

## “GET LOOSE” MEAL PLAN (earn up to 5 points per week)

Overview: We all KNOW what we’re supposed to be eating and what we’re not. We don’t need some kooky new fad diet, we don’t need to make ourselves crazy counting things and carrying around a calculator. We just need a way to make ourselves accountable, and to do it in a way that’s reasonable and forgiving for our busy lives so we can stick with it. Studies show that keeping a food journal is tremendously helpful, but who has time to write down everything???! This plan is simple.

### Part One: THE FOOD PLAN

- Every day, eat three meals per day, plus one snack.
- Each meal and snack will be given a rating. Use the chart to record each rating. Quick and simple!
  - Make every effort not to skip meals and snacks, but if you do, that gets a rating of zero.
  - A meal rating of “1” means that **anyone who sees what you ate would know you are on a diet**. You really look (and feel) like you’re depriving yourself with this meal. It’s a “diet meal” to be proud of. Maybe it’s a bowl of oatmeal and a banana. Maybe it’s a small piece of grilled chicken and a side of grilled veggies. Maybe it’s a cup of yogurt and a piece of fruit. Maybe it’s a tomato and a ½ cup of lowfat cottage cheese. Maybe it’s simply a diet shake or bar. It’s okay if you still feel hungry after your “1” meal. Be proud of how strong you are, and have a glass of water to help you feel more filled up. ☺ You only have to do this once each day. You can do it.
  - A meal rating of “2” means that **you have a healthy, balanced meal** – this is the kind of meal your grandmother would be proud of . . . or the kind of meal that would be suggested by the FDA’s Food Guide Pyramid (see [www.mypyramid.gov](http://www.mypyramid.gov) for a great resource): A healthy source of protein, a side of fruits and/or veggies, a small serving from the bread/pasta/grains group. Nothing in this meal makes you feel like you did anything wrong. Nothing is fried or covered in fat or filled with sugar. And everything is in a reasonable portion! Maybe this is meatloaf with a green salad, a reasonable serving of mashed potatoes, fresh green beans, and some strawberries for dessert. If you’re away from home, a nice deli sandwich with plenty of your favorite veggies on top and a piece of fruit on the side would fit the bill perfectly. Or a nice healthy soup and salad combo. Or a baked potato and a side salad. This meal looks like (and is!) a very filling meal, hearty and healthy. It would make your grandmother smile to see you eating like this. And when you’re done, you’re totally satisfied and guilt-free.
  - A meal rating of “3” means that you have a healthy, balanced meal with **one not-so-healthy item**. But only ONE! So, if you really want some French fries, have them. Or a piece of fried chicken. Or some potato chips. Just **make sure it is a small portion, and that everything else you eat in that meal balances it out**. Don’t have the fries with a cheeseburger; have them with a grilled chicken sandwich instead. Don’t have the fried chicken with fried okra and greasy biscuits; have it with slaw and an apple. Don’t eat the potato chips with a hot dog; eat them with a lean turkey sandwich. (P.S. Pay attention to what you drink, too. The beverage could be the ONE THING that makes the meal a 3.) Eating this meal, you don’t feel deprived at all. You’re totally able to enjoy the one “not-so-healthy” thing on your plate, because you know you’re being reasonable. *One caveat here: If there are certain foods that you KNOW you can’t restrain yourself to a small, satisfying portion . . . if you know that having one Oreo will make you follow it with 10 more, for example . . . then STAY AWAY FROM THAT FOOD and don’t even bring it into your house. You know yourself. Just don’t go there.*
- TWO- POINT PLAN:
  - Each day, eat ONE MEAL PER RATING. Plan out your day in advance based on where you will be or what you’re hungry for. Want a big, hearty breakfast? Make that your “3” (remember, only ONE “bad” item can be in there, and it must be portion-controlled!), have a protein shake for lunch (“1”), and a healthy

balanced dinner, like soup and a salad (“2”). The next day, maybe you know you’ll be having pasta with dinner, so have yogurt and a banana for breakfast (“1”), fat-free pretzels and a healthy deli sandwich for lunch (“2”), and grilled chicken and veggies with a side of pasta alfredo for dinner, but make the alfredo portion small, compared to the chicken and veggies. Bottom line, you are totally in control here, but you have to be honest with yourself. You can only have one “3” meal per day. And if you want to forego the “3” altogether, of COURSE it’s fine to have a second “2” meal instead.

- Each week, allow yourself **one meal** that you rate as a “3★” meal, in place of the “3” meal that day. (Yes, I said it – a THREE STAR MEAL!) A “3★” meal allows you to basically eat whatever you want and not worry about it. We’re not gorging. We’re not binging. We’re not going to eat an entire tub of ice cream. But if we want to have a cheeseburger and fries, or chips & queso and enchiladas, so be it. You will want to plan ahead on this one. Going out with friends for lunch on Friday? That can be your “3★” meal. **The only thing you have to do here is STOP EATING. Have what you want. Just don’t overdo it.** And then be proud of your self-control, and proud of how you planned ahead and balanced the rest of your day and week so you could enjoy this meal without guilt or worry.
- Remember to also rate your one snack per day. There’s no hard and fast rule here, but over the course of the week, MOST of your snacks should be 1’s and 2’s. Examples of snack ratings:
  - A handful of baby carrots with fat free dressing (or no dressing at all) = 1
  - An apple and some peanut butter = 2
  - A slice of Swiss cheese and some wheat thins = 2
  - One small cookie (or half of a large cookie) and a glass of milk = 3
- At the end of the week, award one point if you get “close,” two points if you followed the plan perfectly.
- THREE-POINT PLAN: Follow the two-point plan, except leave out the “3★” and all snacks must be a “1” or a “2.”
- FOUR-POINT PLAN: Follow the three-point plan (no “3★” meal and no “3” snacks), PLUS allow yourself only one “3” meal for the week. Other than that, each day should have one “1” and two “2” meals.

#### Part Two: THE WATER PLAN (worth one point per week)

We all know we need to drink water when we’re exercising. That’s a given. During and after heavy exercise, DRINK THAT WATER! But in addition . . .

- First thing in the morning, before you eat or drink anything else, drink an entire large glass of water (approx. 16 ounces). You can guzzle it or sip it, but you can’t have anything else until it’s gone.
- In the evening, after dinner or just before you go to bed, do it again. Full glass of water.
- For at least one of the three meals each day, choose water as your beverage instead of something else. This can be with your 3★ meal, or with a 3, a 2, or a 1. Doesn’t matter. Just choose water. No other beverage, for one meal per day. This is in addition to the AM and PM water, so if you have water with your dinner, you’ll need another large glass after dinner or before bed. By your meal rating, put “+W” so you’ll know you’ve done it.

#### Part Three: TIPS

- For whichever point-level you are following, be sure that it is somehow DIFFERENT and BETTER than what you have been doing. You won’t SEE a positive change until you consistently MAKE a positive change.
- ALWAYS REMEMBER that food thrown away is not wasteful. The waste already happened when you prepared or ordered or served yourself more food than necessary. You are only making the situation worse by EATING all of it! What is truly wasteful is putting more food in your mouth than you need. So, if your portion is more than you need, by ALL MEANS, **throw it away** or save it for another meal (if it’s good for you and worth saving). Do not fall into the trap of thinking you have to clean your plate! Let’s call this the “DON’T FINISH THE FRENCH FRIES JUST BECAUSE THEY’RE THERE” rule. And don’t make anyone else finish them either. Throw. them. away.
- BE PROUD OF YOUR PROGRESS, and don’t beat yourself up about lapses in judgment. It’s not all or nothing. Make a mistake? Have a bad day? Shake it off and KEEP GOING, because doing it 95% of the time is still better for you than giving up after one teeny mistake. KEEP TELLING YOURSELF THIS, OVER AND OVER.

# “GET LOOSE” EXERCISE PLAN (earn up to 6 points per week)

Overview: *We. must. exercise. But we’re all in different places with this. Start where you are.*

## Part One: The Basic Plan

- **Cardio workout three days per week.** We will define cardio as breathing heavily and feeling your heart pumping. And unless you’re in the water, sweat will be involved. (In other words, walking on the treadmill while casually reading a magazine is not going to count!) Minimum length is 30 minutes of cardio, not counting the warm-up or cool-down. Notice this says THREE DAYS, not three hours. (Two cardio sessions in one day is fine, if that’s what you like to do, but you still need two more days.)
- **Muscle workout two days per week.** Strength training (weights) OR core training (Pilates/Yoga), or one of each.
- **“ACTIVE LIFE ACTIVITY” one day per week** (worth 1 point per week). Do something fun with your family, with your kids, with a friend, or just by yourself – go for a bike ride, swim, play basketball or tennis, go to the zoo, get on a trampoline - anything counts as long as you ACTIVELY PARTICIPATE instead of sitting and watching.
- The basic plan adds up to six days of activity/exercise and one day of REST. It is fine to combine a cardio and a muscle workout into one day so that you have additional days off, if that’s better for your schedule.

## Part Two: The Phases

You don’t have to start at phase 1 if you’re ready to jump in at phase 3. You decide. Just keep moving forward . . . and make sure that where you choose to begin is MORE than what you have been doing.

- PHASE ONE (1 point): Cardio workout at least three days per week. That’s all. Get it done.
- PHASE TWO (2 points): Add one strength or core workout to phase 1.
- PHASE THREE (3 points): Add a 2<sup>nd</sup> strength or core workout (on a separate day) to phase 2.
- PHASE FOUR (4 points): Add a fourth cardio workout OR a third muscle workout to phase 3. (Combine muscle and cardio on at least one day so that you still have one day of rest.)
- PHASE FIVE (5 points): Replace one of your four cardio workouts with a DIFFERENT FORM of cardio – something your body isn’t used to doing.

## Part Three: Tips

- If you are just beginning to exercise regularly, don’t overdo it. At the least, you will wear yourself out and get discouraged. At the worst, you could get an injury and have to be “benched” for days or weeks while you recover. Start where you are, and be proud of your progress as the weeks go by.
- Whenever possible, spread out the cardio days and put the strength/core days or resting days between them.
- Women in particular are prone to ignore the upper body and do most of our strength training on the lower body. Most cardio classes will also focus on the lower body. Be aware of this, and hit that upper body!
- Don’t be afraid of building muscle! Muscle is your friend when it comes to metabolism ... besides, five pounds of muscle is SO MUCH PRETTIER (and more compact!) than five pounds of fat. 😊
- Don’t know what to do for strength training? Hire a trainer for ONE SESSION and have them create a strength training plan for you that you can follow on your own. (Or continue to schedule regular training sessions if you like having someone push you.)
- If you already have a regular exercise routine, it may be time to do something different. That doesn’t mean we have to change our schedule. Maybe we should increase the weight on our machine reps. Or try Yoga if we’ve been doing Pilates. Or try intervals on the treadmill if we’re used to running or walking at a set pace. Or maybe just be conscious of working at a higher level within the workouts that we usually do. To start seeing results again, change something . . . anything to challenge our bodies in a new way.
- Make it a priority to get a reasonable amount of sleep. Stress (emotional stress and the physical stress of not getting enough rest) makes us gain weight. It just does. So, CUT THAT OUT! Rest is as important as work, when it comes to taking care of our bodies. GO TO BED AT A REASONABLE TIME AS OFTEN AS HUMANLY POSSIBLE!

# JOAN & KELLY'S GET LOOSE CHALLENGE 2011: THE TEAM COMPETITION

Every participant must choose a team leader and register for the GET LOOSE CHALLENGE online at [www.zumbawithkelly.com](http://www.zumbawithkelly.com). You can be on Joan's Team or Kelly's Team.

On day one of the competition (April 4<sup>th</sup>, or whatever day you join us after that), record your starting weight and one "target area" measurement (hips, waist, or thighs - your choice). This will not be logged into the website, but you need to record it for yourself on your home chart. We will repeat the weigh-in and measuring every Monday.

At the end of each week, each person will log their own weekly point total on the website. (It's the honor system! We all trust each other here!)

Points are earned weekly, as follows:

- 1 to 4 points for following the meal plan, based on which plan you followed that week
- 1 point for following the water plan all week
- 1 to 5 points for following the exercise plan, based on which phase you're on (i.e., phase 3 is worth three points)
- 1 point per week for participating in an "Active Life Activity" of your choice
- 1 point per week for encouraging or checking on someone else DAILY and/or getting new people involved in the competition (If possible, have an accountability partner for daily contact throughout the challenge!)
- 1 point if you have lost weight since the previous weigh-in (please try to use the same scale and weigh at the same time of day each Monday)
- 1 point if your "target area" measurement is smaller than the previous week's measurement

Add up all points earned and enter your total on the website for the appropriate week. A point "calculator" is included on your home chart to help you figure your weekly point total. Be sure to log your weekly points online within 48 hours of the end of the week (i.e., by midnight on Tuesday).

All team members' weekly points will be averaged for a weekly team score. (Because scores are averaged, it won't matter if the teams don't have the same number of participants, or if some people join the competition in later weeks.)

\*Note: If you join the competition after week one, be sure to follow the DATES so that you are entering your points on the same week as everyone else. (i.e., if you begin on April 11<sup>th</sup>, log your first week on WEEK TWO)

The competition ends on June 19<sup>th</sup>. All week 11 points must be entered by midnight on Tuesday, June 21<sup>st</sup>.

All of the weekly team averages from throughout the competition will be added together to determine the overall winning team.

All participants will be invited to the GET LOOSE CELEBRATION PARTY with Joan & Kelly, tentatively planned for **FRIDAY, JUNE 24<sup>th</sup>**. Winners come free – losing team will pay a cover charge to get in. More details tba.