

# Whitewater

Fitness and Nutrition

Sport Performance

Swim / Tri / Clinics

Client: George Smith

Goal: Weight Loss @ 1-2 lb. per week

## Aerobic Activity

2x30 minutes per week Heart Rate 110 -130

3x10 minutes per week Heart Rate 130 -140

Goal Aerobic Activity Calories per week 1050

## Nutrition

Goal Daily Calories No Exercise 1950

Goal Daily Calories 30 minutes Exercise 2250

Goal Fat Calories 550-850

Goal Protein Calories 700-1000

Goal Carbohydrate Calories 1000-1300

## Notes:

16 oz. water with every meal

Consume protein after exercise to replenish muscle tissue

Get 8 hours sleep

Eat every 4 hours to jumpstart metabolism

*This is only a small sample of the customized Whitewater Fitness Manual. We have designed and implemented fitness programs for a wide range of clients. Each Client receives a personalized program to meet their needs. Whether you are training for a Triathlon or just need to lose a few inches, we can help you reach your goals.*

516-398-8698

[www.WhitewaterFitness.com](http://www.WhitewaterFitness.com)

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