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Progressive Training Plan - 30 Day Core Fitness Challenge

Day 1:

- 25 sit-ups
- 10 hollow rock/supermans (5 of each)
- 10 pushups (from knees or toes)
- 15 second plank (from hands or forearms)

Day 2:

- 10 crunches
- 10 reverse crunches
- 7 getups
- 10 second static v-sit
- 20 second plank (from hands or forearms)

Day 3:

- 15 push-ups (from knees or toes)
- 20 second plank
- 10 second side plank (each side for 10 seconds)
- 5 v-sits
- 10 bicycle crunches
- 10 hollow rock/superman (5 of each)

Day 4: Rest Day

Day 5:

- 35 sit-ups
- 15 pushups
- 20 scissor kick crunches
- 10 getups
- 25 second plank

Day 6:

- 30 second plank
- 20 pushups (you can split these up and do some on your toes and the rest on your knees)



SAMPLE MEAL PLAN - 2500 CALORIES

| BREAKFAST | PROTEIN | CARBOHYDRATES | FAT |
|-----------------------|-----------|---------------|----------|
| 8 EGG WHITES | 29 | 0 | 0 |
| 1 WHOLE EGG | 6 | 0 | 5 |
| 1/2 CUP UNCOOKED OATS | 5 | 27 | 3 |
| TOTAL | 41 | 27 | 8 |

| MID-MORNING | PROTEIN | CARBOHYDRATES | FAT |
|-------------------------------------|-----------|---------------|-----------|
| 1 TBSP NATURAL PEANUT/ALMOND BUTTER | 4 | 4 | 8 |
| 2 SLICES WHEAT BREAD | 7 | 28 | 2 |
| 8-10 STRAWBERRIES | 0 | 10 | 0 |
| TOTAL | 11 | 42 | 10 |

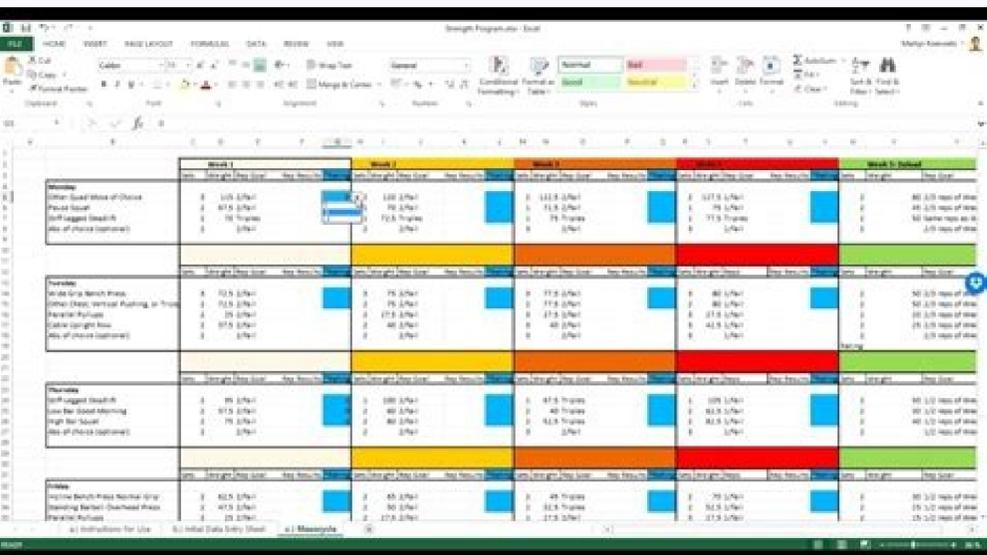
| LUNCH | PROTEIN | CARBOHYDRATES | FAT |
|-----------------------------|---------|---------------|-----|
| 5 OZ CHICKEN | 44 | 0 | 5 |
| 7 OZ SWEET POTATO (SKINNED) | 4 | 41 | 0 |
| 1 CUP BROCCOLI | 3 | 6 | 0 |
| 2 TSP OLIVE OIL | 0 | 0 | 9 |

Diabetic Meal Plan - 1200 calories

Avg Calories Per Day:
PCF Ratio:

Week 1

| | Sunday | Monday | Tuesday | Wednesday |
|----------|--|---|---|--|
| B | 1/2 cup Milk, Cow's, Nonfat (skin) - 1 cup | 1/2 cup Milk, Cow's, Nonfat, Vt-a (skin) | 1 cup Milk, Cow's, Nonfat, Vt-a (skin) | 1 cup Milk, Cow's, Nonfat, Vt-a (skin) |
| R | 1/2 cup Milk, Cow's, Nonfat (skin) - 1 cup | 1/2 cup Milk, Cow's, Nonfat, Vt-a (skin) | 1 cup Milk, Cow's, Nonfat, Vt-a (skin) | 1 cup Milk, Cow's, Nonfat, Vt-a (skin) |
| M | Apple, Raw - 1/2 Medium | Pear, Raw - 1 Pear | Egg Baked - 1 Mini-bagel | Cheddar Cheese, 2% Fat - 2 Oz |
| S | Apple, Raw - 1/2 Medium | Pear, Raw - 1 Pear | Egg Baked - 1 Mini-bagel | Cheddar Cheese, 2% Fat - 2 Oz |
| L | Chicken Sandwich - 1 Serving | Cheese And Fruit Submarine Sandwich - 1 Serving | Mixed Vegetables, Boiled, No Salt - 1/2 Cup | Turkey Sandwich - 1 Serving |
| A | Apple, Raw - 1/2 Medium | Pear, Raw - 1 Pear | Egg Baked - 1 Mini-bagel | Cheddar Cheese, 2% Fat - 2 Oz |
| S | Apple, Raw - 1/2 Medium | Pear, Raw - 1 Pear | Egg Baked - 1 Mini-bagel | Cheddar Cheese, 2% Fat - 2 Oz |
| D | Broccoli - 1 Serving | Mixed Vegetables, Boiled, No Salt - 1/2 Cup | Spicy Joes - 1 Serving | Pasta, Kale And Chickpeas - 1 Serving |
| E | Yogurt, Strawberry, Nonfat - 8 Oz | Applejuice - 1 Serving | Carrotjuice, Raw - 1 Wedge | Diabetic Baked Banana - 1 Serving |
| S | Yogurt, Strawberry, Nonfat - 8 Oz | Applejuice - 1 Serving | Carrotjuice, Raw - 1 Wedge | Diabetic Baked Banana - 1 Serving |



The spreadsheet displays a detailed meal plan for a week, organized by day (Monday through Sunday). Each day's plan includes a list of food items with their quantities and nutritional information (Calories, Protein, Carbs, Fat, Fiber, Sodium). The spreadsheet also includes a summary row for each day, providing totals for all nutritional values. The interface shows standard spreadsheet software tools like formulas, data, and review tabs.

Are you ready to meet the healthier version of you?

the90daybody.com.au | team@the90daybody.com.au | 1300 815 489

90 DAY BODY

CLIENTS ARE REQUIRED TO OBTAIN MEDICAL CLEARANCE FROM THEIR PRIMARY CARE PHYSICIAN PRIOR TO UNDERTAKING THE 90 DAY BODY HEALTH AND WEIGHT LOSS PROGRAM AS IT IS DELIVERED ONLINE. YOUR EXPERIENCE WITH VERIFYING MEDICAL HISTORY IS APPRECIATED.

MEDICAL CLEARANCE
To be completed by regular GP.
Return the completed form to: team@the90daybody.com.au

CLIENT DETAILS:

Name: _____ DOB: _____ Gender: Male Female

Height: _____ cm Weight: _____ kg

What are your lowest and highest weights as an adult? Lowest: _____ Year: _____ Highest: _____ Year: _____

Please indicate if you have a history of any of the following health conditions:

| | |
|--|--|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> High blood pressure |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Low blood pressure |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> High cholesterol |
| <input type="checkbox"/> Colic/acid Disease | <input type="checkbox"/> Insulin resistance |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Irritable Bowel Syndrome |
| <input type="checkbox"/> Diabetes (type 1, type 2) | <input type="checkbox"/> Osteopenia or osteoporosis |
| <input type="checkbox"/> Eating disorder | <input type="checkbox"/> Polycystic ovarian syndrome |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Thyroid condition |
| <input type="checkbox"/> Food allergy or intolerance | <input type="checkbox"/> Other (please specify): _____ |

If you answered yes to any of the above, is the condition stable? Yes No

Are you currently pregnant? Yes No

Has your doctor every told you that you have a heart condition or have you ever suffered a stroke? Yes No

Do you have any medical conditions that may make it dangerous for you to participate in physical activity? Yes No

Do you have any medical conditions that may make it dangerous for you to participate in physical activity? Yes No

How often do your health conditions that are not mentioned above (that affects how physically active you can be or what you can eat)? Yes No

Have you had significant mental health problems that required treatment from a health professional? Yes No

Indicate the names of any medications and/or vitamin supplements you are currently taking: _____

GP TO COMPLETE: Blood pressure: _____
Please attach copy of most recent blood results, if available.

PATIENT CONSENT:
 The medical history detailed above is correct and I will notify The 90 Day Body immediately of any changes to my health.

GP SIGNATURE:
 I am monitoring any medical conditions that are detailed above.

Menopause diet pdf. Menopause diet plan book. Menopause diet plan pdf.

Some of my go-to fruits include blueberries, apples and bananas and I love seasoned grilled vegetables any time of the day. You should aim to add a couple of tbsps - around 20g - into your morning cereal or smoothie."Example breakfasts could be:Poached eggs on a slice of wholegrain bread.2 tbsp of homemade muesli (with sunflower seeds, hazelnuts, and Brazil nuts) with 150g of full-fat yogurt.Blueberry and spinach smoothie with 1-2 tbsp (20g) of flaxseed.Cottage cheese with a handful of fruit and a sprinkling of chopped nuts and/or seeds.Once you hit your 40s and 50s, it's time to tweak your diet. Check out an example of my daily diet below that helps keep me on track! Hydration Breakfast Coffee with one packet Stevia 1 Cup of Oatmeal with water and a dash of cinnamon ¼ cup blueberries 1 teaspoon Cashew Butter Lunch Cup of Arugula with Lemon and Olive Oil Home-made Dressing ½ Avocado ½ cup Cherry Tomatoes Snack 1 Honey Crisp Apple 10 Raw Almonds Dinner 6 oz Chicken Breast 1 Cup Steamed Spinach 1 Sweet Potato Total Calories: 1,800 Cheers ladies! -- Reference: Polotsky H.N. et al. Here, Lynch has a meal plan to help you get started."The trick with breakfast is making sure you get that protein in," explains Lynch. Flaxseed also contains phytoestrogens, which are plant compounds that mimic the action of estrogen in the body. This is where our menopause diet plan comes in, designed to help you nourish yourself and optimize your wellbeing during this transition. "Much like puberty, which is a huge transitional period in terms of hormones, the menopause also takes a toll on our body," says registered nutritional therapist Jackie Lynch, author of *The Happy Menopause*. If you are a steak lover try a nice filet mignon, which can be joined with other cuts of red meat. Fruits and Vegetables - How can we forget fruits and veggies? Everyone has their favorites. This will keep you full and your blood sugars stable into the afternoon. Janine Delaney, Ph.D. If you are constantly battling weight gain especially around your midsection during perimenopause or menopause, you are not alone! I can't tell you how many middle age women reach out asking for guidance when it comes to reducing belly fat and getting their curves back (especially at the start of the New Year!). The next quarter should consist of leafy green vegetables, such as spinach, rocket, kale, broccoli, or watercress, and then the final part of your plates should contain any extra micronutrients - tomatoes, cauliflower, mushrooms, etc." Including leafy greens provides our bodies with magnesium, which is important for menopausal women as it boosts bone strength by assisting the absorption of calcium, and helps to regulate achy muscles. Some example dinners could be:Salmon steak, new potatoes, spinach, and green beans.Chicken breast with avocado, rocket, tomato, watercress, and quinoa salad.Tofu curry with brown rice and broccoli. Lentil bolognese with wholegrain pasta and a portion of steamed spinach. "This isn't the time to be following a low-fat diet, because even though weight gain during the menopause can be an issue, the body uses fat to create sex hormones which often deplete during the menopause." To keep your blood sugar levels stable, your energy up and your hormones balanced, our menopause diet plan will help you to tweak the different components of your breakfast, lunch, and dinner and understand how to structure your plate. Foods high in omega-3 fatty acids like fatty fishes (such as mackerel, salmon and anchovies), and seeds (such as flax seeds, chia seeds and hemp seeds) are also great sources of healthy fats that provide a quick energy boost. If you aren't getting enough omega-3s in your everyday diet, I recommend adding a supplement. One of my favorite tips is having these on hand for a quick snack. Aim for two servings of healthy fats a day. If you're looking for extra support on top of your diet, read our guide to the best menopause supplements.What to eat during menopauseThe optimal menopause diet plan consists of balancing the main food groups, including protein, fat, and carbohydrates. "As the body uses carbs as its main form of energy, if we're not exercising or moving enough, then any excess will be stored as fat." Our guide on how to lose weight in menopause has more tips for avoiding menopausal weight gain. The best menopause diet plan will include carbs in manageable portions. With symptoms such as hair loss, anxiety and brain fog, the menopause can often feel like a hormonal rollercoaster. Whole grains - Whole Grains are important because they are so high in vital nutrients, including fiber and B vitamins, like thiamine, niacin, riboflavin and pantothenic acid. Whole-grain foods include brown rice, whole-wheat bread, barley, quinoa and rye. This can help curb tendencies to munch on junk any food that might be in the house, while also ensuring you are getting the nutrients your body needs while undergoing menopausal changes. I personally try to avoid buying food that isn't good for you - if it is not readily available in your house, you will be less likely to eat it! Phytoestrogen-Containing Foods - Phytoestrogens are compounds in food that act as weak estrogens in your body which can help relieve hot flashes or other menopause symptoms. "Brown bread, wholegrain rice, and pasta are good because your body burns through these types of carbohydrates slowly, meaning your blood sugar is less likely to spike and you're more likely to have healthy digestion," says Lynch. Aim to eat 3-5 small meals per day. Remember it is okay to have a "cheat meal" once a week - it is a way for our bodies to kick start our metabolism - but remember to only indulge in moderation. I believe a clean diet incorporating the food groups above, along with a good exercise routine, at least 8 hours of sleep per night and a positive attitude will help you get through the bumps of menopause with a better outlook. "We also need the amino acids from protein, as these influence our memory, mood, and our concentration. "It's important to eat wholegrain carbohydrates and starchy foods over sugary foods and white carbs during the menopause," explains Lynch. The key here is consistency, following a nutrient-rich meal plan and listening to your body. This was a big year for me - I recently turned 50 in September- and I can tell you that I'm no exception to this trend. Many women gain an average of 5 pounds after menopause. I You may look at my exercise videos on Instagram and think to yourself "how is she going through menopause and still able to have abs?" I will tell you it's not easy, but I have some simple tips when it comes to following a metabolism-boosting diet that will surely help you look and feel your best. A dip in our blood sugar can also release the stress hormone cortisol into the body and this interferes with our production of sex hormones as our body will prioritize cortisol over estrogen."A 2020 study found that during the menopause, women lose around 40% muscle mass and 25% of bone density. A quarter of our evening meal should be protein (think chicken, fish or tofu), and aim for a fist-size portion of this. "Then your portion of starchy carb - such as rice, pasta or bread - should be no bigger than the protein." The good news is that food that contains protein will probably contain fat as well," says Lynch. Alcohol - I find when I drink on a daily basis, I retain water around my midsection and feel dehydrated. Now I limit myself to one glass of wine once a week when my husband and I go out to dinner. If I want to switch it up and drink something a bit stronger, I make a point to avoid sugary drinks and opt for a vodka with seltzer and lime. Fatty Cuts of Meat - Try to select leaner cuts of meat when possible. Eating protein with every meal and every snack means your body isn't producing more stress hormones which disrupt your brain functioning."Another important food group to factor into your diet is carbohydrates. Healthy fats - Most women think fat is bad, but that's not true. Good fats are critical for growing hair and nails (both of which seem to slow down in growth during menopause) and for healthy brain functioning. Some of my favorite healthy fats include almonds (which are also a great "on-the-go" snack), salmon and, of course, avocado. I like mine at breakfast and lunch, to help power me through the day. "If you're a toast person, then stick to wholemeal toast to stop those blood sugar spikes. Dairy products - such as milk, yogurt, and cheese, which contain calcium, phosphorus, potassium, magnesium and vitamins D and K - are essential for bone health. One of my favorite forms of dairy is Chobani Vanilla flavored Greek Yogurt. I have this for breakfast every morning with a handful of blueberries and almond butter. Not only is it yummy, but it fills me up and gives me a great energy boost to start my day. However, getting the right formula for lunch can not only help us to avoid the dreaded 4pm energy slump, but it can also help us to power through until dinner. "Women will often have lots of green vegetables in salads, but forget about protein," says Lynch. If you're having soup, then make sure it's chicken and vegetable or lentil. It seems that for many of us, our metabolism dips. Now in contrast, here are foods I would caution against as you're looking to lose weight and feel better. 2010; 28(5):426-34. While all the above tips can help you to feel and look your best, the key is consistency. Soups such as tomato or carrot and coriander won't supply you with enough protein."Example lunches could be:Green salad (spinach, cucumber and tomatoes) with chicken breast, feta cheese, and a sprinkling of pecans.Two slices of wholemeal bread with chunks of chicken, a tbsp of hummus, and chopped cucumber and tomato.Chicken and lentil soup with a wholemeal roll.Tuna mayo with a wholemeal roll.Tuna mayo with a wholemeal pitta bread and chopped green salad (spinach, cucumber and tomatoes).Menopause diet plan: dinner ideas"For the evening meal, think about dividing the plate into four," says Lynch. Fatty meat is high in calories and will weigh you down. Below are some great menopause superfoods to help get you on track this New Year: Dairy - As women reach menopause, our estrogen levels decrease which can lead to bone fractures. "If you are having a salad at lunch, aim for a fist-size portion of protein, such as a chicken breast, salmon steak, or quinoa. Avoid marmite and honey, which don't add much nutritional value, and stick to toppings such as unsweetened nut butter, egg, or cottage cheese. "If you're a cereal person, then look at having a couple of tablespoons of chopped nuts and seeds instead of shop-bought muesli. This is why good quality sources of protein are integral for menopausal women. "Most people know we need to eat protein for muscle mass and bone density, both of which become an issue around the menopause," says Lynch. I find that incorporating these into my diet also allow me to sleep more steadily. My favorite ingredient to add to smoothies and muesli is flaxseed, as this has protein and fiber and it's a great source of omega-3. You should aim to add a couple of tbsps - around 20g - into your morning cereal or smoothie."Example breakfasts could be:Menopause diet plan: lunch ideasWe often decide on our lunchtime meal in a bit of a rush, in between answering emails or taking a break from our screens. This means factoring in more protein, thinking about balancing your blood sugar levels, and considering your levels of micronutrients, such as magnesium, vitamin D, and omega-3 fatty acids. Foods naturally rich in phytoestrogens include soybeans, chickpeas, peanuts, flaxseeds, barley, grapes, berries and plums. I love incorporating these into my diet through salads - they make great salad toppers! Green and black tea are also excellent sources of phytoestrogen containing foods. So sit back and relax with a nice warm cup of tea to soothe those menopausal symptoms. Look for "whole grain" listed as the first ingredient on the label when evaluating which packaged foods contain primarily whole grains. I can't stress enough the importance of reading labels - it is a good skill to have and will ensure you only put good, clean foods into your body. "Menopausal women need adequate protein in their diet for a range of reasons, such as balancing our blood sugar - which needs to stay stable to avoid those sugar cravings that lead to weight gain. So what can you eat? There is evidence that certain foods may help relieve some symptoms of menopause, such as hot flashes, poor sleep and low bone density. Menopause weight gain causes include: High Sugar Foods - Try to avoid sweets and other high sugar foods. They tend to cause what I call a "sweet cycle" which just makes you crave more. When I first began experiencing menopause symptoms, I was eating ice-cream every night. One scoop became two scoops and then eventually two scoops became a pint (yes, believe it or not!). I noticed my abs were bloated and I lost definition in other areas of my body. I had to stop cold turkey. It wasn't easy, but eventually the cravings went away. You can do it too. "Metabolic implications of menopause." Semin Reprod Med. "This is important because constipation puts pressure on the pelvic floor muscle which can cause urinary incontinence, a condition that many menopausal and post-menopausal women struggle with."Following pelvic floor exercises for women can also help to strengthen the pelvic floor during menopause. Menopause diet plan: breakfast ideasOnce you hit your 40s and 50s, it's time to tweak your diet. Opt for white meats - like chicken or turkey - when possible. Quality Protein - Protein is so important for women going through menopause because it helps maintain our bone and muscle mass. I try and eat 0.45-0.55 grams of protein per pound (1-1.2 grams per kg) of body weight daily - or 20-25 grams of high-quality protein per meal. I learned this during the time I was competing in figure competitions. It is important to spread your protein intake out during the course of the day to keep the body constantly fed to build muscle mass and bone strength Collagen - I started taking collagen when I first started experiencing perimenopause symptoms. I take a scoop in water every morning with my vitamins. It has absolutely helped my skin, hair and nails while also assisting with muscle recovery. The benefits of collagen are so wonderful that I recommend it for women of any age, not just those going through menopause.

There are times in life when it is healthy and normal to gain weight, eg, during pregnancy and menopause. When recovering from illness or certain medical conditions, it can be normal and healthy to gain or regain weight, eg, people newly diagnosed with coeliac disease often gain weight when they begin treatment. The Medical Services Advisory Committee (MSAC) is an independent non-statutory committee established by the Australian Government Minister for Health in 1998. Bryan's Workshop. A Brilliant Solution for Small Bathrooms With No Counter Space! Abbie M. Banishing the Boring Narrow Hallway. Deb53. DIY Faux Vintage Book Wall Art Installation. Ana Ochoa - Fiddle Leaf Interiors. Front Porch Pergola. SpDad. Shower Curtains Are ... \$297 / Year. SAVE 15% NOW. All the features from \$29 per month ALL Page Elements (see below) PLUS Pay for 10 months Get 2 months for free! 1 x one-to-one T4S training session Doors are now open at BC Cancer - Abbotsford's new Patient Family Centre; More than 300,000 Canadians enrolled in multi-decade research initiative to monitor disease trends; New research aims to better visualize breast cancer in real time; New research shows many women with breast cancer don't need chemo. Here's what this means for BC. ... And neither will the note. Typically most people don't have several complaints and are just there to get yearly bloodwork and a pat on the back. However, you will have people with a list of complaints/concerns and then you have a massive HPI and usually a larger plan. But well exams aren't just the large HPI's. The plan is also important. Gout (mate waikawa kai kiwi) is a common and painful form of arthritis. It causes severe joint pain and swelling, especially in your toes, knees, elbows, wrists and fingers. If left untreated, gout can cause serious damage to your joints, kidneys and quality of life.

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