

# HEALTHRECIPES.COM

## FREE SAMPLE EBOOK

EXCERPTS HAVE BEEN TAKEN FROM:

**I HATE COUNTING CALORIES!**  
Smoothies, Fruit Juices and other drinks!

and

**HEALTHY LIVING FOR A BUSY FAMILY!**

**CLICK ON THIS LINK TO ORDER THE FULL  
VERSIONS**

[http://www.healthrecipes.com/juicer\\_ebook.htm](http://www.healthrecipes.com/juicer_ebook.htm)

Lucie Brisson  
Light Bringer Publishing  
Healthrecipes.com

© Copyright 2001

<http://www.healthrecipes.com>

# TABLE OF CONTENTS

<b>COVER PAGE.....</b>	<b>1</b>
<b>ABOUT FRUIT JUICES AND SMOOTHIES .....</b>	<b>4</b>
<b>YOU MAY BE SHOWING SIGNS OF MALNUTRITION IF YOU ...</b>	<b>5</b>
<b>VITAMINS AND MINERALS.....</b>	<b>6</b>
<b>HOW TO MAKE HOMEMADE FRUIT AND VEGETABLE JUICES .....</b>	<b>8</b>
<b>FRUIT JUICE RECIPES.....</b>	<b>10</b>
<b>LEMON LIME GINGER ALE .....</b>	<b>10</b>
<b>FRUIT PUNCH .....</b>	<b>11</b>
<b>SPARKLING TROPICAL JUICE.....</b>	<b>11</b>
<b>PEACH PEAR APPLE JUICE .....</b>	<b>11</b>
<b>GINGERED APPLE CIDAR.....</b>	<b>12</b>
<b>5 STEPS TO MAKING THE PERFECT SMOOTHIE .....</b>	<b>13</b>
<b>SMOOTHIE AND SHAKE TIPS .....</b>	<b>14</b>
<b>HEALTHY SMOOTHIE RECIPES.....</b>	<b>15</b>
<b>APRICOT PINEAPPLE STRAWBERRY SHAKE .....</b>	<b>15</b>
<b>BANANA STRAWBERRY SHAKE.....</b>	<b>15</b>
<b>TROPICAL SHAKE .....</b>	<b>16</b>
<b>BANANA BERRY SHAKE .....</b>	<b>16</b>
<b>BANANA ORANGE STRAWBERRY SHAKE .....</b>	<b>16</b>
<b>HOMEMADE BEAUTY RECIPES.....</b>	<b>18</b>
<b>AVOCADO FACIAL.....</b>	<b>18</b>
<b>FACIAL MASK.....</b>	<b>18</b>
<b>EGG &amp; HONEY MASK.....</b>	<b>18</b>
<b>CORNMEAL FACIAL MASK .....</b>	<b>19</b>
<b>LIGHTEN CIRCLES UNDER EYES .....</b>	<b>19</b>
<b>EGG, AVOCADO &amp; MUD FACIAL MASK.....</b>	<b>19</b>
<b>EGG &amp; OLIVE OIL HAIR MASK .....</b>	<b>19</b>
<b>FRUIT SMOOTHIE HAIR MASK .....</b>	<b>20</b>
<b>FACIAL EXFOLIATER .....</b>	<b>20</b>
<b>BANANA WRINKLE FIGHTER .....</b>	<b>20</b>
<b>GRAPE CLEANSER.....</b>	<b>20</b>
<b>WEEKLY MEAL PLAN .....</b>	<b>21</b>
<b>WEEKLY MEAL PLAN .....</b>	<b>22</b>
<b>ORDER FULL VERSIONS FOR \$3.95 .....</b>	<b>24</b>

<b>FULL VERSION: SMOOTHIES, FRUIT JUICES AND OTHER DRINKS!.....</b>	<b>25</b>
<i>Super Fruit Juice Recipes .....</i>	25
<i>Super Smoothies and Shakes Recipes.....</i>	26
<i>Nutrient-Rich Vegetable Juice Recipes .....</i>	27
<i>Icy Fruit Slushie Recipes.....</i>	27
<i>Savory Gazpacho Recipes .....</i>	28
<b>FULL VERSION: INSIDE BONUS BOOK 1 – HEALTHY LIVING FOR A BUSY</b>	
<b>FAMILY .....</b>	<b>29</b>
<i>Healthy Living and Nutrition .....</i>	29
<i>Healthy Living and Physical Activity .....</i>	29
<i>A Healthy Home .....</i>	29
<i>Healthy Living Recipes.....</i>	29
<i>Online Resources .....</i>	29
<i>Schedules &amp; Templates .....</i>	29
<b>FULL VERSION: INSIDE BONUS BOOK 2 – FITNESS TRAINING MANUAL .</b>	<b>30</b>
<i>Nutrition .....</i>	30
<i>Physiology.....</i>	30
<i>Kinesiology.....</i>	30
<i>Aerobic Training .....</i>	30
<i>Plyometric Training .....</i>	32
<i>Weight Training .....</i>	32
<i>Muscle Exercise.....</i>	32
<i>Sample Workout .....</i>	32
<i>Fitness Testing .....</i>	32
<i>Stretching .....</i>	32
<i>Pregnancy .....</i>	32
<i>Senior Fitness.....</i>	32
<i>Exercise Injury .....</i>	33
<b>FULL VERSION: INSIDE BONUS BOOK 3 – HOW TO REPORTS.....</b>	<b>34</b>
<b>FULL VERSION: INSIDE BONUS BOOK 4 – GUIDES FOR THE HOME .....</b>	<b>36</b>
<b>ONLINE HEALTH RESOURCES.....</b>	<b>37</b>
<b>THE LIVING WELL PLAN .....</b>	<b>37</b>
<b>RAISING KIDS WITHOUT RAISING YOUR VOICE.....</b>	<b>38</b>
<b>NEGATIVE CALORIE FOODS.....</b>	<b>39</b>
<b>WRAP YOURSELF SLIM AT HOME .....</b>	<b>39</b>
<b>DRAMATIC ASTHMA RELIEF.....</b>	<b>39</b>
<b>CURE YOUR CANCER.....</b>	<b>40</b>
<b>HOW TO GROW MONEY SELLING YOUR OWN WORDS AND IDEAS! .....</b>	<b>40</b>

## ABOUT FRUIT JUICES AND SMOOTHIES!

[HTTP://WWW.HEALTHRECIPES.COM/DRINK\\_RECIPES.HTM](http://www.healthrecipes.com/drink_recipes.htm)

A FUN and EASY way to get more vitamins & minerals into your diet is by drinking freshly made fruit juices, vegetable juices, and by blending thick and frothy smoothies and shakes from frozen fruit.

A friend of mine describes drinking freshly made fruit juices like this:

*"If you have never taken a mouthful of cantaloupe juice or strawberry juice mixed with apple, you simply have not lived. Blueberry juice is a taste of liquid heaven."*

Freshly made juices are a tremendous source of bio-available vitamins and minerals which are the partners of enzymes and co-enzymes. Vitamins activate enzymes and without vitamins, enzymes could not carry out their work, and we could not live.

Enzymes act as catalysts in hundreds of thousands of chemical reactions that take place throughout your body, and are essential for digesting, absorbing and converting food into body tissue. Enzymes produce energy at the cellular level and are critical for most of the metabolic activities taking place in your body every second of every day.

Another benefit of drinking fresh juices and smoothies is that your body can absorb MORE of the vitamins and minerals than if you were to eat the fruits and vegetables whole! Many of the nutrients are TRAPPED in the fiber and by blending fruits and vegetables, you break down the fiber and release the vital nutrients.

### *Example:*

When you eat a raw carrot, you are only able to assimilate a small percentage of the available beta

carotene. When a carrot is juiced, removing the fiber, a LARGE percentage of the beta carotene can be assimilated by your body.

Of course, you still need to eat whole produce because fiber is also an important part of your daily diet.

Meeting you or your children's need for energy and nutrients is essential for good health. Children who do not meet their needs for energy may stop growing and gaining weight. In severe situations, they can develop a condition which is life threatening called protein energy malnutrition. Vitamins and minerals are only required in very small amounts, but a diet insufficient in these can cause SEVERE deficiency diseases.

### **You may be showing signs of malnutrition if you ...**

- feel tired and weak.
- feel like you never have the energy to clean your home, make meals or even do the dishes.
- have difficulty losing or gaining weight.
- can't easily get to sleep.
- feel stressed and/or nervous.
- feel drowsy during the day.
- sometimes can't concentrate, you're mind feels numb, or you get confused easily.
- have problems with your digestion.
- have constipation and/or hard dry stools.
- have mood swings, or get easily upset.
- don't have patience for anything.
- sometimes feel depressed.
- have overly dry or oily skin.
- sometimes have nausea and/or abdominal pain.
- have annoying eye twitches.
- bruise easily.
- have muscle cramps and/or low back pain.

- sometimes get cracks and sores in the corners of your mouth.
- notice that your nails have become thin and/or brittle.
- are losing your hair.
- have water retention.
- have uncontrollable temper outbursts.
- don't eat a well-balanced nutritious diet EVERY DAY

Natural vitamins are found only in living things, that is, plants and animals. Your body, with a few exceptions, can't manufacture vitamins. They must be supplied in your food or in dietary supplements but supplements can't replace food, especially fruits and vegetables which provide thousands of substances, some of which have well-known functions, and some whose roles in the human body are not yet understood or recognized.

### **Vitamins and minerals ... ..**

- ◇ reduce your risk of getting a stroke or heart attack!
- ◇ strengthen your nails!
- ◇ improve your hair condition, strength and growth by providing certain essential nutrients to the hair follicle!
- ◇ beautify your skin by keeping it smooth, soft and disease-free!
- ◇ provide essential compounds that are necessary for growth, health, normal metabolism and physical well-being! Without them, you would die!
- ◇ promote normal growth and development!
- ◇ maintain bone density and strength!
- ◇ regulate blood clotting!
- ◇ help in the function of nerves and muscles, including regulating a normal heart beat!

When it comes to choosing a healthy diet for their children, many parents don't realize the important role that beverages play. For example, fruit flavored drinks and soft drinks are not a substitute for real fruit. Many of these drinks only contain 10%

real fruit juice. The very best drinks are made from whole fruit and you can make great fruity healthy drinks at home.

# HOW TO MAKE HOMEMADE FRUIT AND VEGETABLE JUICES

From: I Hate Counting Calories!



1. You'll need an inexpensive juice machine.
2. All fruits and vegetables should be juiced raw.
3. Small seeded fruit, such as watermelon and pears, may be juiced with their seeds with the exception of papaya and apple seeds. Orange and grapefruit seeds might impart a bitter taste to your juice. Remove the large pits from fruits like peaches and nectarines, etc.
4. Peel all fruits and vegetables that are not organically grown because the peel is where most of the chemical residues can be found. While most skins of organically grown fruits and vegetables may be left on, with the exception of waxed produce, the skins of pineapples, kiwis, oranges, grapefruits and papaya should be removed.
5. Choose fresh ripe produce. Rubbery vegetables, bruised fruit, wilted greens and over or under-ripe fruits will produce juices that are neither tasty nor healthful.
6. Cut the fruits or vegetables into pieces that will fit into the mouth of your juice machine. Turn the juice machine on and push the pieces through the mouth of the juicer. As you

juice, pulp will collect in a large receptacle. If you don't clean the pulp out right away, it will develop a sour odor and tiny gnats and fruit flies may appear after 8 to 10 hours.

7. It is best to drink freshly made juices within one day.

# FRUIT JUICE RECIPES

All the fruit juice recipes serve one. You can double or triple the recipes to serve more people.

From: I Hate Counting Calories!

## Lemon~Lime Ginger Ale



1 apple, cored and sliced  
½ inch fresh ginger (less if you find the taste too strong)  
handful of grapes  
1/4 lemon  
1/2 lime  
sparkling mineral water

Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.

## Fruit Punch



1 apple, cored and sliced  
6 strawberries, fresh or thawed from frozen  
1/2 orange, peeled and sectioned

Process the fruit in a juicer and serve.



## Sparkling Tropical Juice



1/2 mango, peeled and sliced  
1 orange, peeled and sectioned



## Peach-Pear-Apple Juice



2 peaches, remove seed  
1 pear, sliced  
1 apple, cored and sliced

Process through a juicer and serve.

## Gingered Apple Cidar

3 apples, cored and sliced  
1 inch piece ginger

Process through a juicer and serve.

# 5 STEPS TO MAKING THE PERFECT SMOOTHIE

From: I Hate Counting Calories!



1. Put the fruit in the blender first. Make sure that the items are smaller than a golf ball so they will blend completely. Add the liquid ingredients next.
2. Fasten the lid and press the start button. Use high speed for about 20-30 seconds.
3. Stop the blender and check to see if the ingredients are well blended. Sometimes the frozen fruit will jam under the blade. If there is jammed fruit, use a spatula to unjam the fruit, and blend again.
4. Once the mixture is evenly blended, slowly add two ice cubes through the opening of the blender lid. Keep adding one or two ice cubes at a time until the blender sounds smooth instead of gravelly. If your blender is not strong enough to blend ice cubes, omit the ice and substitute just enough ice cold water so that the shake will have a milkshake consistency.
5. If the shake/smoothie is too thin, add more fruit or ice. If it's too thick, add more liquid.

# SMOOTHIE AND SHAKE TIPS

From: I Hate Counting Calories!



- A smoothie is basically a blended fruit drink. The best-tasting smoothies are made from fruit that is fresh or frozen, and not canned.
- All smoothies begin with a liquid base. This can be orange juice, milk or another liquid.
- You can make a frostier drink by freezing fresh fruit before making a smoothie.
- Smoothies are best when they're fresh out of the blender, but they can be frozen the night before, as well – just remove the smoothie from the freezer about an hour before drinking.
- You can replace a meal with a smoothie or shake by adding a scoop of high-quality protein powder and a tbsp. of high-quality olive or flax oil.



# FRUIT SMOOTHIES



All the recipes serve one. You can double or triple the recipes to serve more people.

From: I Hate Counting Calories!

## Apricot~Pineapple~Strawberry Shake



- 1/4 cup crushed pineapple, canned or fresh
- 1 fresh apricot, diced, seed removed
- 6 strawberries, frozen
- 1/2 banana, cut in chunks, frozen
- 1 1/2 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.



## Banana~Strawberry Shake



- 1 banana, cut in chunks, frozen
- 6 strawberries, frozen
- 1 1/4 cup water
- 1 tbsp. skim milk powder
- 1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.

## Tropical Shake

1/2 mango, peeled, seed removed  
2 tbsp. frozen pina coloda mix (or 1/8 tsp. natural coconut extract)  
1/2 banana, cut in chunks, frozen  
4 strawberries, frozen  
6 ice cubes  
1 1/4 cup water  
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.



## Banana~Berry Shake

1/2 banana, cut in chunks, frozen  
1/2 pear, cored and sliced  
1/4 cup frozen blueberries  
1 1/4 cup water  
1 tbsp. skim milk powder  
1/8 tsp. cinnamon  
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly mixed and serve.



## Banana~Orange~Strawberry Shake

1/2 banana, cut in chunks, frozen  
6 strawberries, frozen  
1/2 cup orange juice  
1/2 cup water

1 tbsp. skim milk powder  
1 heaping tbsp. high-quality protein powder (optional)

In a blender, process all the ingredients until thoroughly blended and serve.

# HOMEMADE BEAUTY RECIPES

From: Healthy Living For a Busy Family



## **Avocado Facial**

Avocado is a naturally rich moisturizer. Mash the meat of the avocado into a creamy texture. Massage into the face and neck. Leave on for 15 minutes and gently rinse off.

---

## **Facial Mask**

Squeeze half a lemon and mix the juice with one beaten egg white. Leave on your face overnight or, for a quick pick-me-up, just 15 minutes. Splash warm water on your face to rinse. It helps to remove blotches, because the lemon works as a bleaching agent.

---

## **Egg & Honey Mask**

Mix together 1 tablespoon honey, 1 egg yolk, 1/2 teaspoon almond oil and 1 tablespoon yogurt. Honey stimulates and

smoothes, egg and almond oil penetrate and moisturize, and yogurt refines and tightens pores.



### **Cornmeal Facial Mask**

Two tablespoons of cornmeal mixed with enough water to make a thick paste makes a great inexpensive facial mask. Gently apply to face and wash off.



### **Lighten Circles under Eyes**

To lighten dark circles under your eyes, wrap a grated raw potato in cheesecloth and apply to eyelids for 15-20 minutes. Wipe off residue and apply an eye cream.



### **Egg, Avocado & Mud Facial Mask**

(best for oilier skin types)

Clay is available in powder form at any health food store. Mix 1 tbsp. dry clay with 1 egg yolk, 1/4 of a mashed avocado and enough witch hazel to create a smooth mixture. Mud dries excess sebum while the egg yolk and avocado replenish lost moisture. Witch hazel tones.



### **Egg & Olive Oil Hair Mask**

Mix two whole eggs with four tablespoons of olive oil. Smooth through hair. Wrap head with plastic wrap, and leave in hair for 10 minutes. Rinse well.

### **Fruit Smoothie Hair Mask**

Blend 1/2 a banana, 1/4 avocado, 1/4 cantaloupe, 1 tablespoon wheat germ oil and 1 tablespoon yogurt. For extra conditioning, squeeze in the contents of a vitamin E capsule. Leave in hair for 15 minutes.



### **Facial Exfoliator**

2 heaped tsp. fine oatmeal  
1 tsp. baking soda

Combine ingredients, and add enough water to make a paste. Apply to skin and rub gently. Rinse and gently pat dry.




### **Banana Wrinkle Fighter**

Banana is wonderful as an anti-wrinkle treatment. Mash 1/4 banana until very creamy. Spread all over face and leave for 15-20 minutes before rinsing off with warm water followed by a dash of cold. Gently pat dry.




### **Grape Cleanser**

Grape juice makes an excellent cleanser for any skin type. Simply split one or two large grapes, remove pips and rub the flesh over face and neck. Rinse off with cool water.



# WEEKLY MEAL PLAN TEMPLATE



From: [Healthy Living For a Busy Family](#)

# Weekly Meal Plan

	Monday	Tuesday	Wednesday	Thursday
<b>Breakfast</b>				
<b>Snack</b>				
<b>Lunch</b>				
<b>Snack</b>				
<b>Supper</b>				

# Weekly Meal Plan

	Friday	Saturday	Sunday	Extras
Breakfast				
Snack				
Lunch				
Snack				
Supper				



# FULL VERSIONS SPECIAL



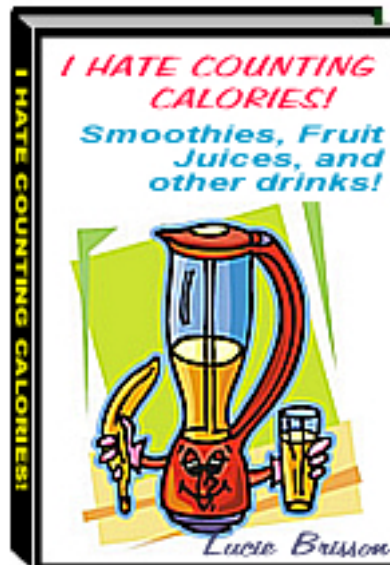
**THE FULL VERSIONS SPECIAL INCLUDES  
ALL THE 5 EBOOKS LISTED BELOW FOR  
ONLY  
<< \$3.95 U.S. TAX FREE! >>**

**CLICK ON THIS LINK TO ORDER**

[http://www.healthrecipes.com/juicer\\_ebook.htm](http://www.healthrecipes.com/juicer_ebook.htm)

# I HATE COUNTING CALORIES!

Smoothies, Fruit Juices and other drinks!



## Super Fruit Juice Recipes



- Apple~Cherry Juice
- Grape~Apple Juice
- Grape~Apple~Cranberry Juice
- Kiwi~Grape~Orange Juice
- Sparkling Watermelon Juice
- Watermelon~Peach Juice
- Pineapple~Grapefruit Juice
- Apple~Pineapple~Ginger
- Blueberry~Grape Juice
- Lemon~Lime Ginger Ale
- Fruit Punch
- Sparkling Tropical Juice
- Blueberry~Apple Juice
- Blueberry~Cherry Juice
- Watermelon~Berry Juice
- Raspberry~Orange Juice
- Apple~Grape Cocktail
- Passion Drink
- Cantaloupe~Strawberry Juice
- Fruit Juice
- Pear~Apple Juice
- Cantaloupe~Pineapple Juice
- Watermelon~Black Grape Juice
- Apple~Strawberry Juice

- Apple~Kiwi Juice
- Peach~Pear~Apple Juice
- Pineapple~Orange~  
Strawberry Cocktail
- Gingered Apple Cidar
- Pink Grapefruit~Orange Juice
- Gingered Cantaloupe Juice
- Lime~Lemonade
- Mango~Orange~Papaya~  
Apple Juice
- Ginger Lemonade
- Watermelon~Apple Juice
- Pink Lemonade
- Berry Juice
- Cranberry Lemonade
- Tropical Pineapple Juice
- Banana~Strawberry Drink
- Fruit Nectar

## Super Smoothies and Shakes Recipes



- Mango Milk Shake
- Apricot~Pineapple~  
Strawberry Shake
- Banana~Strawberry Shake
- Tropical Shake
- Banana~Berry Shake
- Banana~Orange~Strawberry
- Papaya~Banana~Pineapple
- Mango~Strawberry Shake
- Thick Peach Shake
- Mixed Fruit Smoothie
- Tropical Smoothie
- Pina~Colada Smoothie
- Blueberry Smoothie
- Mixed Berrie Smoothie
- Fruit Punch Smoothie
- Cantaloupe Smoothie
- Fruity Smoothie
- Frosty Peach Smoothie
- Cran~Raspberry Smoothie
- Kiwi~Lemon~Lime Smoothie
- Orange~Avocado Smoothie
- Orange Fruity Smoothie
- Orange~Pineapple~Coconut
- Blueberry~Pineapple Smoothie
- Banana~Strawberry~Grapefruit
- Kiwi~Banana Smoothie
- Cran~Strawberry Smoothie
- Orange~Apple Smoothie
- Raspberry~Chocolate Smoothie
- Nectarine~Banana Smoothie
- Berry Berry Smoothie
- Apricot~Honeydew~Mango  
Smoothie

## Nutrient-Rich Vegetable Juice Recipes



- Cucumber~Celery Cooler
  - Garden Salad
  - Calcium Drink
- Sweet Potato~Carrot Juice
  - Potassium Drink
  - Liver Cleanser
  - Homemade V8 Juice
- Vegetable Detox Juice
  - Virgin Mary
- Cucumber~Pineapple Juice

## Icy Fruity Slushie Recipes



- Apple~Cherry Juice
  - Berry Sorbet
  - Peach Slushie
    - Fruit Fizz
- Lemon~Lime Slushie
- Strawberry~Blueberry Sorbet

- Cappuccino Ice
- Pina Colada Slush
- Cranberry~Grape Fix
- Strawberry~Kiwi Ice
- Easy Homemade Slushie
- Watermelon Ice

## Savory Gazpacho Recipes



- Fresh Gazpacho
- Green Gazpacho Soup
- Corn Gazpacho Soup
- Simple Gazpacho
- Summer Soup
- Chunky Garden Gazpacho
- Avocado Gazpacho
- Spicy Summer Gazpacho

# INSIDE BONUS BOOK 1



## **SECTION ONE, Healthy Living and Nutrition**

- ~ Why is that one little carrot important?
- ~ Fruit and vegetable fact sheet
- ~ Secret ways to hide nutrition in foods kids love

## **SECTION TWO, Healthy Living and Physical Activity**

- ~ Physical activity for health and weight loss
- ~ Children and the need for daily activity
- ~ Physical activity and cardiovascular health

## **SECTION THREE, A Healthy Home**

- ~ Are you poisoning your children? (by Doctor George Grant)
- ~ Natural cleaning products you can make at home
- ~ Great ideas for saving time in the kitchen

## **SECTION FOUR, Healthy Living Recipes**

- ~ Vegetable Recipes
- ~ Fruit Recipes
- ~ Grain Recipes
- ~ Meat Recipes
- ~ Dessert Recipes
- ~ Homemade Beauty Recipes
- ~ Spice Guide

## **SECTION FIVE, Online Resources**

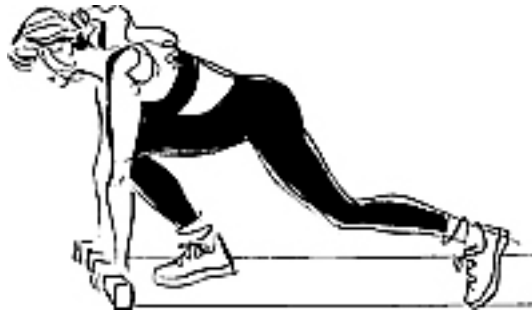
- ~ Food guides
- ~ Free healthy recipes & nutritional information
- ~ Online organizing help

## **SECTION SIX, Schedules & Templates (You fill in)**

- ~ Chore schedule
- ~ Weekly to do list
- ~ Weekly meal plan (you fill in)
- ~ Television schedule
- ~ Books lent out
- ~ Books borrowed
- ~ Items still at the library
- ~ Favorite healthy foods & meals

# INSIDE BONUS BOOK 2

## FITNESS TRAINING MANUAL



### **Nutrition**

Proteins  
Carbohydrates  
Fats  
Cholesterol  
Vitamins  
Minerals  
Water  
Daily Caloric Requirements  
Protein, Carbohydrate and Fat Dietary Requirements  
Example of Low Fat Foods  
Alcohol's Effect on Metabolism  
Caffeine's Effect on Metabolism  
Eating Disorders

### **Physiology**

Muscle Fiber Types  
Energy Production  
Cardiovascular and Respiratory System

### **Kinesiology**

Anatomy  
Muscle Action  
Joint Action

### **Aerobic Training**

Benefits  
Weekly Requirements and Limitations

Diet Requirements  
Types of Aerobic Activities  
Pregnancy  
Maximum Heart Rate  
Resting Heart Rate  
Target Heart Rate  
Recovery Heart Rate  
Rating of Perceived Exertion (RPE)  
Blood Pressure  
Proper Attire for Specific Activity  
Specific Aerobic Activities  
Running  
Stair Master  
Stationary Bicycle  
Teaching Aerobics  
Class Preparation  
Intensity and Complexity  
Components of an Aerobic Class  
Injury Prevention and Treatment

### **Step Aerobics**

The Basics  
The Class  
Basic Step Moves  
Basic Left (Reverse for Basic Right)  
V-Step  
A-Step  
Turn Step  
Z-Step  
X-Step

### **Kickboxing Aerobics**

The Class  
Kickboxing Aerobic Moves  
The Jab Punch  
The Round House Punch  
The Power Punch  
The Left Hook Punch  
The Front Kick - Forward Leg  
The Front Kick - Rearward Leg  
The Side Kick - Left Kick (do opposite for right kick)  
The Round House Kick

## **Plyometric Training**

Benefits

## **Weight Training**

Benefits

Circuit Training

Overload Principle

Specificity Principle

Free Weights vs. Machines

Proper Lifting Technique

Sets and Repetitions

Variations of Sets and Repetitions

Weekly Requirements

Diet Requirements

## **Muscle Exercise Cross Reference**

## **Sample Workout**

## **Fitness Testing**

Flexibility Test

One Minute Sit-Up Test

Pushup Test

3 Minute Step Test

Body Composition

## **Stretching**

## **Pregnancy**

General Information

Aerobic Training

Weight Training

Trimester Specific

Nutrition

Post Pregnancy

## **Senior Fitness**

General Information

Aerobic Training

Weight Training

Nutrition

## **Exercise Injury**

Introduction

Acute Injury

Chronic Injury

Overuse Injuries

Chondromalacia and Patellofemoral Syndrome

Plantar Fasciitis and Neuromas

Tendonitis, Arthritis, Bursitis

Shin Splints and Compartment Syndromes

Exercise Reactions

Environmental Concerns

Heat Related Injuries

Heat Cramps

Heat Exhaustion and Heat Stroke

Emergency Response

Temperature and Humidity

Hypothermia and Frostbite

## **Consent Form**

## **Physician's Release Form**

## **Anatomy Chart**

## **References and Further Reading**

## **Version History**

## **IFA Certification Test Answer Form**

## **IFA Certification Test Questions**

## **CARDIOVASCULAR**

## **PHYSIOLOGY**

## **KINESIOLOGY**











## **AEROBIC TRAINING**

## **WEIGHT TRAINING**

## **MUSCLE GROUPS/EXERCISES**

# INSIDE BONUS BOOK 3


## HOW TO REPORTS

-  How To Cut Glass Without A Diamond Cutter
-  How To Make Up To \$750 In Your Spare Time Or Weekends
-  How To Make Money On What Other People Throw Away
-  Your Own Junk Hauling and Removal Service
-  How To Avoid Traffic Accidents
-  How To Create Bronze Baby Shoes
-  How To Protect Your Home From Intruders
-  How To Protect Yourself On City Streets
-  How To Protect Your Valuables From Theft
-  How To Make Your Own Baby Food

 How To Preserve Fresh Cut Flowers

 How To Make Your Own Pet Food

 How To Eat Free In Restaurants













 How To Make Jewelry From "Ordinary"  
Treasures

 How To Transfer Photos To Other Objects

 How To Find and Purchase Public Lands

# INSIDE BONUS BOOK 4

## GUIDES FOR THE HOME

-  Swindlers Are Calling
-  8 Things You Should Know About Telemarketing Fraud
-  Investment Swindles
-  How They Work and How to Avoid Them
-  Your Home Fire Safety Checklist
-  Be A Smart Flyer
-  Make Your Safe Trip Even Safer
-  What To Do If You're A Crime Victim
-  60 Commonly Asked Questions About Medicare
-  Where To Hide Your Valuables
-  66 Ways to Save Money
-  The Sweepstakes Fraud



# ONLINE HEALTH RESOURCES



## THE LIVING WELL PLAN

- Over 500 mouthwatering recipes that help your body to rid itself of excess weight for good
- Each dish is properly combined--No Need for Charts
- 30 day, Inspirational Step by Step Plan
- Simple recipes that contain ingredients you can find in any grocery store
- 2 of THE BEST all natural, non herbal, ways to detox your lymphatic system
- Recipes for those who eat animal products, those that are vegetarians, and vegans
- Tips on how and what to stock in your pantry and fridge
- Step by step instructions on how to do a 3 day Juice Fast

If you are tired of trying to come up with healthy meals for you and your family, once you get a copy of my NEW cook eBook, those days will be over! The Living Well Cook eBook will take the guess work out of what to make for your meals. If you could not stick to Living Well before because you felt lost and did not know what to prepare, this cookbook is the answer to your challenge.

The best tasting meals are the ones you can prepare yourself using wholesome and natural ingredients. But the meals need to be easy to prepare with your busy lifestyle. AND, the ingredients need to be everyday, regular ingredients you can find at your grocery store. Many of the health/cookbooks available use ingredients I cannot even pronounce! I kept this in mind when creating the Living Well Cook eBook so it contains recipes with ingredients found in most any cupboard or refrigerator.

**To learn more, click here:** <http://hop.clickbank.net/?lager/livewell>

## **RAISING KIDS WITHOUT RAISING YOUR VOICE!**

Hi, I'm John Schneider...and **this is the most amazing parenting program I have ever seen.**

Twenty years ago my wife Lynn and I opened our home to children that had no place to go. At first we took only a few children, but soon our home grew in numbers, and eventually **we were caring for over 12 children at one time.**

The Stop Yelling Program was a very important project for me. It was created to help families work together more effectively, and be harmonious which is why I offer so much more than just the book. You see I just wanted to write a parenting program that would cover all the bases, help as many parents as possible, and cost about the same as a typical book in your local bookstore. So while it only costs you the price of a book, you get much more.

The really GREAT part about my program is you not only get one E-book, but two interactive E-books with video and audio clips contained in the books, Raising Kids Without Raising Your Voice, and Kids Learning To Earn, plus my private parent COACHING service for life, and my bi-monthly newsletter. **To date, Lynn and I have used these proven techniques to raise over 65 children at Rainbow House.**

**To learn more, click here:** <http://hop.clickbank.net/?lager/speaker>

## NEGATIVE CALORIE FOODS

Can a food actually have not only no calories, but even negative calories? Could you literally eat your way to fat loss...the more you eat the more you lose? The Negative Calorie Diet program claims that you can **lose 14 lbs. in 7 days** by eating negative calorie foods. It doesn't hurt to check the diet out!

**To learn more, click here:**

<http://www.negativecaloriediet.com/?hop=lager.20bucks>

---

## WRAP YOURSELF SLIM AT HOME! Body Wraps Exposed eBook!

The benefit of creating a permanent and natural inch loss has created a great deal of excitement. Body wrapping is a therapeutic treatment that works by actually SHRINKING the fat cells. The inch loss is NOT a temporary water loss nor is it caused by compression. It is REAL fat loss!

**To learn more, click here:**

<http://www.wrapyourselfslim.com/?hop=lager.wrapslim>

---

## DRAMATIC ASTHMA RELIEF

A fully documented report about a genuinely effective alternative treatment for asthma & allergies.

**To learn more, click here:**

<http://hop.clickbank.net/?lager/asthmafree>

## CURE YOUR CANCER

Bill Henderson is the author of "Cure Your Cancer." The 145-page e-book, published in April 2001, is a guide to co-doctoring for cancer patients in the Internet age. The book available at: [www.getandstaywell.com](http://www.getandstaywell.com)

Download a **FREE** 34-page sample of Cure Your Cancer!

**CLICK ON THIS LINK TO DOWNLOAD NOW!**

<http://www.healthrecipes.com/cancer/cancer.pdf>

Download the **FREE** Acrobat Reader before downloading the free sample!

<http://www.adobe.com/products/acrobat/readstep2.html>

His book includes four "bonus" books: "Stop Your Aging With Diet," "Stop Your Aging With Exercise," "Beating Diabetes," and "Cure Your Back Pain."

---

## EBOOK FARMING, How to grow money selling your own words and ideas!

Do you realize there are more products purporting to tell you the Secrets of Getting Rich on the Internet than there are individuals actually making a good living at it?

Between the take-your-money-and-run scams, MLM opportunities that just don't work, and self-anointed marketing experts that make their real living in the dirt world, the average person doesn't stand much of a chance at filtering through the garbage to find the real opportunities that do exist.

I do earn my living from the Internet, and I have no other job. I get up when I want and work when I want, all from the comfort of my home office. You can too, and I'll show you how. If you're willing to work at it (this is NOT a get rich quick plan, you know darn well there is no such thing), this is how it will happen for you:

- You will learn how to research and write your own eBooks.
- You will work at your own speed and set your own goals.
- You will learn how to set up automatic order processing.

- You will learn how to start an affiliate program to have others help sell for you.

You can make good money on the Internet, period. I started part-time while working in a paper mill in 1997. By the year 2000 I was working for myself, making twice what I did at the paper mill, all the while working from home and loving it. I did it by setting up multiple income streams. Each eBook you write can be an income stream. This is something the average person can do to earn money 24 hours a day online.

**To learn more, click here:** <http://hop.clickbank.net/?lager/boogie>