

NUTRITION + WORKOUT



Tips

and

TOOLBOX

# NUTRITION

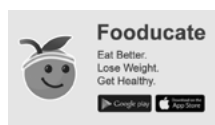
## Knowledge

- “Eat the rainbow” or “Eat close to the vine.”
- 80% = clean and fresh food.
- 20% = your choice
- Know your categories of food - proteins, veggies, fruit, carbohydrates, dairy and sweets. See my Food Glossary List on page (???)
- The average teen consumes 28+ teaspoons of sugar a day. That’s more than ½ a cup of sugar in 1 day! The recommended sugar consumption for a woman is 6 tsp and a man 9 tsp. There are no recommendations for teens, although teens do not escape the negative side-effects of a diet high in sugar.
- To check for added sugars in foods, look for ingredients such as high fructose corn syrup, fruit juice concentrates, honey, syrup, molasses, sucrose, maltose, fructose and cane sugar.

80 / your  
fresh / choice  
food 20

### App suggestion: FOODUCATE

You can grade your choices and it’ll explain why that choice is good or bad. It also lists better alternatives. It’s fun to take Fooducate into your pantry, but beware!



## Planning/Prepare

- The “cook” of the family should take the lead in this category, but now is a great time to learn, discuss and plan with them. I plan on Sundays for the week ahead.
- Pack healthy snacks for school. Too many girls fail to prepare for the length of the day - especially with a practice, meeting or club afterwards.
- No need to track calories or macronutrients. It is not necessary. Learn balance and fueling properly first.

### App suggestions: MEALPLAN AND MEALBOARD (\$4, iOS)

assist in meal planning and grocery lists. You can also do this with pen and paper on the weekend for FREE!



*Access my simple blank meal plan and grocery list inside the Inside-Out Strong e-course “Tips and Toolbox”*

# NUTRITION

## Shopping

- Shop with Mom or Dad. Learn the grocery store and begin to do your research.
- This is a fun time to take the Fooducate app with you to learn better choices.
- Shop the perimeter of the store; more fresh food is located there.
- Look for foods with 5 or less ingredients listed. Apples = Apples. Doritos = +34 unpronounceable ingredients.
- Find ingredients you can pronounce and are familiar with!
- Without getting too organic.. a few thoughts to consider:
- Grass Fed and Free Range are best ([Here's a great link](#) to farms all over the country who support pasture-based farms)
- Organic if possible on the “dirty dozen” (most pesticides). It's good to know the “clean fifteen” (least pesticides)

### DIRTY DOZEN

Apples  
Celery  
Tomatoes  
Cucumbers  
Grapes  
Nectarines  
Peaches  
Potatoes  
Spinach  
Strawberries  
Blueberries  
Sweet Bell Peppers

### CLEAN FIFTEEN

Onions  
Avocado  
Sweet Corn (watch for GMO)  
Pineapple  
Mango  
Sweet Peas  
Eggplant  
Cauliflower  
Asparagus  
Kiwi  
Cabbage  
Watermelon  
Grapefruit  
Sweet Potatoes  
Honeydew Melon

## Eating Out

- Planning is Key! Plan to eat out rather than being spontaneous.
- Do it sparingly, if possible.
- Know before you go. Check out the menu before arriving. You won't be as tempted to grab the unhealthy options.
- Do your research; restaurants have websites to help you investigate your choices or favorites.
- Here are a few principles to follow when eating on the run:
  1. Go with grilled over crispy or fried
  2. Whole wheat grain over white.
  3. Find greens on the menu.
  4. Skip the sauces.
    - Ask for it on the side and keep portions small (we all are going to have some ketchup!)
  5. Choose a healthy side.
    - fruit, baked potato, soup, side salad
  6. Skip the Soda
    - Medium Pepsi has 65+ g. of sugar
- Choose water (add a lemon!), unsweetened tea or maybe a “split” tea (½ sweet, ½ unsweet).

**App Suggestion:** Each restaurant most likely has it's own app where you can research their menu and selections.

*Access my Fast Food Healthy Options Guide inside the Inside-Out Strong e-course “Tips and Toolbox.”*

## Sample Meal Plan for 1 day

BREAKFAST	7:00AM	Eggs/toast OR Oatmeal w/fruit
SNACK	9:30AM	Apple w/PB OR Snack Bar
LUNCH	12:00PM	Turkey Sandwich, Fruit/veggie, Trail Mix
SNACK	3:00PM	Carrots/veggie OR Snack Bar
DINNER	6:00PM	Chicken, Sweet Potato, Salad
SNACK	8:00PM	Popcorn OR Yogurt/berries

The best way to stay healthy and strong nutritionally is to educate yourself. Gradually make changes that are healthier options. Don't try to completely overhaul your life by making a 180 degree change or going "cold turkey." It's a learning curve, so give yourself grace and time!

The worst thing you can do is obsess about your diet or nutrition. Enjoy it instead. Consider your health as a journey to master throughout your life. Mastering your health means experiencing plateaus, enduring setbacks, seeking knowledge, trying new things and persevering the never ending lifelong journey to your best health.

Access these simple PDFs in the Inside-Out Strong e-course “Tips and Toolbox” section:


## Weekly meal plan + grocery list


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## Fast Food Healthy Options Guide


### Fast Food Healthy Options

**Old El Paso**  
 Nutrition Calculator: <http://www.oldel Paso.com/nutrition/calculator>

1. 


2. 


3. 


4. 


### Fast Food Healthy Options

**McDonald's**  
 Nutrition Calculator: <http://www.mcdonalds.com/us/en-us/nutrition-calculator>


1. 

2. 


3. 

4. 


**Arby's**  
 Nutrition Calculator: <http://www.arbys.com/food/nutrition-calculator>


1. 


2. 


3. 

**Wendy's**  
 Nutrition Calculator: <http://www.wendys.com/food/nutrition-calculator>

1. 

2. 

3. 

4. 

# WORKOUT GLOSSARY

## Format

- F.I.T.T.R. Principle:
  - Frequency - Intensity - Type - Time - Rest
  - See lesson “FIITR Principle” in Warm-Up bonus module
- H.I.I.T. = High Intensity Interval Training
- Weights:
  - Choose a weight that will challenge you, but allow you to maintain proper form.
  - Equipment = barbell and plates, dumbbells, medicine balls, kettlebells, resistance bands, suspension training such as TRX, Nautilus machines (Consider using machines to learn proper lifting mechanics and form, but then move into free weights for added benefits.)
  - If you can stay safe and maintain proper form, increase lower body weights by 5lbs each week to build strength. Increase upper body weights by 2.5 lbs each week.
  - Olympic barbells weight = 45 lbs.
  - You should hit your maximum lift with weights towards the end of your last set.
- Sets = the number of times you repeat a circuit or block of exercises.
  - Recommended sets within a workout are usually 3-5 sets/exercise or block of exercises.
- Repetitions = the number of times you repeat an exercise.
  - Recommended repetitions is usually 5-12 with weights and 10-50 with body weight, depending on the exercise.
  - You can also track your repetitions with time. Recommended:
    - o 1 min active / 20 sec break
    - o 45 sec active / 15 sec break
    - o 30 sec active / 10 sec break
    - o Tabata style = 20 sec active/10 sec break
- Fun Activities to do besides weight training or interval training include:
  - Yoga, jogging, geocaching, parkour, sports, zumba, hiking, kickboxing, swimming, biking, pilates, stand-up paddle board or other water sports
- The sky’s the limit with endless opportunities to stay active...do what you love!

**App Suggestion:** I use **INTERVAL TIMER** to create custom routines to track my circuit workouts. Just create the routine, push start and let the timer train you!



# WORKOUT GLOSSARY

## Flexibility

- Flexibility requires practice and consistency just like building muscle, endurance, and balance
- Before your workout = dynamic stretching – stretching while moving.
  - This elevates your heart and warms up your muscles at the same time.
- After your workout = static stretching - stretch and hold.
  - This elongates the muscles that we put under constant tension during a workout.
- External hip and shoulder rotation are important to stay mobile for lifelong health.
- Pigeon move from yoga and sitting in a low squat helps open up your hips.

## Fluid

- Daily Formula = drink  $\frac{1}{2}$  your body weight in oz. of water/day
  - (ex. - 150 lbs. = 75 oz. of water/day)
- Carry around your favorite 28-48 oz. water bottle...start a movement!
- Stainless steel and BPA free plastic reusable water bottles are best
- Too many times teens are simply dehydrated throughout the day.
  - Symptoms = weakness, headache, faintness, confusion, dizziness, inability to sweat.
- Hydrated urine should be pale yellow or clear. If it's darker yellow, you are dehydrated.
- Soda, coffee and sweetened beverages add calories, sugar and fat, not hydration.
- Get your water in you first before consuming other drinks!

### App Suggestion: iHYDRATE

It can track your daily fluids and set reminders.



# WORKOUT GLOSSARY

## Form

- Proper form trumps all speed, pace and weight. If you cannot keep your form perfect slow down, lighten the load or take a break until you can repeat the exercise with correct form.
- Core/Torso = keep spine organized and aligned... “spine in line.”
  - Use a broomstick to test your spine curvatures to maintain strong posture. [see video on Basic Movement Patterns in e-course]
  - Proper alignment = Spine is organized and naturally stacked
  - Using a broomstick and lining it up vertically along your spine it should hit at 3 points =
    - > On the back of the head
    - > Between the shoulder blades
    - > At the tailbone
    - > There is a natural curve at the neck (cervical) and at the lower back (lumbar)
  - Always use this spinal alignment when loading up your body with weights.
- Extremity Joints = 90 degree angles
  - Knees, hips, elbows, shoulders, ankle, wrists
- Tips for almost EVERY exercise:
  - “Pull your belly button to your spine”
  - “Engage Abs” to protect spine and lower back
  - “Squeeze Glutes” to protect spine and lower back
  - Shoulders should be back and down - “out of your ears”
- The pace of your lifts should be a 2:1 ratio...
  - The eccentric move of the exercise (lengthening of the muscle) should be slow and last roughly 3-4 seconds.
    - > The downward phase of a squat, lunge, deadlift, push-up, bench press, lateral raise, tricep extension etc.
    - > It's important to control the weight while in the lowering phase.
  - The concentric move of the exercise (shortening the muscle) should be quick and explosive, taking roughly ½ the time of the eccentric move - about 1-2 seconds.
    - > The upward phase of a squat, push-up, bench press, lateral raise, deadlift, etc.
    - > It's beneficial to use power to on the push/pull phase of the exercise.

# WORKOUT GLOSSARY

## Form *(continued)*



**SQUAT FORM**



**LUNGE FORM**



**PUSH-UP/PLANK FORM**



**SIT-UP FORM**

# WORKOUTS

## HIIT (High Intensity Interval Training) ≡

### HIIT #1 - BODYWEIGHT BASICS

Video Demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

HIIT #1	LEVEL DOWN	TIME	REPS
Air Squat with Straight Arms overhead	No arms overhead	45 sec	20
Squat Jumps	Eliminate jump	45 sec	15
Push-ups	On bench or knees	45 sec	20
Tricep Dips on floor or bench	Feet closer to bench	45 sec	20
Hollow Body Hold	Bend knees	45 sec	45 sec
High Plank	Low Plank	45 sec	45 sec

### HIIT #2 - BOX/BENCH CIRCUIT

Video demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

HIIT #2 - BOX/BENCH BLOCK	LEVEL DOWN	TIME	REPS
Single Leg Step-up	Lower Step	45 sec	20 each side
Box Jumps	Lower Box	45 sec	20 reps
Up-down Plank	Hold a plank	45 sec	10 each side
Incline Push-ups	Place knees down	45 sec	20 reps
Donkey Kicks	Step-over	45 sec	40 kicks
Mountain Climbers	Slower pace	45 sec	30 each side

# WORKOUT GLOSSARY

## High Intensity Interval Training

### HIIT #3 - UNILATERAL BLOCK

Video Demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

HIIT #3 - UNILATERAL BLOCK	LEVEL DOWN	TIME	REPS
Lunge into front kick (each side)	Lower kick	45 sec	20 each
Push-up Rotations	Lower to knees	45 sec	side
Side-Plank Hip Dips (each side)	Rest bottom knee	45 sec	12 reps
Lateral Lunge pulses (each side)	Top half pulse	45 sec	20 each
Plank Butt-kicks	Hold plank	45 sec	side
Plank Punters (each side)	Rest bottom knee	45 sec	20 each

### HIIT #4 - BALANCE + ENDURANCE BLOCK

Video demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

HIIT #4 - BALANCE + ENDURANCE	LEVEL DOWN	TIME	REPS
Warrior 3 squats - Right	Eliminate the squat	45 sec	25
Plank 4 corners	Tabletop position	45 sec	4x around
Warrior 3 squats - Left	Eliminate the squat	45 sec	25
Crouching tiger	Rest when needed	45 sec	-
Squat to Lunge jumps	Low impact/no jump	45 sec	10 each
Commandos	Slow down pace	45 sec	20

# WORKOUT GLOSSARY

## High Intensity Interval Training

### HIIT - #5 LINE BLOCK

Video demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

HIIT #5 - LINE BLOCK	LEVEL DOWN	TIME	REPS
Single leg ankle bounces (each leg)	Rest when needed	45 sec	40/side
Push-up with 3 line hops	Low impact	45 sec	12 push-ups
Broad Jump-shuffle back	Low impact	45 sec	15
Plank Spider Lunges	Step instead of jump	45 sec	30
Jack Squats	Step instead of jump	45 sec	20
Rotating Plank	Hold a plank	45 sec	20/side

### HIIT #6 - OUT OF THE BLOCK

Video Demonstration Link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

HIIT #6 - OUT OF THE BLOCK	LEVEL DOWN	TIME	REPS
Gorilla Walks	Slower pace	45 sec	20 crawls
Falling Push-ups	Eliminate push-up	45 sec	15 reps
Surfer Burpee	Step to stand up	45 sec	12 reps
Star Side hold (each side)	Rest bottom knee	45 sec	45 sec.
180 Spin Squats	Low impact	45 sec	20 squats
Criss-cross, spiders crawling plank	Less range of motion	45 sec	8 rounds

# WORKOUT GLOSSARY

Basics - Corrective - Restorative

## Basics - Corrective - Restorative ≡

### BASIC MOVEMENTS + EXERCISES

Video demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

BASIC MOVEMENT PATTERNS		CORRECTIVE EXERCISES	REPS
Equipment: Broomstick		Equipment: thera-bands (yellow or green)	
Posture: get organized	Repeat until form is consistent and accurate	Air Squats	40
Lunge each side		Squat Jumps	20
Squat		Monster Walks	20/side
Plank		Clamshells	20/side

### DYNAMIC STRETCHING

Video demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

CIRCUIT ONE	TIME	CIRCUIT TWO	TIME
Arm Circles	30 sec	Child's pose side-to-side	30 sec
Core Rotation	30 sec	Cat-Cow	30 sec
Hip Rotation	30 sec	Moving Plank to Downward Dog	30 sec
Lateral Lunges	30 sec	Switching Spider Lunge	30 sec
Frankensteins	30 sec	Switching Pigeon	30 sec
Hamstrings and Hips	30 sec	Switching Scorpion	30 sec

# WORKOUT GLOSSARY

## Flow Sequences

## Flow Sequences ≡

### FLOW #1

Video demonstration link:  
[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

#### THE “ANIMAL” FLOW

1. Begin in Crab
2. Right leg full scorpion
3. Left leg full scorpion
4. Right leg undswitch to loaded beast
5. Left leg front step return to loaded beast
6. Right leg front step return to loaded beast
7. Repeat (alternating right and left sides)

### FLOW #2

Video demonstration link:  
[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

#### THE “ANIMAL” FLOW

- |  |                                   |
|--|-----------------------------------|
| 1. Begin in Beast                        | 7. Right leg undswitch into       |
| 2. Left leg undswitch into               | 8. Left Leg side kickthrough Into |
| 3. Right Arm Crab reach (return to crab) | 9. Right Leg side kickthrough     |
| 4. Left Leg undswitch                    | 10. Right leg undswitch           |
| 5. Right Leg undswitch into              | 11. Left leg undswitch into       |
| 6. Left Arm Crab reach (return to crab)  | 12. Crab                          |

REPEAT ALTERNATING SIDES

# WORKOUT GLOSSARY

## Bonus Workouts

## Bonus Workouts ≡

### YOGA

Video demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

***Sun Salutation A and B are good beginning flows to learn.***

***Practice deep inhale and exhale within each pose. Switch sides after 1 minute.***

YOGA POSES	MODIFICATIONS	TIME
Downward Dog	Peddle feet	1 min
3 legged Dog - Both sides	Add a Swing	1 min
Warrior 2 - Both sides	Sink Deep	1 min
Triangle Pose	Hand on shin	1 min
Tree pose	Arms up or down	1 min
Pigeon	Walk hands out	1 min

### MEDICINE BALL BLOCK

Video Demonstrations Link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

***Equipment: 1 medicine ball 4-12 lbs. + partner***

MEDICINE BALL PARTNER WORK	REPS
Squat Jump Throws with partner or against wall*	15
Rotational Lunges	15 each side
Overhead Throws with Partner or against wall*	15
Rolling Push-ups	10 each side
Kneeling Swings with partner or against wall*	10 each side
Lying Overhead Throws with partner or against wall*	15

*\*If NO partner, find a cement or brick wall.*

# WORKOUT GLOSSARY

## Bonus Workouts

### BARBELL WORKOUT

Video Demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

**Equipment:** Olympic Barbell (45 lbs.) and Olympic plates. Or any other 10+ lbs barbells

BARBELL WORKOUT	WEIGHT	REPS	REPEAT SET
Back Squat	45+ lbs	5-10	3-5x
Chest Press	25+ lbs	5-10	3-5x
Deadlift	45+ lbs	5-10	3-5x
Bent-Over Rows	25+ lbs	5-10	3-5x
Lunges	25+ lbs	5-10 each leg	3-5x
Shoulder Press	25+ lbs	5-10	3-5x

*\*Inside-Out Strong suggests to work with a personal trainer to establish proper lifting form before moving into weighted moves.*

### DUMBBELL WORKOUT

Video demonstration link:

[inside-out-strong.teachable.com/courses](https://inside-out-strong.teachable.com/courses)

**Equipment:** Set of Dumbbells 5-20lbs recommended.

DUMBBELL WORKOUT	SUGGESTED WEIGHT	REPS	REPEAT
Sumo Goblet Squat	10+ lbs	10-15	2-4x
Chest Flys	10+ lbs	10-15	2-4x
Squat Thrusts	10+ lbs	10-15	2-4x
Tricep Kickback	5+ lbs	10-15/arm	2-4x
Single leg RDL with bicep curls	10+ lbs	10-15/leg	2-4x
Front + Lateral Raises	5+ lbs	10-15	2-4x

*\*Inside-Out-Strong suggests to work with a personal trainer to establish proper lifting form before moving into weighted moves.*



## ENROLL NOW in Inside-Out Strong's E-course

- Let us be your workout buddy. Get access to all of our video workouts to watch demonstration of the proper technique so you can get fast results!
- Download printable PDFs of each lesson.
- Complete the workbook at your own pace. Some of us are rabbits, some of us are tortoises, and some of us... well...we march to the beat of our own drummer. You decide.
- View encouraging, inspirational video messages from leaders who walked in your shoes and climbed the path of trial, tribulation and triumph. Share their mountaintop experiences and the joys of their journeys. Then begin your own incredible journey while we keep you on the path and cheer you every step of the way!
- Enroll at [inside-out-strong.teachable.com](http://inside-out-strong.teachable.com)

*Learn more about who we are at [insideoutstronggirls.com](http://insideoutstronggirls.com).*

P.S. >>>

To discuss becoming an Inside-Out Strong team affiliate or an ambassador of our programs contact [sarah@sarahschall.net](mailto:sarah@sarahschall.net)