



# **Fitness during COVID-19 Workout & Resource Guide**

**Metropolitan Institute through Technology**

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## Workout Routine

Exercise	Beginner Level	Intermediate Level	Advanced Level
Jumping Jacks (warmup)	10 Reps	20 Reps	25+ Reps
Squats	10 Reps	20 Reps	25+ Reps
Leg Raises	10 Reps	20 Reps	25+ Reps
Push-ups	5-10 Reps	10-15 Reps	20+ Reps
Sit ups	5-Reps	10-15 Reps	20+ Reps
<b>Workout Format (Option #1)</b>			
No. of Rounds	3 Rds.	5 Rds.	7+ Rounds
Rest Time After Each Round	1 min.	1 Min.	1 Min.
<b>Workout Format (Option #2)</b>			
Complete As Many Rounds As Possible in Allotted Time	20 Min.	30 Min.	45 Min.
Rest	1 min.	1 Min.	1 Min.
<b>Stretch After You Complete Your Workout</b>			

### How many times a week should I do this routine?

The choice is yours. This routine can be completed each day in a week (M-F) or every other day (M-W-F or T-Th). You should factor in your recovery time from muscle soreness. Especially, if you are adopting a new regimen.

### Should I eat before starting a workout?

It is important to know how much energy you will likely expend during the activity. The closer you are to your workout time, the less solid food you may want to consume.

- If the workout is **less than 45 minutes**, you may only need a snack beforehand, water during the workout, and a snack afterward.

Here are a few pre-workout snacks to consider:

- Fruit Smoothie
- Almond or Peanut Butter on an Apple
- Fresh Berries with Cottage Cheese or Yogurt
- Hardboiled egg and whole grain toast
- Chocolate Milk

### What should I eat post-workout?

After your workout, your body attempts to rebuild its glycogen stores and repair and regrow the muscle proteins. Therefore, it is important to eat high protein and healthy carb foods or snacks after workout. This will help your body to repair and regrow faster.

Here are a few post-workout snacks to consider:

- Grilled chicken with roasted vegetables
- Egg omelet with avocado spread on toast
- Salmon with sweet potato
- Tuna salad sandwich on whole grain bread
- Oatmeal, whey protein, banana and almonds
- Cottage cheese and fruits



## Nutritional Guidelines

The key to any fitness goal is nutrition. Exercise without proper nutrition is wasted exercise. Below you will find some nutritional tips and guidelines that will support your goals.

**HOW TO EAT CLEAN FOR BEGINNERS**

- 1 COOK YOUR OWN FOOD**
- 2 READ THE NUTRITION LABEL**
- 3 EAT WHOLE FOODS**
- 4 AVOID PROCESSED FOODS**
- 5 EAT BALANCED MEALS**
- 6 LIMIT ADDED FATS, SALTS & SUGARS**
- 7 EAT 5-6 MEALS PER DAY**
- 8 DON'T DRINK YOUR CALORIES**

The infographic features a heart icon to the left of the title and a background image of a glass bowl filled with a variety of fresh ingredients including chickpeas, avocado, tomatoes, and chicken. The text is overlaid on this image in a clean, modern font.



## Top Ten Fat Burning Foods

1. Oatmeal
2. Almonds
3. Olive Oil
4. Eggs
5. Whey Protein
6. Berries (Blueberries, strawberries, raspberries, blackberries, etc.)
7. Lean meats (chicken, fish, turkey, beef, pork, lamb, etc.)
8. Whole Grains
9. Peanut Butter
10. Green Veggies

Here are some way to incorporate “clean” foods into your diet.

### Breakfast

Eggs or Egg Whites (scrambled or hard boiled)  
Lean Turkey Bacon or Chicken Sausage  
Oatmeal (not packaged)  
Grits  
Whole Grain or Bran Cereal (High in Fiber)  
Smoothies (Fruit or Green)  
Protein Shakes

### Snacks

Nuts (unsalted), Almonds, Walnuts, Homemade Trail Mix  
Plain Greek Yogurt with Fresh Berries  
Fruit (Oranges, Green Apples, Bananas, Grapefruit, Mixed Berries)  
Veggies (Baby Carrots, Celery and Peanut Butter, Raw Veggies, etc.)

### Lean Meats

Ground Chicken or Ground Turkey  
Chicken (Breast, Thighs & Wings)  
Fish (Salmon (Tilapia, Cod, Tuna, Whiting, etc.)  
Tuna (Unsalted in Water)  
Turkey (Breast & Wings)  
Lean Beef or Pork

### Dairy

Milk (low-fat, 1% or 2%)  
Non-Dairy Milk (Almond milk, Cashew Milk, Coconut milk)  
Cheese (2%)  
Cottage Cheese  
Greek Yogurt



### **Varieties and Grains**

Beans (black, chick pea, green, etc.)  
Quinoa  
Brown Rice  
Couscous  
Olive Oil, Coconut Oil  
Flaxseed  
Chia Seeds  
Avocado  
Sweet Potatoes  
Green and Red peppers  
Ginger  
Chili or Cayenne Pepper  
Honey

### **Fresh Veggies**

Broccoli  
Spinach  
Brussel Sprouts  
Green Beans  
String Beans  
Mixed Green Salad (avoid iceberg lettuce)  
Kale  
Cabbage  
Mixed Vegetables  
Cauliflower  
Carrots  
Cucumbers

### **Drinks**

Water - 1 gallon a day OR half of your bodyweight in ounces  
(Ex. Weight is 160 lbs., drink 80 oz. of water)  
Fruit or Vegetable Infused Water – (Lemon, Berries, Cucumber, etc.)  
Green Tea  
100% Fruit Juices not from Concentrate (Orange, Grapefruit, Apple, etc.)  
If you are a coffee drinker, sweeten with Agave or Stevia  
Two Tbsp. of Apple Cider Vinegar

## **Contact Information:**

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