



## Why Lean Fit Program

Welcome to the 7 days Lean Fit Program

Muscle mass decreases way faster after 30 years. That is 3-5% per decade. Although age related muscle mass is a natural part of aging. It can be slow down with exercise that promote muscle growth (resistance training) improving strength and endurance. Hence the purpose of this program.

Lift lean is an exercise resistance programme designed to use weights such as kettlebells, and dumbbells, resistance band and your own body weight as added resistance in an interval training format.

The resistance workout will

1. Get your heart rate up and
2. Improve your body shape
3. Improve self-esteem & mood
4. Increase bone density and help prevent osteoporosis
5. Help lift brain fog
6. Increase rate of metabolism
7. Promote better sleep

The 7 days will be a combination of daily resistance workout and recommended healthy eating guidelines. In addition, you will be taken on a unique journey to discovering the kind of eater you are.



## 7 DAYS EXERCISE PROGRAM

<b>DAY</b>	<b>WORKOUT</b>	<b>EQUIPMENT</b>
<b>MONDAY</b>	<b>Legs</b>	<b>Kettlebell/Dumbbells</b>
<b>TUESDAY</b>	<b>Cardio/arms &amp; legs</b>	<b>Dumbbells</b>
<b>WEDNESDAY</b>	<b>Triset workout</b>	<b>Kettlebells/Dumbbells</b>
<b>THURSDAY</b>	<b>Abdominal</b>	<b>Abdominal Roller/Weight</b>
<b>FRIDAY</b>	<b>Accumulator</b>	<b>Dumbbells</b>
<b>SATURDAY</b>	<b>Legs &amp; Core</b>	<b>Dumbbells</b>
<b>SUNDAY</b>	<b>Compound Exercises</b>	<b>Dumbbells</b>

### Guidelines for daily Physical Activity

Fill out the Par Q and Physical Activity Questionnaire  
Thank you for filling out the questionnaire.

Your programme has been created especially for you to get the best results possible.  
If you have any trouble with any of the workouts, then please get in touch straight away and the programme will be adapted to suit your needs.

You can fit this workout in at any time of day but morning is most effective.

Apart from the daily workout with me, try and accrue your daily 10000 steps – increase the time you walk, look for opportunities to be more active. For example, you can include walking to work if not too far, walk to the shops, to your friend's house and so on



## HEALTHY EATING SHOPPING LIST

<p><b>Grains Choose mostly whole grains.</b> Couscous Rice and Wild Rice Millet Whole Grain Grits Oats or Oatmeal Barley Whole Wheat Flour Whole Wheat Bread Whole Cornmeal Bulgur Wheat</p>	<p><b>Seafood Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein.</b> Red Snapper Catfish Cod Scallops Clams Tilapia Tuna Salmon Sardines</p>	<p><b>Healthy Oils</b> Olive Oil (Extra-Virgin) Canola Oil Unrefined Red Palm Oil Coconut Oil (Extra Virgin) Sesame Oil Sunflower Oil</p>
<p><b>Beans are a great way to add fibre and protein to meal.</b> Black-eyed Peas Butter Beans Black Beans Kidney Beans</p>	<p><b>Eggs, Dairy &amp; Meats Low-fat Milk (or Milk Alternatives)</b> Yogurt Eggs Tofu</p>	<p><b>Nuts and Seeds Both are a great source of protein, fibre, and healthy fats.</b> Peanuts Almonds Cashews Brazil Nuts Sunflower Seeds Pumpkin Seeds</p>
<p><b>Fruits Fresh fruits are important for weight control and good health.</b> Frozen fruit and canned varieties without added sugars are also good choices. Peaches Cherries Blackberries Oranges Watermelon Blueberries Mangoes Bananas Papaya</p>	<p><b>Vegetables &amp; Tubers Fresh veggies are important for weight control and good health.</b> Frozen and low-sodium canned veggies are also good choices. Tomatoes (fresh, canned, pastes) Okra □ Cabbage (Green or Purple) Red / Green Bell Peppers Green Beans Eggplant Broccoli Beets</p>	<p><b>Meat – Good source of protein. Buy lean meat</b>  Chicken Duck Turkey Lamb Liver Kidney Pork Beef</p>

Pineapples Lemons & Limes Apples Watermelon	Radishes Brussels Sprouts Squash Carrots Onions Garlic Spinach, lettuce, kale and mushroom	
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## The Nutrition Plan

The Basics: Eat 3 meals per day – no snacking between meals

Ensure you eat plenty at every meal and fill up on veggies

Aim to drink 2/3 litres of water daily Drink fruit tea if you so wish

Plan your meals in advance

Only choose foods from the shopping list to make up your meal

## Special Focus for the 7days: Incorporate foods that are very high in water content

- ◆ Cucumber – 96% water
- ◆ Tomatoes - 95% water
- ◆ Lettuce - 95% water
- ◆ Spinach - 93% water
- ◆ Watermelon -92% water
- ◆ Broccoli - 90% water
- ◆ Orange - 86% water
- ◆ Apple - 86% water

**7 DAYS NIGERIAN MENU LIST (TO SERVE AS A GUIDE). YOU CAN PREP YOUR OWN MEAL DIFFERENT FROM THIS**

<b>DAY</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>	<b>WATER</b>
Monday	Oatmeal/Banana	Spaghetti, chicken & veg	Grilled fish +vegetables	At least 6 cups
Tuesday	Scrambled eggs with vegetable	Plantain flour with okro or vegetable and fish	Chicken pepper soup + vegetables	At least 6 cups + green tea (optional)
Wednesday	1 moinmoin with pap or oatmeal	Jollof rice with fish & vegetable salad	Boiled plantain with vegetables	At least 6 cups
Thursday	Banana Smoothie (Cucumber, banana, apple mixed with water & yoghurt)	Beans porridge with boiled plantain	Grilled fish with vegetables	At least 6 cups
Friday	Brown bread & egg	Macaroni jollof with salad	Plantain flour with vegetable soup & beef	At least 6 cups
Saturday	Boiled potatoes & vegetable sauce	White rice with vegetables and beef	Fish pepper soup with boiled yam	At least 6 cups
Sunday	Boiled yam with vegetable sauce	Plantain flour with vegetable sauce & beef	Fried plantain and vegetable with fish	At least 6 cups



**7 Days**  
**LIFT LEAN™**  
**Program**

**Kindly note: Portion control is important even with healthy food. Use the picture below as a guide.**

