ON
LY
WEEK
5
WEEKS
Until Spring Break!

Avoid the “Bikini Binge” & the “Cut-up Cram”

Escape the negative consequences of over exercising and unhealthy eating choices.

Get fit the right way!

Exercise Tip of the Week

When is it Time to Increase Your Weights?

Use the 2 for 2 rule:

If you can perform at least 2 reps over your rep goal in the last set for two consecutive workouts, increase your weight 5-10% in your next consecutive workout session and go back to your rep goal for each set.

In conclusion:

- 2 additional reps
- 2 consecutive workouts
- Increase weight
- Repeat cycle

Diet Tip of the Week

Top Foods for a Long, Healthy Life

- Eat More Healthy Fats (Omega 3’s - olive and canola oil, fish, fortified eggs)
- Eat Fewer Unhealthy Fats (Omega 6’s - soy, corn, safflower, and sunflower oils & banish Trans Fat)
- Eat Slow Digesting Carbs - whole grains, beans, and root vegetables
- Eat the Rainbow - an abundance and all colors of fruits & vegetables, including lots of berries and leafy greens
- Drink Green, White, or Oolong Tea daily
- Nibble on Nuts

For more information and tips on diet and exercise go to:
campusrecreation.binghamton.edu