



👉 DONT EXERCISE! 😊 **FUNCERCISE** 😊

GUIDE FOR HEALTHY LIFESTYLE

1, **MAKE WISE FOOD CHOICES**: EAT A SELECTION OF FOOD THAT SUPPLIES APPROPRIATE AMOUNTS OF THE ESSENTIAL NUTRIENTS & ENERGY.

2, **COMMIT TO AN EXERCISE PROGRAM**.

3, **IN A SOCIAL SITUATION**, ITS NOT RUDE NOT TO EAT IF YOU'RE NOT HUNGRY OR TRYING TO WATCH YOUR CALORIE INTAKE.

4, **PHYSICAL & EMOTIONAL STRESS**, EFFECT OUR EATING HABITS, SOME PEOPLE MAY USE FOOD TO WARD OFF LONELINESS, BOREDOM, OR ANXIETY. LEARN ABOUT NUTRIENTS THAT THE BODY NEEDS AND SUPPLY THEM IN ADEQUATE AMOUNTS FOR OPTIMAL HEALTH AND FITNESS.

5, **NUTRIENT FOODS ARE IMPORTANT**, BECAUSE THEY ARE LIFE SUSTAINING SUBSTANCES, THEY SUPPLY THE BODY WITH ENERGY, STRUCTURAL MATERIALS, & REGULATE THE GROWTH AND MAINTENANCE, AND REPAIR OF BODY TISSUES.

6, **DRINK 8 GLASSES OF WATER DAILY**, IT ENABLES CHEMICAL REACTIONS TO OCCUR. IT IS VERY ESSENTIAL FOR LIFE, AS WE CANNOT STORE IT NOR CONSUME IT. ABOUT 60% OF THE BODY IS COMPOSED OF WATER.

7, **EAT DAILY FROM THE PROTEIN GROUP FOOD**, BECAUSE IT BUILDS AND REPAIRS BODY TISSUE, MAJOR COMPONENT OF ENZYMES, HORMONES AND ANTIBODIES.

8, **TAKE YOUR VITAMINS DAILY**, IT HELPS PROMOTE AND REGULATE VARIOUS CHEMICAL REACTIONS AND BODILY PROCESSES.

9, **HEART DISEASE**, IS CAUSED DUE TO BLOCKAGE IN THE ARTERIES THAT SUPPLY BLOOD TO THE HEART MUSCLE, FAT, SATURATED FAT & CHOLESTEROL THAT CIRCULATE IN THE BLOOD ARE DEPOSITED IN THE INNER WALLS OF THE ARTERIES. OVER TIME THE TISSUE BUILDS UP AS MORE FAT AND CHOLESTEROL ARE DEPOSITED AND THE ARTERIES BECOME PROGRESSIVELY NARROWER AND CLOG.

10, **RISK FACTORS**, FOR HEART DISEASE, CANCER, DIABETES, HIGH BLOOD PRESSURE, CIGARETTE SMOKING, OBESITY, FAMILY HISTORY, & CIRCULATION DISORDER OF BLOOD VESSELS, LACK OF EXERCISING AND EATING HEALTHY FOODS, OVER USE OF FAT, SUGAR, SODIUM (SALT) ARE RISK FACTORS. AND MUST BE AVOIDED.

FROM THE AGE OF 30, THE HUMAN BODY LOOSES 1 LB OF MUSCLE, AND GAINS 2 LBS OF FAT YEARLY, IF YOU DON'T EXERCISE REGULARLY AND DO RESISTANCE & WEIGHT TRAINING YOU WILL GAIN WEIGHT AND LOOSE MUSCLE. CARDIO IS ONLY GOOD FOR THE HEART, IT DOSE NOT REPLACE THE MUSCLE LOSS. ONLY RESISTANCE & WEIGHT TRAINING EXERCISES REBUILD THE MUSCLES.

WE ARE WHAT WE EAT & THINK.

FAST & EASY DIET

EVERYDAY, BREAKFAST;

1 Egg, half grapefruit, coffee or tea. (All eggs in diet either boiled, poached or scrambled with butter spray)

MONDAY:

LUNCH: 1 small can water packed tuna, lettuce & tomato, half grape fruit.

DINNER: Broiled lean meat, chicken, turkey or fish, green salad, 1 slice dry toast, half grapefruit, coffee or tea.

TUESDAY:

LUNCH: Same as Monday.

Dinner: Broiled lean meat, chicken, turkey or fish, green salad, half grapefruit, coffee or tea.

WEDNESDAY:

LUNCH: 1 Egg, green salad, half grapefruit, coffee or tea.

DINNER: broiled lean meat, chicken, turkey or fish, green salad, half grapefruit, coffee or tea.

THURSDAY:

LUNCH : 1 egg green salad, half grapefruit, coffee or tea.

DINNER: 1 egg, Halfcup low fat cottage cheese, half grapefruit, coffee or tea.

FRIDAY:

LUNCH: 1 egg, green salad, half grapefruit, coffee or tea.

DINNER: broiled lean meat, chicken, turkey or fish, green salad, half grapefruit, coffee or tea .

SATURDAY:

LUNCH: Fresh fruit salad (NOT CANNED) eAT ALL YOU WANT !!!

DINNER: Broiled lean meat, chicken, turkey or fish, green salad half grapefruit, coffee or tea.

SUNDAY:

LUNCH: Diced chicken (NO SKIN) chopped with celery, green pepper, lemon juice and vinegar, half grapefruit, coffee or tea.

DINNER: Broiled lean meat, chicken, turkey or fish, green salad, half grapefruit coffee or tea.

**BY STRICTLY FOLLOWING THIS LOW CARB DIET YOU CAN UP TO
10 LBS IN 14 DAYS.**

IMPORTANT:

- * **DRINK**, 8 to 10 glasses of water daily, Take multi-vitamin daily.
- * Use a salt substitute, you can use herbs and spices.
- * Coffee & tea - black, no cream or sugar, artificial sweetener may be used.
- * Green salad: half head of lettuce, tomato, cucumber and onions.
- * Salad dressing _ vinegar, lemon juice, Dijon mustard, artificial sweetener may be added to taste.
- * Beef, chicken (NO SKIN) turkey (NO SKIN), veal, lamb, or fish broiled (No breading, No fried foods) NO PORK OR SHELL FISH.
- * Eat your normal portions.
- * No eating between meals - try to eat meals at the same time each day. If you must snack, eat half a cup of low fat cottage cheese or low fat cheese.
- * DO NOT SKIP ANY MEALS
- * ABSOLUTELY NO ALCOHOLIC BEVERAGES OF ANY KIND.
- * WHERE EGGS ARE INDICATED: 1 EGG FOR SMALL FRAMED PERSON, 2 EGGS MEDIUM TO LARGE PERSON.

SUBSTITUTIONS : (After 1st week only)

The following may be substituted for "eggs" anywhere in the diet. Choose only ONE when you substitute.

- 3 oz lean beef
- 2 turkey hot dogs
- 1 small can tuna or salmon (water packed)
- Half cup low fat cottage cheese
- 8 oz sardines (well drained and pat dry with paper towel)

*** IMPORTANT; PLEASE CHECK WITH YOUR DOCTOR
BEFORE YOU TRY THIS OR ANY OTHER WEIGHT LOSS AND
PHYSICAL TRAINING PROGRAM.**

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The 'New Fitness & WEIGHT LOSS

Program With 'FUN-BANDS

EATING OUT GUIDE

MORE DIETS & VIDEOS @ WWW.FUNCERCISE.COM



MEXICAN

GOOD BETS	CALORIES	FAT GRAMS
Rice & Pinto Beans	315	7
Bean Burrito	506	12
Grilled Chicken Fajitas	726	13
Vegetarian Burrito	491	16

FAT TRAPS

Chicken Quesadilla	544	31
Chili Cheese Fries	600	33
Beef Burrito	726	33
Nachos	680	38
Taco salad	741	49

*FUNCERCISE VIDEO

WITH FUN-BANDS REPLACES THE GYM & WEIGHT TRAINING

CHINESE

GOOD BETS	CALORIES	FAT GRAMS
Brown Rice	220	0
Wonton Soup	205	3
Vegetable Chow Mein	135	5
Sweet & Sour Chicken	455	9
Shrimp w/Peppers	495	15

FAT TRAPS

Spring Roll Fried	202	9
Fried Rice w/Egg	395	20
Beef & Pork Chop Suey	450	25
Pork Chow Mein	637	36
Chicken w/Cashews	580	36

*BEGINNERS LIGHT WEIGHT

VIDEO FOR STARTERS TO STAY FIRM & FIT

ITALIAN

GOOD BETS	CALORIES	FAT GRAMS
Italian Bread (one slice)	70	1
Minestrone Soup	155	4
Pasta w/Marinara Sauce	295	5
Pasta w/Red Clam Sauce	485	9
Pasta w/Meat Sauce	410	11

FAT TRAPS

Garlic Bread (one slice)	110	7
Eggplant Parmigiana	570	26
Lasagna	625	37
Pasta w/Pesto & Seafood	1010	45
Fettuccine Alfredo	1000	61

*XTREME CIRCUIT VIDEO

NON STOP WEIGHT TRAINING SETS FOR SUPER ENDURANCE

EXERCISE IS THE SPARK, NUTRITION IS THE FUEL WITHOUT BOTH THERE CAN BE NO FLAME, NO RESULTS.

fold here

fold here

FAST FOOD

GOOD BETS	CALORIES	FAT GRAMS
Subway Turkey Sub	289	4
KFC Tender roast		
Chicken Breast Skinless	169	4
McDonald's Hamburger	260	9
B-King broiled chicken		
salad w/light dressing	230	10
Wendys Garden Veggie stuffed pita	400	17

FAT TRAPS

Wendys chili & cheese baked potato	630	24
Kfc Crispy Chicken Breast	470	28
Mcdonald's Big Mac	560	31
Subway Tuna Sub	542	32
Burger King Whopper	640	39

DINER

GOOD BETS	CALORIES	FAT GRAMS
Mashed Potatoes(plain)	105	1
Salad & Baked Potatoes	250	5
Grilled Chicken Breast w/vegetables	210	7
Veggie Burger	445	9
Turkey Burger	410	19

FAT TRAPS

French Fries	323	14
Grilled Cheese	360	23
Turkey Club	685	33
Cheeseburger	836	53
Ham & Cheese Omelette	743	55

*SENIORS FUNCERCISE

VIDEO WITH FUN BANDS

STEAKHOUSE

GOOD BETS	CALORIES	FAT GRAMS
Baked Potato,plain	145	0
Steak Kabobs	153	5
T-Bone Steak	176	9
Sirloin Steak	240	11
Beef Tenderloin	310	14

FAT TRAPS

Onion Rings	460	25
Porterhouse Steak	441	30
NY Strip Steak	560	34
Rib Eye Steak	570	44
Barbecued Ribs	560	48

*SENIORS FUN-ISOMETRICS

VIDEO FOR FITNESS, STRENGTH, STRETCHING & REHABILITATION

SEAFOOD

GOOD BETS	CALORIES	FAT GRAMS
Steamed Flounder	220	3
Steamed Fillet of Sole	220	3
Broiled Lobster Tail	190	6
Baked Atlantic Cod	220	6
Poached Salmon	265	8

FAT TRAPS

Fried Calamari	350	22
Fried Fish Sandwich	520	23
Breaded Clams	525	31
Surf n Turf Platter	570	31
Popcorn Shrimp	580	37

*SUPER CARDIO VIDEO

ON MINI TRAMPOLINE, FLOOR, BEACH, PARK.

MY BODY IS THE TEMPLE TO MY SOUL, I RESPECT MYSELF

MANY MORE FUN VIDEOS SUPER SET WEIGHT TRAINING SEINORS FUN LIGHTWEIGHT, LIGHTWEIGHT BALLS, DUMBWELL, MEDICINE BALL FOR REHABILITATION

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VITAMIN FACTS, FROM THE AMERICAN INSTITUTE OF CANCER RESEARCH.

<u>VITAMIN</u>	<u>AMOUNT</u>
A	5000IU/ DAY
B	1.5 MG/ DAY
B 2	1.7 MG/ DAY
B 6	2 MG / DAY
B 12	6 MG/ DAY
C	60MG/ DAY
D	400 IU/ DAY
E	30 IU / DAY
K	
CALCIUM	1000 MG/ DAY
IRON	18 MG/ DAY
POTASSIUM	
ZINC	15MG/ DAY

BEST SOURCES

YELLOW OR ORANGE FRUITS AND VEGETABLES
GREEN LEAFY VEGETABLES,OATMEAL, LIVER& DAIRY PRODUCTS.

CEREALS & OATMEAL, MEATS, RICE, PASTA, WHOLE GRAINS,LIVER

WHOLE GRAINS, LEAFY VEGETABLES,ORGAN MEATS, MILK, EGGS

FISH, POULTRY, LEAN MEATS, BANANAS, PRUNES, DRIED BEANS, WHOLE GRAIN, AVOCADO.

MEATS, MILK PRODUCTS, SEA FOOD

CITRUS FRUITS,BERRIES AND VEGETABLES,ESPECIAL- LY PEPPERS

MILK,SUNLIGHT, FISH , EGGS

MULTI GRAIN CEREALS,NUTS, GREEN LEAFY VEGETA- BLES

GREEN LEAFY VEGETABLES,FRUITS, DAIRY PROD- UCTS AND GRAIN PRODUCTS

MILK & MILK PRODUCTS

MEATS & ORGAN MEATS, LEGUME'S

LEAN MEAT, VEGETABLES, FRUITS, BANANAS

LEAN MEATS , LIVER, EGGS, SEA FOOD, WHOLE GRAINS.

FUNCTIONS

FORMATION AND MAINTENANCE OF SKIN ,HAIR, MUCUS MEMBRANES, HELPS YOU SEE IN DIM LIGHT, BONE AND TOOTH GROWTH.

HELPS BODY RELEASE ENERGY FROM CARBOHY- DRATE DURING METABOLISM, GROWTH AND MUSCLE TONE

HELPS BODY RELEASE ENERGY FROM PROTEIN,FAT AND CARBOHYDRATE DURING METABOLISM

HELPS BUILD BODY TISSUE AND AIDS IN METABOLISM OF PROTEIN

AIDS CELL DEVELOPMENT, FUNCTIONING OF THE NERVOUS SYSTEM AND THE METABOLISM OF PRO- TEIN AND FAT.

ESSENTIAL FOR STRUCTURE OF BONES, CARTILAGE, MUSCLE AND BLOOD VESSELS, HELPS MAINTAIN CAP- ILLARIES, GUMS & AIDS IN ABSORPTION OF IRON.

AIDS IN BONE & TOOTH FORMATION,HELPS MAINTAIN HEART ACTION AND NERVOUS SYSTEM

PROTECTS BLOOD CELLS, BODY TISSUE

ESSENTIAL FOR BLOOD CLOTTING FUNCTIONS.

STRONG BONES,TEETH, MUSCLE TISSUE, REGULATE HEART BEAT, MUSCLE ACTION AND NERVE FUNCTION,BLOOD CLOTTING.

IMPROVES BLOOD QUALITY,INCREASES RESISTANCE TO STRESS AND DISEASE.

FLUID BALANCE, CONTROLS ACTIVITY OF HEART MUS- CLE,NERVOUS SYSTEM & KIDNEYS.

INVOLVED IN DIGESTION & METABOLISM, AIDS IN HEALING.



Activity & Calories burned PER HOUR

Bicycling 6 mph	240
Bicycling 12 mph	410
Jogging 5.5 mph	740
Jogging 7 mph	920
Jumping rope	750
Running in place	650
Running 10 mph	1,280
Skiing (cross-country)	700
Swimming 25 yds/min	275
Swimming 50 yds/min	500
Tennis (singles)	400
Walking 2 mph	240
Walking 4 mph	440
Tae-Bo workout video	475
Aerobic low impact	400
Aerobic fast hi impact + weights	650