almonds (520)
Snack	• 14 baby carrots • 1/4 cup hummus (160)	• 1 medium plum • 1 piece light string cheese (100)	• 6 celery sticks • 2 tbsp reduced fat peanut butter (190)	• 1/4 cup raw cashews • 4 celery sticks • 4 carrot sticks (210)	• 1 medium plum • 1 piece light string cheese (100)	• 22 whole, dry roasted or raw almonds (160)	• 14 baby carrots • 1/4 cup hummus (160)
Dinner	• Turkey Fiets Salad • Chicken rice bowl (600) *extra • 6oz light yogurt with two strawberries (100)	• White fish and Veg • 1 cup rice (520) *extra • 1 tbsp reduced fat peanut butter (95)	• Cajun Shrimp, • fruit • chef salad + roll (620) *extra • 5 baby carrots with 1 tbsp light ranch dressing (60)	• Spaghetti squash and meat sauce • chef salad + roll (580)	• Turkey Fiesta Salad • chicken rice bowl (600)	• Chicken Stir Fry • 1 cup rice (470) *extra • 1 medium fruit (80)	• Spaghetti squash and meat sauce • veg • chef salad + roll (580) *extra • 6oz light yogurt with two strawberries (100)
Snack			• 1/4 raw cashews • 4 celery sticks • 4 carrot sticks (210)	*extra 1 medium fruit (80)	• 1/2 cup edamame (120)	• 2 whole grain crispbread cracker • 2 individual-sized soft cheese wedges • tomato (170)	
Calorie Total	2025 + extra: 2125	1970 + extra: 2065	2025 + extra: 2085	1990 + extra: 2070	1955	1920 + extra: 2000	2040 + extra: 2140

SET YOURSELF UP FOR SUCCESS

Set your goal!

One of the best ways to stay accountable to a program is to set realistic goals. This gives you something to strive for, an attainable end to your hard work.

What is a realistic goal? Realistic goals are achievable aspirations to be completed in a set duration of time. For example: "I want to lose 50 pounds in a month for my high school reunion" is not a realistic goal. Chances are you'll fall quite short of this goal, and will feel a sense of failure rather than success because your goal was impossible. But check this one out instead: "I will lose 1-2 pounds a week through healthy eating and consistent exercise, and will look and feel fabulous in two months for my high school reunion." That sounds better, and much more positive. This is a goal that can be achieved. Design a long-term goal that is realistic, then write it on a big piece of paper. Post it on your fridge, on your bathroom mirror, in the hallway – anywhere you'll see it several times a day to remind you of your intention. Now set several smaller short-term goals that will help you attain this goal. These can be set once a week or every day, depending on your personality. For example, one week your goal could be learning to do squat variations correctly on your Orbitrek™ X17™ machine. Your daily goals could be mastering each of these variations, such as: Monday learning the Moguls, Tuesday the Body Boogies, and so on. See how that works? It can also work for nutrition: Your weekly goal could be to eat more frequently. Your daily goal could be to set a timer on your computer or phone to ring when it's time to eat.

Journaling

A great way to track your progress and stick to your plan is to keep a journal. For each entry, inscribe these things:

- What did you do for a workout? Orbitrek™ X17™ machine? Cardio? Upper body?
- How long was your workout?
- How did you feel before and after your workout? Tired? Energized?
- What did you eat today?
- How did you feel before and after eating? Hungry? Satisfied? Full?
- How do you feel about your eating today? Guilty? Great?
- Did you eat on time, or miss any meals?
- If you strayed, what happened and how can you remedy that in the future?
- What was your mood today? Were you happy, edgy or blue?

All these questions can help determine your reactions both physical and mental to your program, and when you review them, you might notice patterns emerging. For instance, you might always crave chips or chocolate when you're emotional, even if you're not hungry, or maybe you're tired before you exercise but energized afterwards. Identifying these patterns can help you see through roadblocks and get you back on the path to fitness.

Dining Dangers

Dining out is troublesome for many people because they feel like they are not in control of their food. Here are some ways to take control of your dining experience while still enjoying a night out:

- Choose a restaurant that you know serves healthy dishes.
- Ask your server not to bring bread and butter to the table.
- Request that any sauces, condiments, and dressings be put on the side.
- Order an appetizer as your entrée.
- Request that your food be prepared with no oil or butter.
- Ask for your entrée to be grilled or broiled instead of sautéed or fried.
- As soon as your entrée comes, put half of it into a to-go box. Eat whatever is left on your plate and save the rest for lunch tomorrow.
- Order a side salad or fresh steamed vegetables as a substitute for a starchy side.
- If you've having a glass of wine or a cocktail, forego the starch in your meal to accommodate those calories.
- For every alcoholic beverage you have, drink one 8-ounce glass of water.
- When choosing a cocktail, go for lighter options such as vodka and seltzer or a martini straight up instead of a strawberry margarita or a gin and tonic.

PERSONAL MAINTENANCE & MOTIVATION

Maintaining Momentum

Even the most dedicated exercisers get bored once in a while. Here are some tips on staying motivated with your new lifestyle:

Buddy up.

One of the best ways to stick to a program is to get a workout buddy who makes you accountable. Let's face it: you're more likely to get up early to go to the park knowing your buddy is waiting there for you to work out. Enlist a friend, family member, or loved one to train with you, and show them how great it is to feel fit and healthy!

Keep learning.

Subscribe to a health or fitness magazine for new exercise ideas, healthy recipes and workout tips, or read up online about activities and healthy subjects that interest you, such as healthy cooking, bicycle racing, or great active vacations.

Join a gym.

There are tons of fitness centers in your area, and many of them have free trial memberships. Check out a few nearby and see if one might fit your schedule, personality and lifestyle. Ask if the club has any discount promotions coming up to get the best deal possible.

Join a group.

Nearly every community has free clubs, leagues or groups that get together and walk, hike, bike, run or dance. Check with your local parks and recreation center or look in your local paper to see who is active in your area. And if there isn't an existing group, start one yourself!

Pay it forward.

Nothing is more rewarding than sharing your knowledge and positive exercise experience with others. Speak at your kids' school about the importance of healthy living, or start your own workout group to help others achieve what you have and impart what you now know in a positive way.

Your Future is Bright!

You have done an incredible job and should be really proud of yourself! You now have all the tools you need to live a fit and healthy lifestyle. We sincerely hope you continue to better yourselves physically and mentally, and through exercise find ways to empower yourself and improve your life for years to come!



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