

# How quarantine change my life?



„Your future is  
hidden in your  
daily routine.“

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**My name is Tereza Vaničková, I'm student of graphic design and this is my story how I started life new lifestyle .**

**I'm young graphic designer from Brno. I'm a lover of healthy lifestyle, sport and traveling.**

11. 3. 2020

# study | eat | love | fitness | hiking



# How I started?

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**Jillian Michaels - 90 days body revolution**

- Programme for 3 months
- Every two weeks differnt workouts
- 6 day you work, 7 day is rest
- Cardio workout twice a week.

# Food

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**My caloric deficit must be -10%**  
**= 2.226 kcal**

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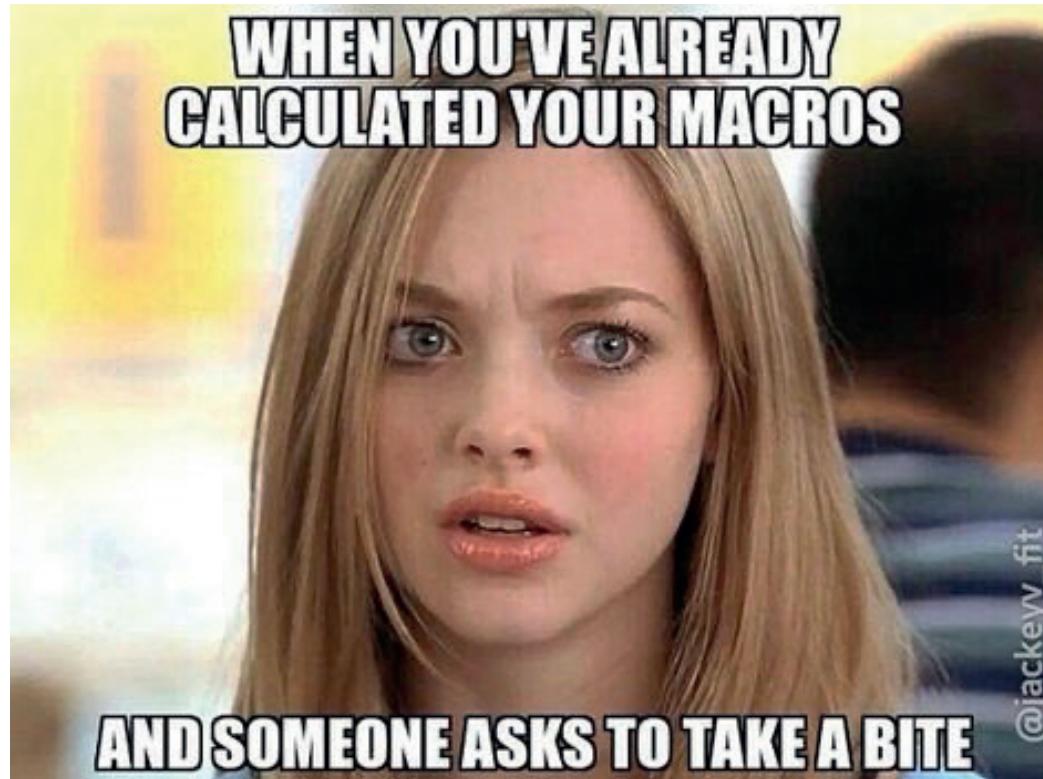
**30% of protein**  
**40% of carbohydrates**  
**30% of fat.**

**PROTEIN: 668 KCAL/ 162G**

**CARBOHYDRATES: 890 KCAL / 217G**

**FAT: 668 KCAL / 74G**

# Our body needs all the macronutrients!



# Motivation and mindset

You will not lose weight after one healthy meal, just as you will not gain weight after one unhealthy meal.

# 9. 9. 2020

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# Next programmes which I did

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**Jillian Michaels - 6 weeks six pack**

**Jillian Michaels - Killer abs**

**Jillian Michaels - No more trouble zones**

# My actual fitness plan

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**Monday - Rest day**

**Tuesday - Full body workout**

**Wednesday - Leg day**

**Thursday- Arms + Abs**

**Friday - HIIT**

**Saturday - Full body workout**

**Sunday - Cardio workout**

# HIIT vs. CARDIO

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**HIIT = Form of exercise that has been proven to boost metabolism and build strength, packing in the same benefits of lower and moderate intensity aerobic workouts in a much shorter time.**

**CARDIO TRAINING = Cardio exercise simply means that you're doing a rhythmic activity that raises your heart rate into your target heart rate zone, the zone where you'll burn the most fat and calories.**

# My tips

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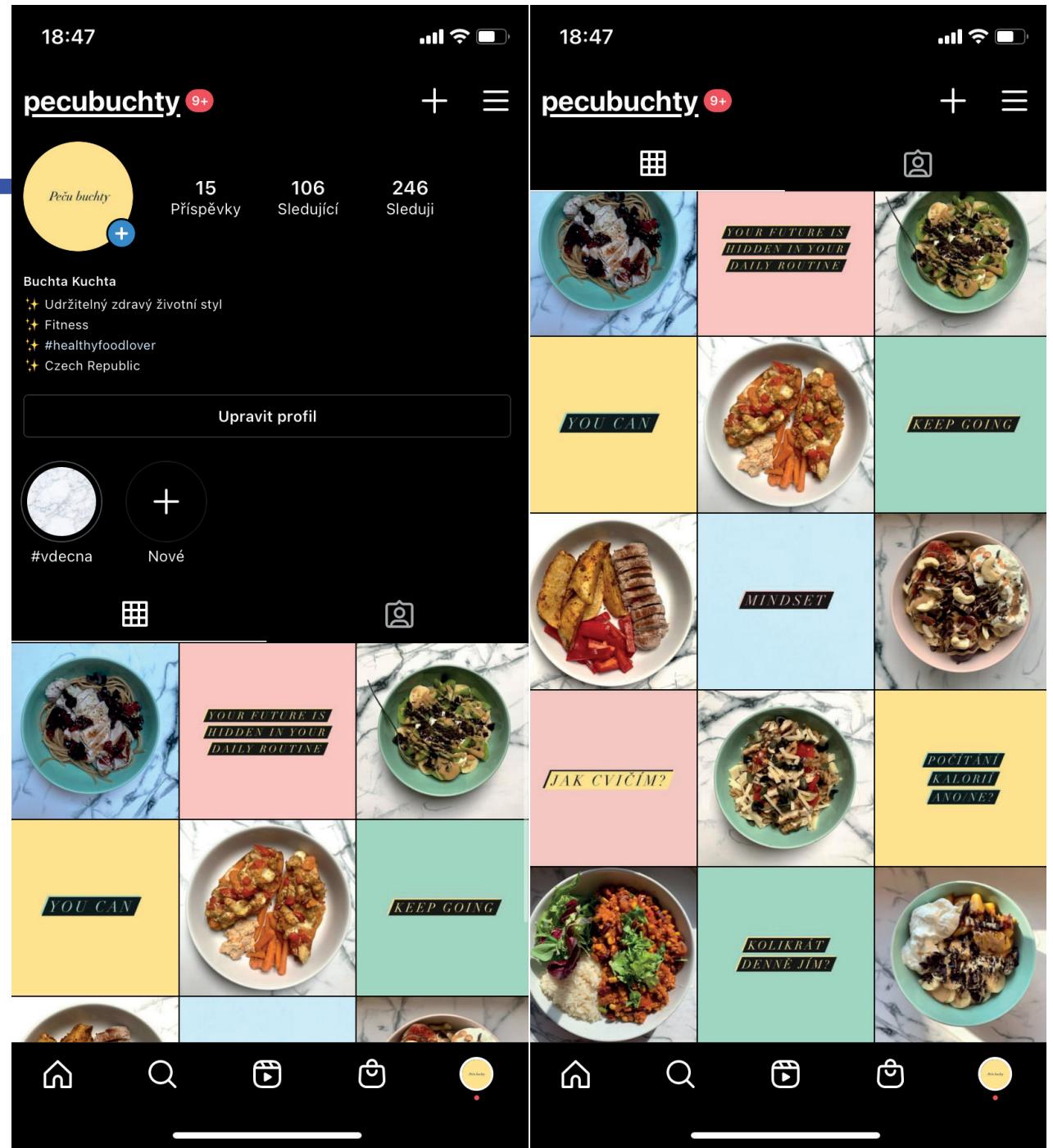
1. Study
2. Eat regularly
3. Eat all macronutrients!
4. Be grateful

Don't be afraid  
to work with  
dumbbells.

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# Instagram



# Btw, my dog love fitness too

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Thank you and be healthy,  
fit and happy.