

## Your Best-Body Road Map

Summer is the season to strip down and shed your inhibitions, shape up, get healthy, and enjoy the great outdoors. Follow along with our total-body tune-up at [WholeLiving.com/best-body](http://WholeLiving.com/best-body), and use this printout to track your progress, take notes, and remind you of your goals.

### GOAL: Find Your Healthiest Weight

**Check In with Your Body:** If you want to lose weight and keep it off, focus on cutting 500 calories every day -- through a combination of eating less and burning more -- to lose about a pound a week. (Experts say you can safely lose 1 to 2 pounds a week without depriving yourself.)

**Calculate Your Needs:** At [WholeLiving.com/wellness-tools](http://WholeLiving.com/wellness-tools), the Nutritional Needs calculator can determine how many calories a day you should consume to reach (or maintain) your target weight. The Desirable Body Weight and Body Mass Index calculators can help you find a healthy weight range.

**MY TARGET WEIGHT:**

**POUNDS TO LOSE OR GAIN:**

To cut 500 calories from every day, break this goal up into smaller chunks. What are some simple ways you can consume 100 calories fewer or burn 100 calories more?

#### TO CUT 100 CALORIES

- Swap a soda for sparkling water.
- Eat a chicken breast without the skin.
- Have vegetable pizza instead of pepperoni.

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#### TO BURN 100 CALORIES

- Spend 15 minutes slow to moderate biking.
- Walk or run 1 mile.
- Spend 20 minutes gardening.

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\*Calorie counts for suggested food swaps and exercises are approximate.  
Use Whole Living's Calorie Burner Counter to calculate other fitness activities.

**Overcome Your Barriers:** Use our weight-loss guide ([WholeLiving.com/weight-loss-secrets](http://WholeLiving.com/weight-loss-secrets)) to determine your biggest obstacles and how to get past them. Focus on losing about a pound a week until you've reached your goal -- then, recalculate your nutritional needs for maintaining your new weight.



## GOAL: Eat Healthier Food

**Plan Your Meals:** One of the best ways to cut calories and eat more healthfully is to find flavor in fresh produce, fiber-rich whole grains, and lean protein. Choose five recipes (or more!) from our Best-Body meal plan ([WholeLiving.com/summer-slim-down](http://WholeLiving.com/summer-slim-down)) to make this season.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## GOAL: Stay Safe and Healthy

**Create a Summer Survival Kit:** Use the tips and home remedies in our Ultimate Summer Survival Kit ([WholeLiving.com/summer-first-aid](http://WholeLiving.com/summer-first-aid)) to stock up and prepare for anything this season may throw at you. These remedies will get you started:

- A paste made from baking soda and water can neutralize bug bites or stings.
- Quercetin supplements or nettle tea may help keep summer allergies at bay.
- Drinking chamomile tea or chewing on fennel seeds can aid digestion after a big meal.

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**Travel Safely and Soundly:** Take precautions to guard against unnecessary stress and anxiety, illness, or injury while on the road. Use these basic guidelines, and write yourself any other reminders here:

- Pack the essentials: sunscreen, hat, bug spray, first-aid kit
- Get up and walk every half hour while traveling to prevent stiffness and health problems.
- Make sure you have the proper immunizations, insurance, and emergency paperwork.

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## GOAL: Tone Head to Toe

**Start with Cardio:** No matter what muscles you want to define or what body part you want to shape up, your hard work won't show if it's buried under an extra layer of fat. Any good sculpting and toning program starts with 30 to 60 minutes of moderate- to high-intensity cardio -- such as biking, swimming, running, brisk walking, fast-paced Vinyasa yoga, or aerobics -- three to four days a week.

**Tone Head to Toe:** Include two to three days of strength training in your workout regimen, as well: Use our targeted workouts ([WholeLiving.com/best-body-fitness](http://WholeLiving.com/best-body-fitness)) for core, arms, legs, back, and bones to strengthen and tone your trouble spots, or mix and match moves to get a full-body tune-up.

**Strengthen Your Heart:** On days you don't do cardio, pair your strength training with a 30-minute routine designed to improve blood flow and heart health ([WholeLiving.com/no-sweat](http://WholeLiving.com/no-sweat)). Gentle poses that stretch and compress the rib cage and torso can give you some of the same benefits as high-intensity exercise -- without high-intensity exertion and sweating.

**Make a Plan:** You don't have to stick with the same routine every week -- in fact, you can stave off boredom by switching it up and trying new activities. But setting a general workout schedule can help you stick with your goals and remind you to set aside time for exercise. Following the guidelines of three to four days of cardio plus two to three days of strength training, plan out a typical week of exercise.

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Additional Notes: \_\_\_\_\_

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