



Welcome to the Milford Moves Training Program



You Did it! You made it through Week 1!
Please be sure to post your thoughts/results/achievements in the Facebook Milford Moves Training 5K program page!

So, week two should be an easy one. We are all still pumped up and excited. Although the weather isn't quite cooperating, we can all still get out there and walk and move!

PLEASE WELCOME: Dr. Brian Hollander, is joining us today to talk about the importance of stretching and injury prevention. Dr. Brian is a sports chiropractor located across the green from the Milford Bank main office off Broad St. You can learn more about Dr. Hollander and his contact info on his web site: <http://www.corechiropracticmilford.com/>

We had a GREAT Nutritional Seminar and Challenge party this past Tuesday. There were many great questions about proper nutrition and how to keep on target if you have a weight loss goal to go with your 5K goal. I WILL be holding additional sessions so please stay tuned for that information.

Some key points taken from the first session:

How much water should you drink a day?

The answer: Half your bodyweight in ounces of water. Therefore, a 150 lb person should drink 75 ounces of water a day. A 250 lb person should drink 125 ounces of water a day. So grab a refillable water bottle and make note of how many of those bottles you need to drink a day to hit your minimum!

How many calories should I limit myself to each day?

The Answer: NO LESS than 1200!! That's a must. Anything less than that is not going to be healthy for you. But, what's the limit. I have my own non-scientific, prescribed way of calculating your goal, but here it is - Take your realistic GOAL weight over the next 90 days, multiply that number by 10, and that's your approximate goal calorie count per day.

For example – If a 180 lb female wants to lose 25 lbs in 90 days, her goal weight is 155 lbs. If you multiply 155 lbs by 10 = 1550. Therefore she should consume approximately 1550 calories per day.

Make sense? Please feel free to contact me directly for more specific goals and tips for you and your body! Each person will be different!

DON'T FORGET TO WEIGH IN IF YOU WANT TO KEEP TRACK WEEK TO WEEK!

Please feel free to contact me ANYTIME I can be of assistance:

Devon Taylor, cell: 203-499-7168 email: info@devontaylor.net



Week Two At home workout



**If you are more advanced than a beginner,
contact me separately for a more advanced at-home program*

Sunday

5 minute walking warmup
Then alternate
2 minutes seconds jogging
60 seconds brisk walking
Total of 25 minutes

Monday

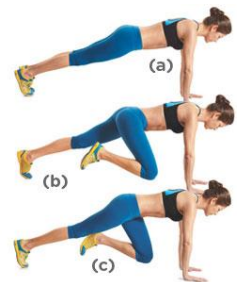
5 minute walking warmup
Then alternate
2 minutes seconds jogging
60 seconds brisk walking
Total of 25 minutes

Tuesday

5 minute walking warmup and stretch
Cardio Blast:



25 Jumping Jacks
25 Mountain Climbers
25 Bicycle Crunches
8 push ups
8 tricep dips off floor



Repeat 3 rounds

Wednesday

5 minute walking warmup
Then alternate
2 minutes seconds jogging
60 seconds brisk walking
Total of 25 minutes

Thursday

5 minute walking warmup
Then alternate
2 minutes seconds jogging
60 seconds brisk walking
Total of 25 minutes

Friday – DAY OF REST! 😊