

Thrive In 5's Workout Guide



Copyright© 2015 Thrive in 5's. All rights reserved.

Disclaimer:

You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start any fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.

You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

Release of Liability:

Because physical exercise can be strenuous and subject to risk of serious injury, I strongly urge you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that by participating in physical exercise or training activities, you do so entirely at your own risk. Any recommendation for changes in diet including the use of food supplements, weight reduction and/or body building enhancement products are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury or illness.

I further agree to release, indemnify and hold harmless Svelte LLC, and Meredith Shirk from any liability whatsoever for future claims presented by my children for any injuries, losses or damages.

Thrive In 5's

Workout Guide

You made it!

I am so happy that you decided to be an action taker and get onboard with the Thrive in 5's community 😊 I know you will be so excited with how great you feel after starting the Thrive in 5's Workouts.

Thrive in 5's is a dynamic workout plan that will have you feeling energized in as little as 5 minutes a day.

I know you are busy... Everyone has something going in their live's that pulls them away from staying fit and healthy... Luckily I put together some great workouts for you that you can do anywhere and anytime!

Although you will feel energized just after 1-5 minute workout, it is suggested that you perform at least 2-3 of the Thrive in 5's workouts 3 times a week. *You will get the best, most lasting and fastest results if you combine multiple Thrive in 5's workouts.*

Sample Workout Schedule:

Always start with 5 -10 minute walk to warm up!

Monday

Module's 1 & 5
(Optional: Module 4)

Tuesday

Make sure you move today!
(Optional: You can perform Module 4 today)

Wednesday

Module's 2 & 4
(Optional: Module 5)

Thursday

Make sure you move today!
(Optional: You can perform Module 5 today)

Friday

Module's 4 & 5
(Optional: Module 1)

Saturday

Make sure you move today!
(Optional: You can perform Module 4 today)

Sunday

Take a long walk or go for a bike ride!

*The greatest part about Thrive in 5's is that you can stack as many modules as you want, on any given day, giving you an amazing workout!

In addition to your Thrive in 5's workout I highly suggest you do at least one physical activity a day when you are not working out! "Physical activity," could be as simple as playing tag with you kids, or going to a hike! It is so important that you your body moving each and everyday!

Nutrition Guidelines:

Although you will start to feel amazing just by implementing my Thrive in 5's program, my clients have had even more incredible success by implementing these simple nutrition habits into their diet.

Sample Nutrition Guide Following the Thrive in 5's Sample Workout Schedule:

Monday

Breakfast: Nutrient dense smoothie

Lunch: Salad with protein

Dinner: Protein and vegetables

Tuesday

Breakfast: 2 poached, half avocado and a piece of fruit

Lunch: Salad with protein

Dinner: Protein and vegetables

Wednesday

Breakfast: Nutrient dense smoothie

Lunch: Salad with protein

Dinner: Protein and vegetables

Thursday

Breakfast: 2 poached, half avocado and a piece of fruit

Lunch: Salad with protein

Dinner: Protein and vegetables

Friday

Breakfast: Nutrient dense smoothie

Lunch: Salad with protein

Dinner: Protein and vegetables

Saturday

Breakfast: 2 poached, half avocado and a piece of fruit

Lunch: Salad with protein
Dinner: Protein and vegetables

Sunday

Relax, but don't overdo it!

Sample Recipes:

Breakfast:

Cacao Maca Smoothie

Serves: 1

Ingredients:

1 ripe banana, fresh or frozen
1 cup baby spinach
1 tbsp. raw cacao powder
1 tsp. maca powder
½ cup coconut or almond milk
pinch of cinnamon
Ice and water, amount depends on desired consistency

Blend until smooth and enjoy!

Lunch:

Orange Avocado Salad

Serves: 1

Ingredients:

2 cups romaine lettuce
2 oranges cut into segments* (save the carcass juice for the dressing)
1 green onion, chopped
1/4 avocado, sliced
¼ cup raw pine nuts

½ red onion, sliced
4oz. chicken breast

Dressing:

1 tbsp. balsamic vinegar
½ tsp. Dijon mustard
juice from the segmented orange carcass, squeezed
pinch of salt and pepper

Instructions:

- In a small mixing bowl, combine all the dressing ingredients and stir to combine.
- In a large bowl, combine all the salad ingredients.
- LEAVE dressing on the side!

Dinner:

Mexican Fajita Inspired Chicken Bowl

Serves: 3-4

Ingredients:

2 tbsp. coconut oil
1 lb. boneless, skinless chicken breast, cut into bite-sized pieces
1 bell pepper, seeded and cut into long, thin strips
1 onion, sliced
1/4 to 1/2 teaspoon mild chili powder, or to taste
2 tbsp. coconut aminos
¼ tsp. sea salt

Instructions:

- Heat skillet (cast iron preferably) over medium heat and when hot, heat the coconut oil and sauté the chicken, stirring often, for about 3-5 minutes, until lightly browned.
- Add bell pepper, onion, chili powder, salt & coconut aminos.

- Mix well and cook for about 4-5 more minutes, or until the onion is soft and the chicken is cooked through.