**UNDERWEIGHT:::**

**12 -19 (female)**

**EXERCISE:**

* + vigorous-intensity aerobic activity at least 3 times per week:
    - running
    - dancing
    - swimming
    - bicycle riding.
  + muscle-strengthening physical activity at least 3 times per week:
    - push-ups
    - use of resistance bands
    - sit-up
    - Weight training may be started as long as good supervision and teaching of proper techniques are provided.  Your child should use small free weights of 15-20 pounds with high repetitions.

Encourage activities that focus on your teen's individual idea of fun and on his/her enjoyment with friends. Activities should occur a minimum of 60 minutes every day, 7 days each week and can include the following:

* yoga
* dance
* running
* walking
* cycling
* household chores
* competitive or noncompetitive sports.
* Aerobic activity should occur daily, including vigorous-intensity activities such as:
* running
* bicycle riding
* sports such as soccer or swimming at least 3 times each week.
* If your teen has completed puberty - at least 3 times each week without restrictions
* If your teen has not completed puberty - Weight training may be initiated provided good supervision and teaching of proper techniques using small free weights (12-19 pounds) with high repetitions.
  + In children who have not completed puberty, avoid using heavy weights with short sets and avoid squat lift weights exercises.

**DIET:**

-take three meals in a day such as: breakfast, dinner and lunch.

-increasing [calorie](http://en.wikipedia.org/wiki/Calorie_(food)) intake, his can be done by eating calorie-dense foods, such as [dried fruits](http://en.wikipedia.org/wiki/Dried_fruits), [cheese](http://en.wikipedia.org/wiki/Cheese), and [nuts](http://en.wikipedia.org/wiki/Nut_(fruit)), oily fish, oats, red meat, dried fruits,whole grain, potatoes, full –fat dairy increase your fluid intake such as milk, fruit juice, smoothie, fruit and milk shakes.

-more carbohydrates, protiens and fats

Food with high starch value such as rice, tapioca, potatoes, and protein rich food such as beans, pulses and peas.

-steak, chicken, fruits vegetables, assorted nuts, are a must for an appropriate weight gain.

\*make sure that you avoid alcoholand keep a check on caffeinated drinks such as coffe and tea.

* Fat-free or low-fat milk - 24 ounces
* Meats/proteins - 5 ounces
* Fruits - 1½ cups
* Vegetables - 2 cups
* Grains - at least 5 ounces\*
* Fiber - 26 grams

**12 – 19 (male)**

**EXERCISE:**

Encourage activities that focus on physical skill development and understanding of sports tactics. These activities should occur a minimum of 60 minutes every day, 7 days each week.

* Emphasize enjoyment with family members and with friends.
* Activities can include the following complex sports:
  + football
  + basketball
  + ice hockey
  + volleyball
  + individual sports
    - tennis
    - track & field
    - running
    - swimming
    - swimming
    - bicycle riding.
  + muscle-strengthening physical activity at least 3 times per week:
    - push-ups
    - use of resistance bands
    - sit-up
    - Weight training may be started as long as good supervision and teaching of proper techniques are provided.  Your child should use small free weights of 15-20 pounds with high repetitions.
  + bone-strengthening physical activity at least 3 times per week:
    - basketball
    - tennis
    - running.

**DIET:**

-take three meals in a day such as: breakfast, dinner and lunch.

Must include:

* Fat-free or low-fat milk - 24 ounces
* Meats/proteins - 5 ounces
* Fruits - 1½ cups
* Vegetables - 2½ cups
* Grains - at least 6 ounces\*
* Fiber -31 grams

additional calories should be used as carbohydrates.

* Use fat-free or low-fat dairy products at home.
* Encourage 2 servings of fish per week but avoid:
  + shark
  + swordfish
  + king mackerel
  + tilefish.
* Limit salt/sodium intake to less than 2200 mg each day.

Avoid or limit intake of sweet/sweetened beverages such as soda, juice, sports drinks to a maximum of 8-12 ounces each day.

**20-29 YRS. OLD(FEMALE)**

**EXERCISE:**

Encourage activities that focus on your teen's individual idea of fun and on his/her enjoyment with friends. Activities should occur a minimum of 60 minutes every day, 7 days each week and can include the following:

* yoga
* dance
* running
* walking
* cycling
* household chores
* competitive or noncompetitive sports.

Aerobic activity should occur daily, including vigorous-intensity activities such as:

* running
* bicycle riding
* sports such as soccer or swimming at least 3 times each week.

**DIET:**

-take three meals in a day such as: breakfast, dinner and lunch.

* Fat-free or low fat milk  - 24 ounces
* Meats/proteins - 5 ounces
* Fruits - 1½ cups
* Vegetables - 2½ cups
* Grains - at least 6 ounces\*
* Fiber - 29 grams

Additional calories should be used as carbohydrates.

**20-29 YRS OLD(MALE)**

**EXRCISE:**

[Squat](http://www.muscleandstrength.com/exercises/squat.html)

[Bench Press](http://www.muscleandstrength.com/exercises/barbell-bench-press.html)

[Stiff Leg Deadlift](http://www.muscleandstrength.com/exercises/stiff-leg-deadlift-aka-romanian-deadlift.html)

[Seated Overhead Barbell Press](http://www.muscleandstrength.com/exercises/seated-shoulder-press.html)

[Bent Over Row](http://www.muscleandstrength.com/exercises/bent-over-barbell-row.html)

[Skullcrushers](http://www.muscleandstrength.com/exercises/lying-tricep-extension.html)

[Pull Ups](http://www.muscleandstrength.com/exercises/wide-grip-pull-up.html)/[Lat Pull Down](http://www.muscleandstrength.com/exercises/lat-pull-down.html)

[Dumbbell Curl](http://www.muscleandstrength.com/exercises/alternate-seated-dumbbell-curl.html)

[Leg Curl](http://www.muscleandstrength.com/exercises/leg-curl.html)

[Calf Raise](http://www.muscleandstrength.com/exercises/seated-calf-raise.html)

[Sit Ups](http://www.muscleandstrength.com/exercises/sit-up.html)

•    **Use big, compound lifts-**Squats, deads, pull ups, rows, pushups and presses

•    **Do an average of 3-5 exercises per workout-** Usually a push, a pull and a lower body exercise. Do not add in work for the calves, bi’s, tri’s, or abs.

•    **Do no more than 20-25 total work sets per workout-** Any more than this will only be cutting into your recovery ability.

•   **Train three times per week-** Guys with limited recovery ability can’t afford to do more than three workouts per week.

•    **Limit workouts to 45 minutes, max-** Anabolic hormone production peaks a half hour into your workout and is down to nada at the sixty minute mark. Cortisol production also rises during this time. Get in, hit it hard and get out.

•   **Limit the amount of conditioning-**Again, unless you have a fight coming up in a few weeks you need to make sure you stay focused on one goal at a time. If that goal is size and strength and you don’t have the genetics of a Mr. Olympia on your side, you need to resist the urge to add in extra conditioning work.

**DIET:**

-take three meals in a day such as: breakfast, dinner and lunch.

\*Add 750 calories to your daily intake. Ignore what the scale says for the next two weeks, and make new adjustments based on what happens 3-4 weeks from now.

**\*** underweight individuals may be advised to gain weight by increasing [calorie](http://en.wikipedia.org/wiki/Calorie_(food)) intake. This can be done by eating calorie-dense foods, such as [dried fruits](http://en.wikipedia.org/wiki/Dried_fruits), [cheese](http://en.wikipedia.org/wiki/Cheese), and[nuts](http://en.wikipedia.org/wiki/Nut_(fruit)). Body weight may also be increased through the consumption of liquid nutritional supplements, such as [Ensure](http://en.wikipedia.org/wiki/Ensure) and [Boost](http://en.wikipedia.org/wiki/Boost_(health_food)). Other [nutritional supplements](http://en.wikipedia.org/wiki/Nutritional_supplements)may be recommended for individuals with insufficient vitamin or mineral intake.

**30 AND OLDER(MALE)**

**EXRCISE:**

| Calories/Hour Expended in Common Physical Activities | |
| --- | --- |
| Moderate Physical Activity |  |
| Hiking |  |
| Light gardening/yard work |  |
| Dancing |  |
| Golf (walking and carrying clubs) |  |
| Bicycling (<10 miles per hour) |  |
| Walking (3.5 miles per hour) |  |
| Weight lifting (general light workout) |  |
| Stretching |  |
| Vigorous Physical Activity |  |
| Bicycling (>10 miles per hour) |  |
| Swimming (slow freestyle laps) |  |
| Walking (4.5 miles per hour) |  |
| Heavy yard work (chopping wood) |  |
| Weight lifting (vigorous effort) |  |

**DIET:**

* Calories. Add 500 daily calories to the average you calculated above.
* Protein. Make sure you are eating at least 180 grams of protein per day.
* Fats. Make sure at least 20% of your daily calorie intake comes from [healthy fats](http://www.muscleandstrength.com/expert-guides/efas).
* Carbs. With your [protein](http://www.muscleandstrength.com/expert-guides/protein-supplements) and fats in place, fill in the rest of your daily calorie intake with quality carbs - fruits, veggies, grains, etc.

**30 AND OLDER(FEMALE)**

**EXERCISE:**

Encourage activities that focus on your teen's individual idea of fun and on his/her enjoyment with friends. Activities should occur a minimum of 60 minutes every day, 7 days each week and can include the following:

* yoga
* dance
* running
* walking
* cycling
* household chores
* competitive or noncompetitive sports.

Aerobic activity should occur daily, including vigorous-intensity activities such as:

* running
* bicycle riding
* sports such as soccer or swimming at least 3 times each week.

**DIET:**

-take three meals in a day such as: breakfast, dinner and lunch.

* Fat-free or low fat milk  - 24 ounces
* Meats/proteins - 5 ounces
* Fruits - 1½ cups
* Vegetables - 2½ cups
* Grains - at least 6 ounces\*
* Fiber - 29 grams

Additional calories should be used as carbohydrates.

**NORMAL:::**

**12 -19 (female)**

**EXRCISE:**

**SET 1** Lift-off Lunge

**SET 2** Scissors Jump, Pushup and Leg Raise  
**SET 3** Mermaid, Boat Curl and Press  
**SET 4** Triangle Lat Raise, Dip and Knee Raise

**DIET:**

• Opt for low-gi carbs, such as pasta, sweet potato and wholegrain bread.  
• Drink plenty of water – at least eight glasses a day to prevent dehydration.  
• Eat less than 30 per cent of your kilojoule intake in the form of fat. Reduce saturated fat (from sources like meat and dairy) but make sure you include good fats, such as Omega-3. 

**12-19 YRS OLD(MALE)**

**EXRCISE:**

**SET 1** Lift-off Lunge [10 to 12 reps per leg], Mermaid  
**SET 2** Pushup and Leg Raise [8 to 12 reps], Crossover Crunch  
**SET 3** Squat and Overhead Press, Plyo Plank  
**SET 4** Hundred on the Ball, Stacked Pushup

**DIET:**

**Egg Whites** - "There's no fat or cholesterol and they're pure protein. They're very easy to prepare -- they take just a couple of minutes to make."  
  
**Oatmeal** - It's low in sugar, high in fiber and provides sustained energy. Choose the old-fashioned variety if you have a few minutes to spare, and the one-minute oats if you're in a rush. In a pinch, you can even rip open a packet of instant oatmeal (plain flavor only) -- just add hot water and stir.  
  
**Green Veggies** - They're healthy and deliver many benefits, like fiber for improved digestion. They contain many valuable vitamins, phytochemicals and antioxidants for better health. Plus, they're bulky and fill you up for just a few grams of carbs per cup of veggies. (**Quick tip:** To quickly steam veggies, put an inch or two of water in a bowl, add veggies, cover bowl and microwave for 2-3 minutes.)

**20-29 YRS. OLD(FEMALE)**

**EXERCISE**:

**Total-Body Toning Routines – 2x a week**Reps: 12 – 15 per move  
Sets: 1 set during week 1, 2 sets during weeks 2 and 3

Moves:  
Plank with Alternating Leg Lift  
Wood Chop with Resistance Band  
Dumbbell Squat and Overhead Press  
Romanian Deadlift  
Bent-Over Row  
Dynamic Lunge  
  
**Fat-Blasting Intervals – 2x a week**Do the following three moves back to back with no rest in between. That's 1 interval.   
Rest for one to two minutes between intervals  
Complete as many reps of each move as you can in the prescribed amount of time.

Week 1: 20 seconds per move, 5 intervals  
Week 2: 30 seconds per move, 6 intervals  
Week 3: 40 seconds per move, 7 intervals

Moves:  
Mountain Climber  
Lateral Shuffle  
Jump Squat  
  
**Results-Enhancing Recovery – 2x a week**Do the following three moves in the order shown. Repeat two or three times.

Moves:  
Hip Flexor Stretch  
Double Hip Extension  
Standing Chest Stretch  
Floor I-Position Raise

**DIET:**

**GRAINS**

**grains whole grains**

**PROTEIN**

**3 cups**

**(1 cup is 1 cup milk, yogurt, or**

**fortiﬁed soy beverage; 1½ ounces**

**natural cheese; or 2 ounces**

**processed cheese)**

**2½ cups**

**(1 cup is 1 cup raw or cooked fruit,**

**½ cup dried fruit, or 1 cup 100% fruit**

**juice)**

**3½ cups**

**(1 cup is 1 cup raw or cooked**

**vegetables, 2 cups leafy salad greens,**

**or 1 cup100% vegetable juice)**

**7 ounce equivalents**

**(1 ounce equivalent is 1 ounce lean**

**meat, poultry, or seafood; 1 egg; 1 Tbsp**

**peanut butter; ¼ cup cooked beans or**

**peas; or ½ ounce nuts or seeds)**

**Aim for variety every day;**

**pick vegetables from several**

**subgroups: Dark green,**

**red & orange, beans & peas,**

**starchy, and other veggies**

**10 ounce equivalents**

**(1 ounce equivalent is about 1 slice**

**bread; 1 ounce ready-to-eat cereal;**

**or ½ cup cooked rice, pasta, or**

**cereal)**

**Select fresh, frozen,**

**canned, and dried fruit**

**more often than juice**

**Include fat-free and**

**low-fat dairy foods**

**every day**

**Aim for variety—choose**

**seafood, lean meat &**

**poultry, beans, peas, nuts,**

**and seeds each week**

**Be active every day.**

**Choose activities that you**

**like and ﬁt into your life.**

**Be physically active for at least**

**150 minutes each week.**

**20-29 YRS OLD(MALE)**

**EXRCISE:**

Box jumps- x20

Walking lunges with heavy sandbag- x10

Towel pull ups-

AMAP Kettlebell swings- x50

Bear crawl- x50

yards Prowler push- x50

yards Keg clean and press- x20 –

**DIET:**

**GRAINS**

**9 ounces**

**Make half your**

**grains whole**

**Aim for at least**

**4 1/2 ounces**

**of whole grains a day**

**VEGETABLES**

**3 1/2 cups**

**Vary your veggies**

**Aim for these amounts**

**each week:**

**Dark green veggies**

**= 2 1/2 cups**

**Red & orange veggies**

**= 7 cups**

**Beans & peas**

**= 2 1/2 cups**

**Starchy veggies**

**= 7 cups**

**Other veggies**

**= 5 1/2 cups**

**FRUITS**

**2 cups**

**Focus on fruits**

**Eat a variety of fruit**

**Choose whole or cut-up**

**fruits more often than**

**fruit juice**

**DAIRY**

**3 cups**

**Get your calcium-rich**

**foods**

**Drink fat-free or low-fat (1%)**

**milk, for the same amount of**

**calcium and other nutrients**

**as whole milk, but less fat**

**and Calories**

**Select fat-free or low-fat**

**yogurt and cheese, or try**

**calcium-fortiﬁed soy products**

**PROTEIN FOODS**

**6 1/2 ounces**

**Go lean with protein**

**Twice a week, make seafood**

**the protein on your plate**

**Vary your protein routine—**

**choose beans, peas, nuts,**

**and seeds more often**

**Keep meat and poultry**

**portions small and lean**

**30 AND OLDER(FEMALE)**

**EXRCISE**:

**WORKOUT 1:** Two-Exercise Routine (Move 1 and Move 2)  
These two exercises use your own body weight to target hard-to-tone areas like the butt, thighs, arms, and shoulders. Do eight reps of exercise 1A, followed by eight reps of 1B. Repeat as many rounds as you can in eight minutes, resting when needed. You'll burn about 16 calories per set.

**WORKOUT 2:** Combined Exercise Intervals (Move 3, Move 4, Move 5, and Move 6)  
Zap body fat with these two combo routines. Do the first exercise for 60 seconds, then immediately perform the second exercise for 60 seconds. Rest one minute. Do a second round of the same exercises, then rest for another minute. Do your third round, and you're done—eight minutes of intense calorie burn.

**WORKOUT 3:** Up and At 'Em Blood Pumpers (Move 7 and Move 8)  
These fast-moving exercises get your blood flowing and your heart rate up. Do one exercise for 20 seconds, then rest for 20 seconds. Do the second exercise for 20 seconds, then rest for another 20 seconds. That's one rep.

**DIET:**

**GRAINS**

**7 ounces**

**Make half your**

**grains whole**

**Aim for at least**

**3 1/2 ounces**

**of whole grains a day**

**VEGETABLES**

**3 cups**

**Vary your veggies**

**Aim for these amounts**

**each week:**

**Dark green veggies**

**= 2 cups**

**Red & orange veggies**

**= 6 cups**

**Beans & peas**

**= 2 cups**

**Starchy veggies**

**= 6 cups**

**Other veggies**

**= 5 cups**

**FRUITS**

**2 cups**

**Focus on fruits**

**Eat a variety of fruit**

**Choose whole or cut-up**

**fruits more often than**

**fruit juice**

**DAIRY**

**3 cups**

**Get your calcium-rich**

**foods**

**Drink fat-free or low-fat (1%)**

**milk, for the same amount of**

**calcium and other nutrients**

**as whole milk, but less fat**

**and Calories**

**Select fat-free or low-fat**

**yogurt and cheese, or try**

**calcium-fortiﬁed soy products**

**PROTEIN FOODS**

**6 ounces**

**Go lean with protein**

**Twice a week, make seafood**

**the protein on your plate**

**Vary your protein routine—**

**choose beans, peas, nuts,**

**and seeds more often**

**Keep meat and poultry**

**portions small and lean**

**30 AND OLDER(MALE)**

**EXERCISE:**

**SET 1**  Tai Chi Lunge, Side Plank with Moving Knee  
**SET 2** Pushup and Leg Raise, Crossover Crunch  
**SET 3** Squat and Overhead Press, Plyo Plank  
**SET 4** Hundred on the Ball, Stacked Pushup

**DIET:**

**GRAINS**

**10 ounces**

**Make half your**

**grains whole**

**Aim for at least**

**5 ounces**

**of whole grains a day**

**VEGETABLES**

**3 1/2 cups**

**Vary your veggies**

**Aim for these amounts**

**each week:**

**Dark green veggies**

**= 2 1/2 cups**

**Red & orange veggies**

**= 7 cups**

**Beans & peas**

**= 2 1/2 cups**

**Starchy veggies**

**= 7 cups**

**Other veggies**

**= 5 1/2 cups**

**FRUITS**

**2 1/2 cups**

**Focus on fruits**

**Eat a variety of fruit**

**Choose whole or cut-up**

**fruits more often than**

**fruit juice**

**DAIRY**

**3 cups**

**Get your calcium-rich**

**foods**

**Drink fat-free or low-fat (1%)**

**milk, for the same amount of**

**calcium and other nutrients**

**as whole milk, but less fat**

**and Calories**

**Select fat-free or low-fat**

**yogurt and cheese, or try**

**calcium-fortiﬁed soy products**

**PROTEIN FOODS**

**7 ounces**

**Go lean with protein**

**Twice a week, make seafood**

**the protein on your plate**

**Vary your protein routine—**

**choose beans, peas, nuts,**

**and seeds more often**

**Keep meat and poultry**

**portions small and lean**

**OVERWWEIGHT:::**

**12 -19 (female)**

**EXRCISE:**

\*60 minutes or more of physical activity per day is recommended

\* Aerobic: Most of the 60 or more minutes a day should be either moderatea

- or vigorous

-

intensity aerobic physical activity, and should include vigorous-intensity physical activity at least

3 days a week.

• Muscle-strengthening:c As part of their 60 or more minutes of daily physical activity, children and

adolescents should include muscle-strengthening physical activity on at least 3 days of the week.

• Bone-strengthening:d

As part of their 60 or more minutes of daily physical activity, children and

adolescents should include bone-strengthening physical activity on at least 3 days of the week.

• It is important to encourage young people to participate in physical activities that are appropriate for

their age, that are enjoyable, and that offer variety.

**DIET:**

• Increase vegetable and fruit intake.

• Eat a variety of vegetables, especially dark-green

and red and orange vegetables and beans and peas.

• Consume at least half of all grains as whole

grains. Increase whole-grain intake by replacing

refined grains with whole grains.

• Increase intake of fat-free or low-fat milk and

milk products, such as milk, yogurt, cheese, or

fortified soy beverages.6

• Choose a variety of protein foods, which include

seafood, lean meat and poultry, eggs, beans and

peas, soy products, and unsalted nuts and seeds.

• Increase the amount and variety of seafood

consumed by choosing seafood in place of some

meat and poultry.

• Replace protein foods that are higher in solid

fats with choices that are lower in solid fats and

calories and/or are sources of oils.

• Use oils to replace solid fats where possible.

• Choose foods that provide more potassium,

dietary fiber, calcium, and vitamin D, which are

nutrients of concern in American diets. These

foods include vegetables, fruits, whole grains,

and milk and milk products.

• Reduce the intake of calories from solid fats and added sugars.

• Limit the consumption of foods that contain refined grains, especially

refined grain foods that contain solid fats, added sugars, and sodium.

**12-19 YRS OLD(MALE)**

**EXRCISE:**

Exercise Ball Workouts

Use an exercise ball for abdominal crunches, situps and resistance training. This piece of equipment will help you perform certain abdominal exercises you may not be able to do on an ab machine.

Aqua Aerobics

Perform cardiovascular exercise to burn calories and improve the health of your heart. Water aerobics increase your heart rate as you expend energy. The water will make you feel lighter, help support your body weight and lessen the impact on your joints; it also allows you to move painlessly through your workout while providing resistance

Walk. This may sound simple, Walking provides a low-impact aerobic activity you can do anywhere

**DIET:**

Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.

Eat fish at least twice a week. Recent research shows that eating oily fish containing omega-3 fatty acids (for example, salmon, trout and herring) may help lower your risk of death from coronary artery disease.

Select fat-free, 1 percent fat and low-fat dairy products.

Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.

**20-29 YRS. OLD(FEMALE)**

**EXERCISE:**

\*150 minutes or more of physical activity per day is recommended

All adults should avoid inactivity. Some physical activity is better than none, and adults who

participate in any amount of physical activity gain some health benefits.

For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a

week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity

aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity

aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and

preferably, it should be spread throughout the week.

Adults should also include muscle-strengthening activities that involve all major muscle groups

on 2 or more days a week.

**DIET:**

Choose foods that supply heme iron, which is

more readily absorbed by the body, additional iron

sources, and enhancers of iron absorption such as

vitamin C-rich foods.

• Consume 400 micrograms (mcg) per day of

synthetic folic acid (from fortified foods and/or

supplements) in addition to food forms of folate

from a varied diet.

• Increase vegetable and fruit intake.

• Eat a variety of vegetables, especially dark-green

and red and orange vegetables and beans and peas.

• Consume at least half of all grains as whole

grains. Increase whole-grain intake by replacing

refined grains with whole grains.

• Increase intake of fat-free or low-fat milk and

milk products, such as milk, yogurt, cheese, or

fortified soy beverages.6

• Choose a variety of protein foods, which include

seafood, lean meat and poultry, eggs, beans and

peas, soy products, and unsalted nuts and seeds.

• Increase the amount and variety of seafood

consumed by choosing seafood in place of some

meat and poultry.

• Replace protein foods that are higher in solid

fats with choices that are lower in solid fats and

calories and/or are sources of oils.

• Use oils to replace solid fats where possible.

• Choose foods that provide more potassium,

dietary fiber, calcium, and vitamin D, which are

nutrients of concern in American diets. These

foods include vegetables, fruits, whole grains,

and milk and milk products.

• Consume less than 300 mg per day of dietary cholesterol.

• Keep trans fatty acid consumption as low as possible by limiting foods that

contain synthetic sources of trans fats, such as partially hydrogenated oils, and

by limiting other solid fats.

**20-29 YRS OLD(MALE)**

**EXRCISE:**

week 1:

Dumbbell Bench Press

Incline Bench Press

Cable Crossovers

One Arm Dumbbell Rows

V-bar pulldowns

Deadlifts

week 2:

Dumbbell Lateral Raises

Arnold Dumbbell Presses

Cambered Bar Curls

Seated Dumbbell Curls

Seated Triceps Press

Triceps Pushdown

Wrist Curls

week 3:

Leg Press

Leg Extensions

Hamstring Curls

Seated Calf Raises

Standing Calf Raises

**DIET:**

Adults should get 45 percent to 65 percent of their calories from carbohydrates, 20 percent to 35 percent from fat, and 10 to 35 percent from protein. Acceptable ranges for children are similar to those for adults, except that infants and younger children need a slightly higher proportion of fat (25 -40 percent).

The recommended intake for total fiber for adults 50 years and younger is set at 38 grams for men and 25 grams for women, while for men and women over 50 it is 30 and 21 grams per day, respectively, due to decreased food consumption.

**30 AND OLDER(FEMALE)**

**EXRCISE:**

\*300 minutes or more of physical activity per day is recommended

• Older adults should do exercises that maintain or improve balance if they are at risk of falling.

Older adults should determine their level of effort for physical activity relative to their level

of fitness.

Older adults with chronic conditions should understand whether and how their conditions affect

their ability to do regular physical activity safely.

**DIET:**

• Increase vegetable and fruit intake.

• Eat a variety of vegetables, especially dark-green

and red and orange vegetables and beans and peas.

• Consume at least half of all grains as whole

grains. Increase whole-grain intake by replacing

refined grains with whole grains.

• Increase intake of fat-free or low-fat milk and

milk products, such as milk, yogurt, cheese, or

fortified soy beverages.6

• Choose a variety of protein foods, which include

seafood, lean meat and poultry, eggs, beans and

peas, soy products, and unsalted nuts and seeds.

• Increase the amount and variety of seafood

consumed by choosing seafood in place of some

meat and poultry.

• Replace protein foods that are higher in solid

fats with choices that are lower in solid fats and

calories and/or are sources of oils.

• Use oils to replace solid fats where possible.

• Choose foods that provide more potassium,

dietary fiber, calcium, and vitamin D, which are

nutrients of concern in American diets. These

foods include vegetables, fruits, whole grains,

and milk and milk products.

Consume foods fortified with vitamin B12, such

as fortified cereals, or dietary supplements.

• Reduce daily sodium intake to less than 2,300 milligrams (mg) and further

reduce intake to 1,500 mg among persons who are 51 and older and those of

any age.

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• Consume less than 10 percent of calories from saturated fatty acids by

replacing them with monounsaturated and polyunsaturated fatty acids.

**30 AND OLDER(MALE)**

**EXERCISE:**

Week Duration Cardiovascular Resistance Sets & Exercises

Week 1 At least 10 minutes Light swimming and walking None None

Week 2 At least 10 minutes Light walking Machines, 1 body part 3 sets for 3 exercises

Week 3 At least 10 minutes Light jogging on treadmill Machines and barbells, 2 body parts 3 sets for 6 exercises

Week 4 At least 15 minutes Light jogging on treadmill Machines barbells and dumbbells, 2 body parts 3 sets for 6 exercises

Week 6 At least 15 minutes Light jogging on treadmill Machines barbells and dumbbells, 3 body parts 3 sets for 9 exercises

Split:

Monday - Resistance

Tuesday - Cardio

Wednesday - Resistance

Thursday - Cardio

Friday - Resistance

Saturday - Cardio

Sunday - Rest

**DIET:**

To lower cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that’s about 13 grams of saturated fat.

Cut back on beverages and foods with added sugars.

Choose and prepare foods with little or no salt. To lower blood pressure, aim to eat no more than 2,400 milligrams of sodium per day. Reducing daily intake to 1,500 mg is desirable because it can lower blood pressure even further.

Fat-free and low-fat dairy products, such as low-fat yogurt, cheese, and milk.

Protein foods, such as lean meat, fish, poultry without skin, beans, and peas.

Whole-grain foods, such as whole-wheat bread, oatmeal, and brown rice. Other grain foods include pasta, cereal, bagels, bread, tortillas, couscous, and crackers.

Fruits, which can be fresh, canned, frozen, or dried.

Vegetables, which can be fresh, canned (without salt), frozen, or dried.