**UNDERWEIGHT:::**

**12 -19 (female)**

**EXERCISE:**

A total of 360 mins. at least 3 times per week

* Running (60 mins.)
* sit-up (60 mins.)
* dance (60 mins.)
* running (60 mins.)
* walking (60 mins.)
* cycling (60 mins.)

**DIET:**

At least once . 4 times a week.

* 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:**

A total of 360 mins. at least 3 times per week

* Running (60 mins.)
* Swimming (60 mins.)
* bicycle riding (60 mins.)
* push-ups (60 mins.)
* sit-up (60 mins.)
* running. (60 mins.)

**DIET:**

At least once a day. 7 times a week.

* 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

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

**EXERCISE:**

A total of 330 mins. at least 3 times per week

* Squats (60 mins.)
* pull ups (60 mins.)
* Rows (60 mins.)
* Pushups (60 mins.)
* [Leg Curl](http://www.muscleandstrength.com/exercises/leg-curl.html) (30 mins.)
* [Calf Raise](http://www.muscleandstrength.com/exercises/seated-calf-raise.html) (30 mins.)
* [Sit Ups](http://www.muscleandstrength.com/exercises/sit-up.html) (30 mins.)

**DIET:**

At least once a day. 7 times a week.

* 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

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

**EXRCISE:**

A total of 240 mins. at least 3 times per week

* [Squat](http://www.muscleandstrength.com/exercises/squat.html) (30 mins.)
* [Bench Press](http://www.muscleandstrength.com/exercises/barbell-bench-press.html) (30 mins.)
* [Stiff Leg Deadlift](http://www.muscleandstrength.com/exercises/stiff-leg-deadlift-aka-romanian-deadlift.html) (30 mins.)
* [Seated Overhead Barbell Press](http://www.muscleandstrength.com/exercises/seated-shoulder-press.html) (30 mins.)
* [Bent Over Row](http://www.muscleandstrength.com/exercises/bent-over-barbell-row.html) (30 mins.)
* [Skullcrushers](http://www.muscleandstrength.com/exercises/lying-tricep-extension.html) (30 mins.)
* [Pull Ups](http://www.muscleandstrength.com/exercises/wide-grip-pull-up.html)/[Lat Pull Down](http://www.muscleandstrength.com/exercises/lat-pull-down.html) (30 mins.)
* [Dumbbell Curl](http://www.muscleandstrength.com/exercises/alternate-seated-dumbbell-curl.html) (30 mins.)

**DIET:**

At least one a day. 7 times a week.

* GRAINS - 7 ounces
* VEGETABLES - 3 cups

Dark green veggies - 2 cups

Red & orange veggies - 6 cups

Beans & peas - 2 cups

Starchy veggies - 6 cups

* FRUITS - 2 cups
* DAIRY - 3 cups
* PROTEIN FOODS - 6 ounces

Beans

Peas

nuts

seeds

**30 AND OLDER(MALE)**

**EXRCISE:**

A total of 60 mins. at least 4 times per week

* Stretching (10mins)
* Hiking (30mins)
* Swimming (20mins)
* Weight Lifting

**DIET:**

At least one a day. 7 times a week.

* FRUITS - 2 cups
* DAIRY - 3 cups
* PROTEIN FOODS - 6 ounces
* Drink fat-free or low-fat (1%)milk, - 1glass
* [Dark Green Vegetables](http://www.choosemyplate.gov/food-groups/vegetables.html) = 2 cups
* [Orange Vegetables](http://www.choosemyplate.gov/food-groups/vegetables.html) = 6 cups
* [Dry Beans & Peas](http://www.choosemyplate.gov/food-groups/vegetables.html) = 2 cups
* [Starchy Vegetables](http://www.choosemyplate.gov/food-groups/vegetables.html) = 6 cups
* [Other Vegetables](http://www.choosemyplate.gov/food-groups/vegetables.html) = 5 cups

**30 AND OLDER(FEMALE)**

**EXERCISE:**

60 minutes every day, 7 days each week

* yoga
* dance
* running
* walking
* cycling
* household chores

**DIET:**

At least once a day . 7 times a week.

* 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

**NORMAL:::**

**12 -19 (female)**

**EXRCISE:**

60 minutes every day, 7 days each week

* Lift-off Lunge
* Scissors Jump,
* Pushup
* Leg Raise
* Boat Curl and Press
* Triangle Lat Raise
* Dip and Knee Raise

**DIET:**

At least once a day . 7 times a week.

* Drink plenty of water.– at least eight glasses a day to prevent dehydration
* carbs

Pasta

sweet potato

wholegrain bread

* saturated fat (from sources like meat and dairy) – 30%

Omega-3. 

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

**EXRCISE:**

60 minutes every day, 7 days each week

* Lift-off Lunge [10 to 12 reps per leg]
* Pushup and Leg Raise [8 to 12 reps]
* Crossover Crunch
* Squat and Overhead Press
* Stacked Pushup

**DIET:**

At least once a day . 7 times a week.

* Starch

Rice

Tapioca

potatoes

* Protein-   
  **Egg Whites**

Beans

Pulses

Peas

* antioxidants  
  **Green Veggies** – 3cups

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

**EXERCISE**:

At least Mins. 4 times a week

* Plank with Alternating Leg Lift (30mins)
* Wood Chop with Resistance Band (30mins)
* Squat and Overhead Press (30mins)
* Romanian Deadlift (30mins)
* Bent-Over Row (30mins)
* Dynamic Lunge (30mins)
* Jump Squat (30mins)

**DIET:**

At least once a day . 7 times a week.

* grains whole grains
* PROTEIN - 3 cups
* Milk/ yogurt/fortiﬁed soy beverage - 1 cup
* natural cheese - 1½ ounces
* or processed cheese- 2 ounces
* raw or cooked fruit/ cup dried fruit - 1 cup
* or 1 cup 100% fruit juice

* meat, poultry, or seafood; 1 egg
* ¼ cup cooked beans or peas

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

**EXRCISE:**

At least80 mins. 3 times a week.

* 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:**

At least once a day . 7 times a week.

* 4 1/2 ounces of whole grains a day
* Dark green veggies= 2 1/2 cups
* Red & orange veggies= 7 cups
* Beans & peas= 2 1/2 cupsStarchy veggies

**30 AND OLDER(FEMALE)**

**EXRCISE**:

At least 120 mins. 4 times a week.

* Hip Flexor Stretch (30mins)
* Double Hip Extension (30mins)
* Standing Chest Stretch (30mins)
* Floor I-Position Raise (30mins)

**DIET:**

At least once a day . 7 times a week.

* VEGETABLES - 3 cups
* DAIRY - 3 cups
* milk,
* yogurt
* cheese
* calcium-fortiﬁed soy products
* PROTEIN FOODS - 6 ounces
* Seafood

**30 AND OLDER(MALE)**

**EXERCISE:**

At least 180 mins. 4 times a week

* Tai Chi Lunge (30mins)
* Side Plank with Moving Knee (30mins)
* Pushup and Leg Raise (30mins)
* Crossover Crunch (30mins)
* Squat and Overhead Press (30mins)
* Plyo Plank (30mins)

**DIET:**

At least once a day . 7 times a week.

* GRAINS - 10 ounces
* 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
* PROTEIN FOODS - 7 ounces

**OVERWWEIGHT:::**

**12 -19 (female)**

**EXRCISE:**

At least 120 mins. 4 times a week

* Running (30mins)
* Walking (30mins)
* Hip Flexor Stretch (30mins)
* Double Hip Extension (30mins)
* Standing Chest Stretch (30mins)
* Floor I-Position Raise (30mins)

**DIET:**

At least once a day . 7 times a week.

* Vegetables

dark-green

red and orange vegetables

beans and peas.

* whole grains
* fat-free or low-fat milk

yogurt

cheese, or

fortified soy beverages.

* protein foods

seafood

lean meat

poultry, eggs, beans and peas,

soy products, and unsalted nuts and seeds.

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

**EXRCISE:**

At least 120 mins. 4 times a week

* Ball Workouts (30mins)
* Aqua Aerobics (30mins)
* Walk (60mins)

**DIET:**

At least once a day . 7 times a week.

* GRAINS - 10 ounces
* Dark green veggies = 2 1/2 cups
* Red
* lean meats and poultry without skin
* fish
* oily fish containing omega-3 fatty acids
* salmon
* trout
* herring

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

**EXERCISE:**

At least 120 mins. 4 times a week

* running (30mins)
* walking (30mins)
* Pushup and Leg Raise (30mins)
* Crossover Crunch (30mins)

**DIET:**

At least once a day . 7 times a week.

* Iron

3 ounces of beef or chicken liver

3 ounces of clams, mollusks, or mussels

3 ounces of oysters

* vegetable and fruit -1cup
* grain foods-1cup

pasta

cereal

bagels

bread

tortillas

couscous

crackers.

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

**EXRCISE:**

At least 120 mins. 4 times a week

Incline Bench Press

Seated Triceps Press

Triceps Pushdown

Leg Press

Leg Extensions

Hamstring Curls

Seated Calf Raises

Standing Calf Raises

**DIET:**

At least once a day . 7 times a week.

calories from carbohydrates 45% – 65%

grains

milk – 1 glass

protein – 35%

beef

egg

oysters

**30 AND OLDER(FEMALE)**

**EXRCISE:**

At least 120 mins. 4 times a week

* Hip Flexor Stretch (30mins)
* Double Hip Extension (30mins)
* Standing Chest Stretch (30mins)
* Floor I-Position Raise (30mins)

**DIET:**

At least once a day . 7 times a week.

* dark-green and red and orange vegetables - 1cup
* and beans and peas - 1cup
* whole grains - 1cup
* low-fat milk - 1cup
* protein foods - 1cup
* seafood - 1cup
* lean meat and poultry, eggs
* beans and peas, soy products, and unsalted nuts and seeds.
* dietary fiber - 1cup

corn

berries

leaf green vegetables

* fortified cereals - 1cup
* dietary supplements.

**30 AND OLDER(MALE)**

**EXERCISE:**

At least 120 mins. 4 times a week

* Light swimming -10 mins
* Walking – 60 mins.
* Light jogging on treadmill Machines – 50mins
* Rest

**DIET:**

At least 120 mins. 4 times a week

* Fat-free and low-fat dairy products

low-fat yogurt

cheese

milk.

* Protein foods

lean meat

fish

poultry without skin

beans, and peas.

* Whole-grain foods

whole-wheat bread

oatmeal

brown rice

* Fruits ( fresh, canned, frozen, or dried) – 1cup