



# WEEK THREE PROGRAM MANUAL

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## Exercise as a Part of Your Day

Here are some suggestions to make regular movement a part of your day. When it comes to exercise, remember that every small step really does count!

- Put on some music. For the length of 3 songs, do strength training exercises. If you go past three songs great! But at least reach 3 songs.
- Dance like no one is watching! When dinner is in the oven, put music on and dance!
- Make it habit that before you shower you do some sort of strength training exercise (Ex. push-ups, sit ups, squats, calf raises).
- Get off the bus a couple stops early. Make this your new stop.
- Park further away in the work parking lot. Make this your normal parking spot.
- Take the stairs. If you need to go up 14 flights, take the elevator for half and walk the rest.
- Walk to do as many errands as possible. Walk to the bank on your lunch break or to the store to pick up groceries.
- A low-cost investment is a pedometer. Put one on and challenge yourself. If one day you make it to 6,000 steps, tomorrow shoot for 6,500. Keep increasing your goal until you reach 10,000 steps per day.
- Find that buddy to take a 15-minute walk with on your work break. Holding each other accountable will help you stick with it.
- When enjoying a television show, commit to doing strength training exercises during the commercial breaks (leave the dumbbells by the television for a reminder).
- When on a business call, if you can, stand up and do calf raises, squats or simply walk around the room.
- Take 5 minutes away from your work station. Set an appointment through your phone calendar to ding at a certain time. Stretch, take a brisk walk, or do a burst of some sort of strength training activity.
- While pumping gas or waiting for the bus, do calf raises.
- Throw in sets of push-ups and sit-ups anywhere you can throughout your day.

### Examples of Yoga for Blood Pressure Short Videos

- [YouTube Video](#)
- [YouTube Video](#)

### Examples of Cardio Vascular Exercise in the Home Short Video:

- [YouTube Video](#)



# Recipes



# Greek Salad

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## You'll Need

- 3 vine tomatoes, cut into chunks
- 1 medium red onion, sliced
- 1 medium cucumber cut into ¼ inch pieces
- ¾ cup black Kalamata olives
- Sliced feta cheese (as big or as small as you would like)
- ¼ cup extra virgin olive oil
- 3 Tablespoons red wine vinegar
- 1 teaspoon dried oregano
- Salt
- Pepper

## Directions

- Combine vegetables in a bowl. In a small bowl mix oil, vinegar, and oregano then pour over salad and season with salt and pepper to taste. Before serving salad place feta slices on salad.

## Play With Your Food

- Add some pepperoncini peppers or red bell pepper.
- Try using a white onion and/or add some green onion.
- Leave out the olives.
- Leave out the feta cheese and serve as a vegan salad.

### Tips

Prep portions of the salad ahead of time. Chop the tomato and cucumber in the morning and place in fridge. Then when you come home from work all you need to do is chop the onion and mix together the dressing.

To save time, cook in stages when you can.

# Fish Souvlaki

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## You'll Need

- 2 1/2 Tablespoons fresh lemon juice
- 2 1/2 teaspoons dried oregano
- 1/4 cup olive oil
- 3/4 teaspoon salt
- 6 garlic cloves, minced
- 1 pound white fish of choice (ex. cod, sole, sea bass, moonfish, halibut, mahi-mahi), cut into 1-inch pieces

## Directions

- Mix the first 5 ingredients in a container that can seal. Add the fish, seal and shake to combine. Marinate in refrigerator for 30 minutes, turning once.
- Remove fish from marinade.
- Heat a pan coated lightly coated with some of the marinade over medium-high heat or Add fish and cook until fish is cooked through. Or cook on grill.
- Serve on pita bread with sliced tomato and lettuce.

## Play With Your Food

- Serve fish on top of a salad.
- Serve with sliced red onion, tomato and lettuce.
- Try this recipe with shrimp instead of fish.
- Consider grilling on skewers.

# Sundried Tomato and Zucchini Frittata

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## You'll Need

- 2 tablespoons olive oil
- 1 small yellow onion, finely chopped
- 1 clove garlic, crushed
- 3 sundried tomatoes, finely chopped
- 1 medium zucchini, chopped
- 6 eggs
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/3 cup grated Parmesan cheese

## Directions

- Preheat oven to 350.
- In a frying pan, heat the oil over medium heat.
- Add onion, garlic, and zucchini; cook, stirring occasionally, until vegetables are soft (about 5 minutes).
- Remove from heat and mix in sundried tomatoes and let cool slightly.
- In a bowl, beat eggs lightly with, salt, pepper, basil, and oregano.
- Stir in cheese and vegetables.
- Pour into a greased 9-inch pie pan.
- Bake for 25 to 30 minutes or until puffed and brown.
- Serve hot or at room temperature.

## Play With Your Food

- These vegetables are just suggestions to use. Alter the use of vegetables based upon what is available to you and what's in season. For example try broccoli or spinach.
- Substitute with fresh herbs when you can.
- Switch up or leave out the cheese.

# Yummy Yogurt

Let's look at two different types of yogurt:

1. A low-fat, fruit flavored 6 ounce yogurt: It contains 29 grams of sugar and 190 calories per serving.
2. A full-fat, plain 6 ounce, yogurt: It contains 9 grams of sugar and 130 calories per serving.

Are you at all shocked that the low-fat version contains more calories per serving? Now counting calories is not what this is all about. What we want to do is choose foods that are made up of real ingredients and then portion control will come through eating pace.



When choosing yogurts, the best thing to do is choose plain full fat (Greek or regular, your preference). Then jazz it up. It's always better to buy the plain version of yogurt because then you have control over the amount of sweetener added into it. The prepackaged flavored ones already have been loaded up with sweetener. Using a small amount of sweetener is fine. However, many companies add more sweetener than you would add in yourself. The World Health Organization suggests we have no more than 6 added teaspoons of sugar a day. Some fruit on the bottom and flavored yogurts start at containing at least 3 teaspoons.

## Yogurt for Breakfast Anyone?

Start with plain full fat yogurt and then add in to create a combination that is pleasing to you. The chart below contains some suggestions.

You don't have to incorporate every row just base it on what you are feeling that day.

**Highlighted is an example of a great combination.**

Fruit	Sweetener	Toppings	Flavorings
Berries of choice	The fruit or granola alone may add enough	Granola	Grated fresh ginger
Banana slices	Maple syrup	Nuts	Dash of vanilla
Apple slices	Honey	Cereal	Pinch of cinnamon
Pineapple chunks	Brown sugar	Dark chocolate chips	Pinch of cocoa powder
Dried fruit, finely chopped	Fruit juice	Ground flax seed	Small dash of almond extract