

**Body Defining, Eight weeks to a new body;
Fitness, strength, and nutrition training for women.**

(Also for McLennan community College Continuing education course AVC5119)

Course Description

Now is the time to get into shape, and this proven plan can make it happen. The correct combination of diet, exercise, water, and rest produces a well-defined body. In fact, if you're an average woman and if you follow this proven plan, you can expect to lose 13 pounds of fat, 2 3/4 inches off your waist, 2 1/4 inches off your hips, 3 1/2 inches off your thighs during the next six weeks.

During the fat-reduction process, you can also expect to add 3 1/2 pounds of body-enhancing muscle, making your physique stronger, firmer, and more symmetrical. The entire program is easy to follow and includes carefully researched menus, at-home exercises, strength-training equipment instructions, and maintenance guidelines.

Instructor

Brian Konzelman, certified personal trainer and nutritionist, will guide you through this simple eight-week program that will transform your body – and change your life. Contact Brian through his website at www.livingstrong.org .

Location

The classes will be held at the LIVING STRONG FITNESS TRAINING CENTER, located just 4 minutes from MCC at The Village Green Center, 4315 Lake Shore Drive. For directions visit the “OUR FACILITY” link at the www.livingstrong.org website.

Text

BODY DEFINING, Ellington Darden ISBN 0-8092-3232-4

Available at the MCC bookstore, or order from www.amazon.com . **Get your copy early, and have it read before the class starts.** It is an easy 3-4 hour read.

Week 1

Course overview, and Introduction to the fitness lifestyle

- ❑ Fitness facts
- ❑ Fat facts
- ❑ Exercise facts
- ❑ Nutrition facts

Assignments:

- 1) Read and notate text book
- 2) Keep nutrition log
- 3) Walk 20 minutes 6 days per week.
- 4) Drink 3 quarts of water per day
- 5) Web site research: read the numbered articles linked on the main webpage at www.livingstrong.org

Week 2

Body Defining start point, workout procedures and instructions

- ❑ Establishing a reference point
- ❑ Body fat and measurements
- ❑ Specific strength training exercises
- ❑ Record keeping
- ❑ Physician clearance

Assignments:

- 1) Strength train 3 times per week, every other day
- 2) Walk 20 minutes 6 days per week
- 3) Follow eating plan and drink 4 quarts of water per day
- 4) Sleep 8 hours per night

Web site research: www.livingstrong.org

Week 3 - 7

Training session monitoring, progress monitoring, and topical discussions

- ❑ Fitness myths and mistakes
- ❑ Principles of a fit lifestyle
- ❑ Aerobic exercise and equipment
- ❑ Strength facts, exercises and equipment
- ❑ Analyzing your nutrition
- ❑ Recipes
- ❑ Food analyses and tips
- ❑ Heart rate monitoring
- ❑ Exercise tips and training
- ❑ Outfitting a home gym
- ❑ Working in a fitness gym
- ❑ Personal training
- ❑ Question and answer sessions

Assignments:

- 1) Strength train 3 times per week, every other day
- 2) Walk 20 minutes 6 days per week
- 3) Follow eating plan and drink 4 quarts of water per day
- 4) Sleep 8 hours per night
- 5) Web site research: www.livingstrong.org

Last class

Analyses day

- ❑ Measurements
- ❑ Progress reports
- ❑ Comparisons, before and after
- ❑ Where do we go from here