

HPCS Fitness Newsletter

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HOW TO GET YOURSELF TO THE GYM AND LOSE WEIGHT

- It is always a tough situation for people to get up in the morning and go to the gym to get their days started. People make many excuses with this for example saying that you have to work early or that they are not getting enough sleep so they physically can't get up in the morning or even get the gym during the day because they are just too tired. With the diet that we are advertising this month consists of a twelve-week program that gives you a personalized diet and personalized schedule that fits your means.



STEP 1: FIGURING OUT A DIET FOR YOUR BODY

- Determining what diet and how you should eat is determined by how much you weigh and what your BMI is. Depending on these two variables is what kind of diet you are going to be on and the certain foods and how many calories you can put into your body. So like for example in the figure below is gives a certain bases of what to go off of and what to eat. By doing this you can reach the goal that you want to.

Weekly Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	scrambled eggs w/ salsa & avocado & sliced oranges	no-oat oatmeal w/apples & raisins	bacon & fried eggs	coconut flour pancakes	scrambled eggs w/ salsa & avocado & sliced oranges	no-oat oatmeal w/ fresh blue-berries	paleo waffles w/ fresh straw-berries
morning snack	ants on a log	smoothie	yogurt w/ honey & berries	banana & almond butter	ants on a log	smoothie	cottage cheese & apple-sauce
lunch	fajita salad	waldorf chicken salad	chicken nuggets & apple-sauce	turkey burger patty w/ avocado & carrots	italian salad	waldorf chicken salad	paleo cobb salad
afternoon snack	veggie chips & jalapeno greek yogurt dip	fresh veggies & hummus	chocolate chip cookies & almond milk	banana & almond butter	veggie chips & guacamole	paleo brownies & almond milk	veggie chips & guacamole
dinner	slow cooker pork roast w/ roasted broccoli	broccoli & ham frittata	mexican chicken soup	garlic roasted chicken thighs & roasted asparagus	slow cooker korean short ribs & veggie puree	paleo pizza	leftovers!

STEP 2: PLANNING A SCHEDULE THAT FITS YOUR OWN SCHEDULE

- Many people struggle planning out their day let alone their week. With this diet plan they give a complete and organized schedule that fills all your needs. The schedule consists of what time to wake up so you can get your day started nice and early. It tells you how many meals to eat and what time to eat them. It gives you a broad base of when you should be going to the gym to get the best results. And finally, it tells you when to go to bed so you make sure you are getting enough sleep to get up and ready nice and early for the next day. As you can see in the figure below it gives a broad generalization of what the kind of schedule could look like.



MEN'S JOURNAL	THIS WEBSITE OFFERS A WEEK FAT BURNING MEAL PLAN	HTTPS://WWW.MENSJOURNAL.COM/FOOD-DRINK/NEW-YEAR-NEW-YOU-4-WEEK-FAT-BURNING-MEAL-PLAN/
LIVE STRONG.COM	THIS WEBSITE GIVES A HEALTHY DIET SCHEDULE ON WHAT TO EAT DAILY	HTTPS://WWW.LIVESTRONG.COM/ARTICLE/403878-A-HEALTHY-DIET-SCHEDULE-FOR-WHAT-TO-EAT-DAILY/
LIVE SCIENCE	THIS WEBSITE OFFERS NINE MEAL SCHEDULES: WHEN TO EAT TO LOSE WEIGHT	HTTPS://WWW.LIVESCIENCE.COM/36579-EAT-MEALS.HTML
HEALTH FULLY	THIS WEBSITE OFFERS A EATING SCHEDULE TO WEIGHT LOSS	HTTPS://HEALTHFULLY.COM/299010-EATING-SCHEDULE-FOR-WEIGHT-LOSS.HTML
NEWSLETTER	THIS WEBSITE OFFERS HOW TO TIME YOUR MEALS FOR WEIGHT LOSS	HTTPS://WWW.HEALTHLINE.COM/HEALTH/HOW-TIME-YOUR-MEALS-OPTIMAL-WEIGHT-LOSS
EATING WELL	THIS WEBSITE OFFERS A 7 DAY DIET MEAL PLAN TO LOSE WEIGHT: 1200 CALORIES	HTTP://WWW.EATINGWELL.COM/ARTICLE/17375/7-DAY-DIET-MEAL-PLAN-TO-LOSE-WEIGHT-1200-CALORIES/