



10-Day Body Bootcamp: Winter Series

By Dr. Vicky

New Year resolution not going so well? Make good on all the health promises you've made yourself year after year. Or just ensure your pants will still fit after the holidays. This bootcamp is more of a reboot for your health, designed to give the body a clean slate to work with for the upcoming year. Our journey begins, as usual, with a survey. But this survey will actually be useful, I promise. The survey will be completed before you begin the bootcamp and again after the ten days, to offer insight on how eating the right things and moving our bodies the way nature intended, impacts our overall health.

Below you will find a list of items we will be focusing on during this bootcamp. This is not an all-inclusive list but much of our emphasis will be on these five things.

- Healthy diet
- Only natural sugars (No refined sugar, bleached flour)
- Exercise daily
- Hydration- half your weight in ounces of water daily
- Food/Activity log- free app option at MyFitnessPal.com (tracks calories, fats, sugar, & activity) or physical paper log works fine too.

Remember, this is not necessarily about weight loss, it's about being healthier, but you may notice a decrease in pounds/inches. The meal plan is designed to offer appropriate amounts of calories and other essential nutrients. While the exercise regime is designed to incorporate exercise into our daily routine.

The first step is to figure out what your goals are and what your body needs. This will help determine how many calories and micro & macro nutrients your body needs each day. Visit: <https://www.calculator.net/calorie-calculator.html>. These numbers are important for your journey.

****Nutrition intake should never be below what your body needs for basic metabolic functions. Trying to skimp calories to lose weight quickly can work against you.**

Random Tidbits

How many calories do I need, you ask? Check out

<https://www.calculator.net/calorie-calculator.html>

*MyFitnessPal has a great free app that will help track food, calories, water & workouts.

Physical activity helpful information:

<https://www.cdc.gov/physicalactivity/basics/adding-pa/index.htm>