

TAKE CONTROL OF YOUR CANCER RISK

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A PDF COMPANION TO THE AUDIOBOOK

Take Control of Your Cancer Risk

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CHAPTER ONE

Can Cancer Really Be Prevented?

NEW CANCER CASES BY SITE (YEARLY)

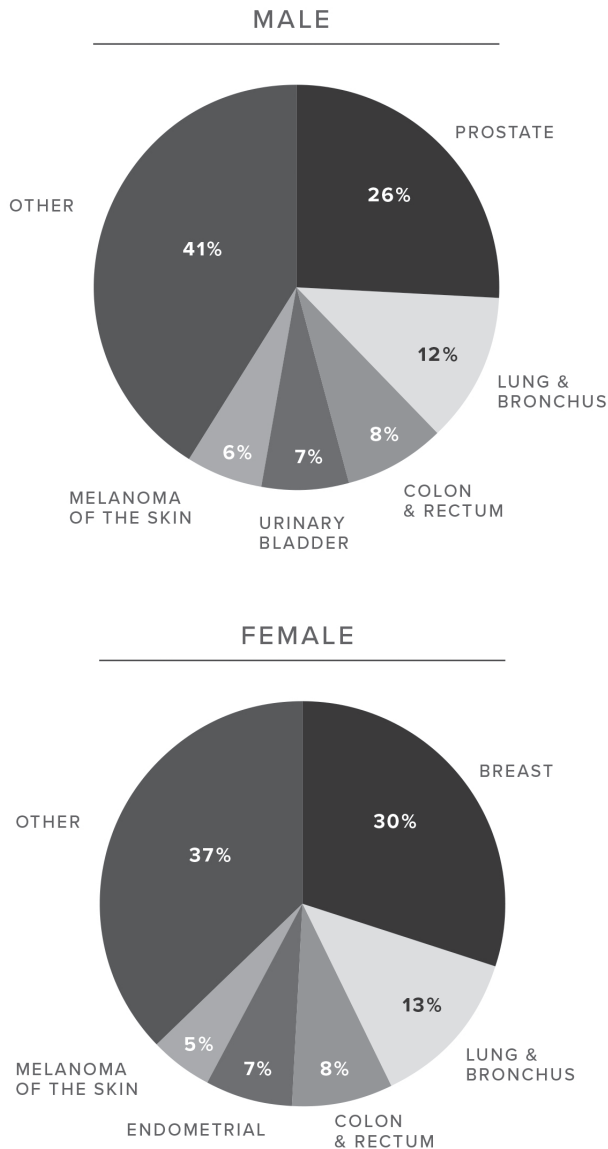
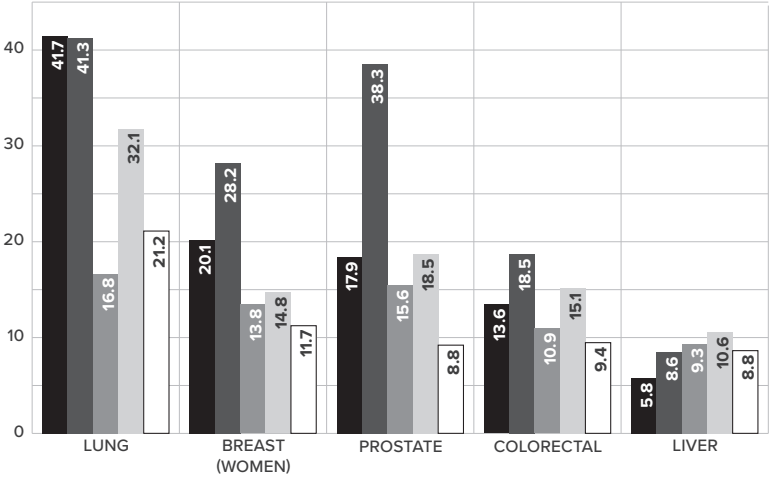


Figure 1

CANCER DEATH RATE
BY ETHNICITY

- NON-HISPANIC WHITE
- NON-HISPANIC BLACK
- HISPANIC
- AMERICAN INDIAN AND ALASKA NATIVE
- ASIAN AND PACIFIC ISLANDER



AVERAGE ANNUAL DEATH RATE PER 100,000 US STANDARD POPULATION (2014–2018)

Figure 2

CHAPTER TWO

What’s My Personal Risk for Cancer?

WAIST CIRCUMFERENCE		
HEALTH RISK	FEMALES	MALES
NORMAL	<35 IN (<88 CM)	<40 IN (<102 CM)
INCREASED	>35 IN (>88 CM)	>40 IN (>102 CM)

Figure 3

SKIN CANCER CALCULATOR

<https://mrisktool.cancer.gov/calculator.html>

COLORECTAL CANCER CALCULATOR

<https://ccrisktool.cancer.gov/>

PROSTATE CANCER CALCULATOR

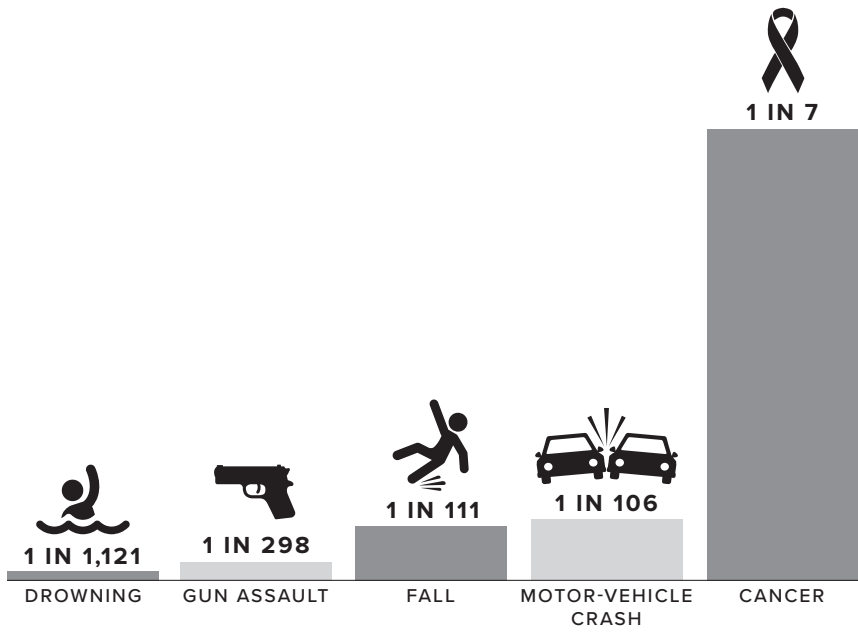
<http://www.prostatecancer-riskcalculator.com/seven-prostate-cancer-risk-calculators>

BREAST CANCER CALCULATOR

<https://bcrisktool.cancer.gov/>

LUNG CANCER CALCULATOR

analysisistools.cancer.gov/lungCancerRiskAssessment/#/






ODDS OF DEATH

Figure 4

CHAPTER THREE

How Important Are My Genes in Developing Cancer?

DEGREES OF FAMILY RELATIONSHIP

-  **First-degree relatives:** parents, siblings, children
Shared DNA: 50%
-  **Second-degree relatives:** half-siblings, aunts, uncles, grandparents, nieces & nephews
Shared DNA: 25%
-  **Third-degree relatives:** first cousins
Shared DNA: 12.5%

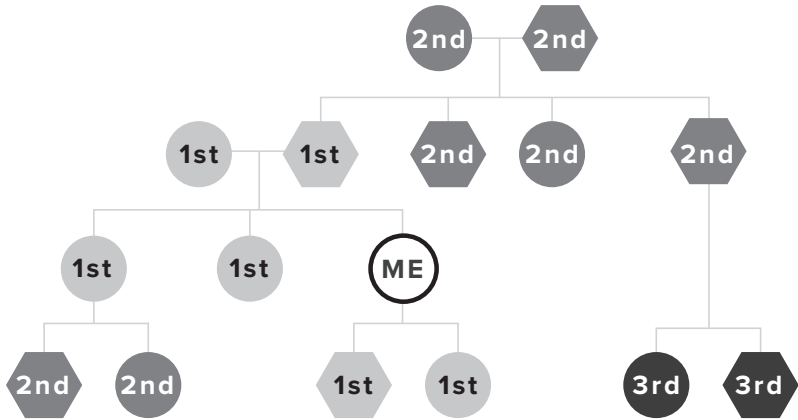


Figure 5

CHAPTER 4

Which Screening Tests Do I Really Need?

CANCER SCREENING FOR PERSONS AT AVERAGE RISK

18-29	30-39	40-49	50-64	65+	
ONCE (BLOOD TEST)					LIVER (HEP C TEST)
		COLONOSCOPY EVERY 10 YEARS or FLEXIBLE SIGMOIDOSCOPY EVERY 5 YEARS PLUS FECAL TEST EVERY 3 or FECAL TEST (FOBT or FIT) ANNUALLY or MULTITARGETSTOOL DNA EVERY 3			COLORECTAL
			DISCUSS WITH DOCTOR		PROSTATE
		OPTIONAL	ANNUALLY	EVERY 1-2 YEARS	BREAST CANCER (WOMEN)
PRIMARY HPV TESTING EVERY 5 YEARS or HPV-CYTOLOGY CO-TESTING EVERY 5 YEARS or CYTOLOGY (PAP) ALONE EVERY 3 YEARS					CERVICAL CANCER
ANNUALLY PLUS A MONTHLY SELF-EXAM					SKIN

Figure 6

CHAPTER SIX

What Type of Exercise Makes Cancer Less Likely?

EFFECTS OF EXERCISE ON THE BODY



Figure 7

MODERATE PHYSICAL ACTIVITY		VIGOROUS PHYSICAL ACTIVITY	
	BRISK WALKING	RUNNING OR JOGGING	
	VACUUMING	AEROBIC DANCING	
	BICYCLING	BASKETBALL	
	HIKING	JUMPING ROPE	
	GARDENING	SWIMMING LAPS	

Figure 8

REDUCTION OF CANCER THROUGH EXERCISE

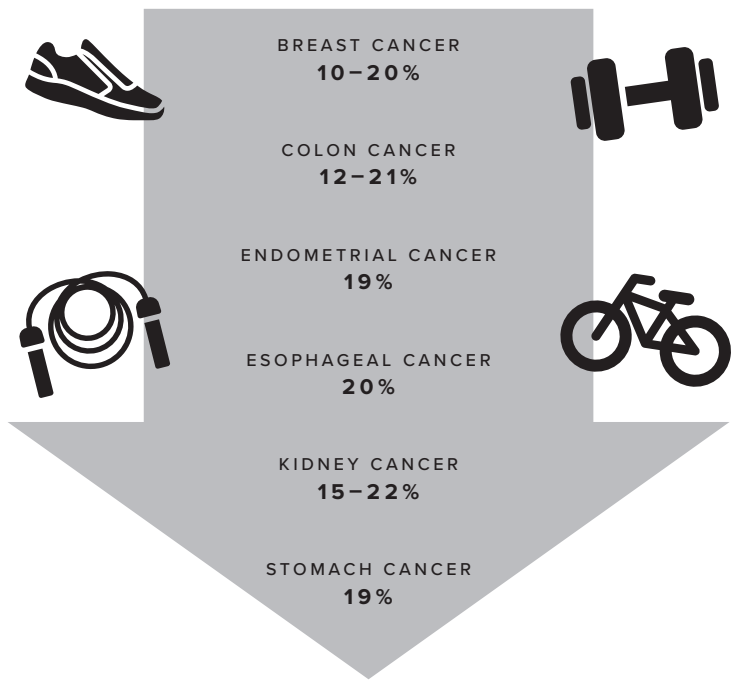


Figure 9

CHAPTER SEVEN

Is There a Mind-Body Connection?

EFFECTS OF CHRONIC STRESS

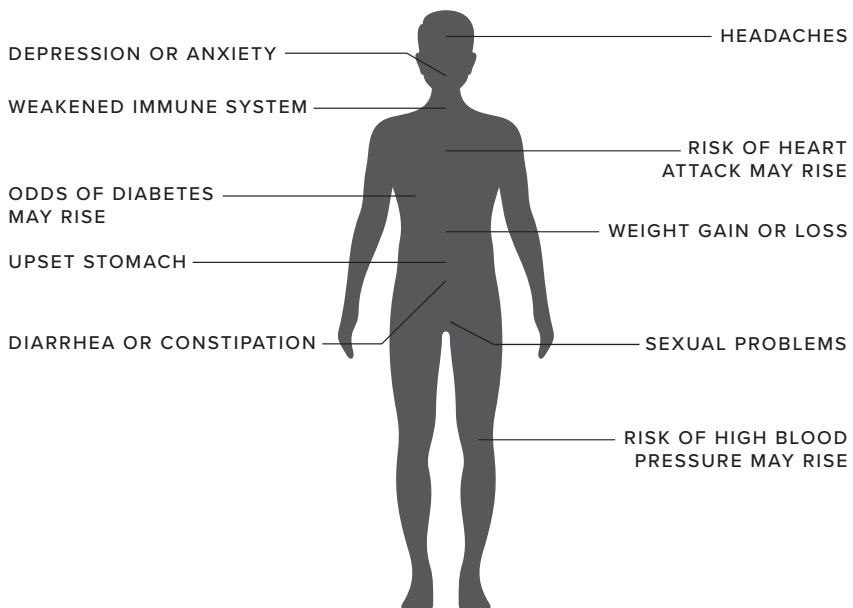


Figure 10

CHAPTER EIGHT

Can Restorative Sleep Help Prevent Cancer?



Figure 11

APPENDIX A

Sample One-Week Diet Plan

IN THIS PLAN, YOU WILL see several foods that you may have never tried or haven't eaten in a long time. I encourage you to keep an open mind, and give your taste buds a chance to enjoy what might be some new options for you. Remember, food is medicine!

Shopping List

Produce

- | | |
|--|---|
| <input type="checkbox"/> 1 pint blueberries | <input type="checkbox"/> 1 container arugula |
| <input type="checkbox"/> 1 container blackberries | <input type="checkbox"/> Tomatoes (7 medium) |
| <input type="checkbox"/> 1 container raspberries | <input type="checkbox"/> 1 head cauliflower |
| <input type="checkbox"/> 6 bananas | <input type="checkbox"/> Large bag carrots, whole |
| <input type="checkbox"/> Large container spinach (~16 oz.) | <input type="checkbox"/> 1 head broccoli |
| | <input type="checkbox"/> Small bunch grapes |

- ☐ 1 carton sliced mushrooms
- ☐ 2 large sweet potatoes
- ☐ Asparagus, 2 bunches
- ☐ 2 apples
- ☐ 1 carton blackberries
- ☐ 2 avocados
- ☐ 4 red peppers
- ☐ 1 yellow or orange pepper
- ☐ 4 small red onions
- ☐ 2 medium zucchinis
- ☐ 2 cucumbers
- ☐ 2 yellow onions
- ☐ 2 mangoes
- ☐ 3 lemons
- ☐ Bag fresh kale
- ☐ 1 carton strawberries (freeze half of carton)
- ☐ 1 individual hummus

Pantry

- ☐ 1 jar almond butter
- ☐ 1 jar peanut butter
- ☐ Honey
- ☐ Dried oats
- ☐ Walnuts
- ☐ Almonds
- ☐ Pistachios
- ☐ Dried blueberries
- ☐ Dried cherries

- ☐ Balsamic or red wine vinegar
- ☐ Extra virgin olive oil
- ☐ Italian dressing
- ☐ Coconut oil
- ☐ 2 wild-caught tuna or salmon pouches
- ☐ 3 cans low sodium black beans
- ☐ 1 can chickpeas
- ☐ 1 can salsa
- ☐ 1 can low sodium pinto beans
- ☐ 1 small jar grain mustard
- ☐ 1 small jar Kalamata olives
- ☐ Pesto sauce

Protein

- ☐ 1 dozen eggs
- ☐ 6-ounce salmon filet
- ☐ 5 large fresh raw shrimp
- ☐ Rotisserie chicken

Dairy

- ☐ Large (32-ounce) plain low-fat Greek yogurt

- ☐ Unsweetened almond milk
- ☐ Low-fat milk
- ☐ Feta cheese
- ☐ Fresh mozzarella

Frozen

- ☐ Shelled edamame
- ☐ Frozen corn
- ☐ Black bean burgers
- ☐ Premade cauliflower crust

Whole Grains

- ☐ Bag ground flaxseed
- ☐ Whole grain bread
- ☐ English muffins, whole grain
- ☐ Rice, instant brown
- ☐ Quinoa
- ☐ Soft tortilla shells, whole grain
- ☐ Dried roasted edamame
- ☐ Whole grain pasta

Miscellaneous

- ☐ Salt
- ☐ Pepper
- ☐ Garlic powder
- ☐ Dried parsley
- ☐ Red pepper flakes
- ☐ 8-ounce jar minced garlic
- ☐ Fresh basil leaves
- ☐ Paprika
- ☐ Cumin
- ☐ Fresh cilantro
- ☐ Dried oregano
- ☐ Cinnamon
- ☐ Maple syrup

Menus

An asterisk indicates an item that has a recipe in Appendix B.

Monday

BREAKFAST

- 1 cup cooked oatmeal made with dried oats and unsweetened almond milk or low-fat dairy. Top with $\frac{1}{2}$ cup blueberries, $\frac{1}{2}$ ounce walnuts, 1 teaspoon ground flaxseed.

LUNCH

Chicken and veggie wrap

- Spread $\frac{1}{4}$ avocado on whole grain tortilla shell. Layer rotisserie chicken, sliced red peppers, sliced zucchini, and salad greens down center of tortilla. Roll up tortilla.

SNACK

- 1 to 2 cups raw veggies (cauliflower, broccoli, and carrots) with 2 tablespoons hummus
- $\frac{1}{2}$ cup fresh blackberries or raspberries

DINNER

Salmon and asparagus

- Place 1 cup asparagus and 6 ounces fish in pan with 2 tablespoons olive oil. Season with salt,

pepper, garlic powder. Bake, uncovered, at 425° for 15 to 20 minutes or until fish flakes easily with a fork.

- Serve with ½ cup cooked instant brown rice.

Tuesday

BREAKFAST

- 1 cup plain Greek yogurt, topped with
 - ½ oz. almonds
 - ½ cup blueberries
 - 1 teaspoon ground flaxseed

LUNCH

Edamame salad

- Mix 1 cup frozen edamame (thawed), 1 chopped red pepper, ½ small red onion, 1 chopped tomato, ¼ avocado, ¼ cup feta cheese, ¼ cup frozen corn (thawed), 2 tablespoons oil and vinegar vinaigrette.*

SNACK

- 1 no-bake energy bar*
- 1 banana and ½ cup grapes

DINNER

Loaded baked sweet potato

- Preheat oven to 425° F. Wash potato and poke holes. Wrap in tin foil and bake for 45 to 50 minutes.

- Top with ½ cup black beans, rinsed and drained, ½ cup diced fresh tomato, fresh cilantro, pinch of cumin, and 2 tablespoons plain Greek yogurt.

Wednesday

BREAKFAST

Egg scramble

- Cook ½ cup spinach and mushrooms, add 2 eggs, ¼ cup low sodium black beans (drained and rinsed), salt and pepper to taste.
- 1 slice whole grain toast
- ½ cup blackberries or raspberries (or your choice of seasonal fresh fruit)

LUNCH

- Pesto chicken pasta salad*

SNACK

Healthy trail mix

- 2 tablespoons dried cherries
- 2 tablespoons almonds
- 2 tablespoons walnuts
- 2 tablespoons dried blueberries

DINNER

Quick quinoa and veggies

- Make ¾ cup dried quinoa according to directions.

- While cooking, sauté 1 zucchini, ¼ cup mushrooms, 1 yellow onion, 1 red pepper with 2 tablespoons olive oil. Season with salt, pepper, and garlic powder. Mix with quinoa.

Thursday

BREAKFAST

Cherry smoothie

- 1 cup plain Greek yogurt
- ¼ cup dried cherries
- 1 banana
- 1 cup unsweetened almond milk
- Blend all ingredients. Add liquid to reach desired consistency.

LUNCH

Simple salad

- 3 cups spinach
- 1 ounce fresh mozzarella
- 2 tablespoons dried cherries
- ½ cup chopped tomatoes
- 2 tablespoons oil and vinegar vinaigrette*
- Top with 2 tablespoons walnuts and 1 wild-caught tuna or salmon pouch.

SNACK

Snack box

- 1 oz pistachios

- 1 cup raw veggies (carrots, broccoli, or peppers)
- 1 hard-boiled egg

DINNER

*Easy bean tacos**

- 2 tacos (¼ cup pinto beans in each taco)
- Toppings: spinach, tomato, red onion, black beans, salsa, plain Greek yogurt

Friday

BREAKFAST

- Breakfast egg sandwich*
- 1 cup blueberries

LUNCH

- Mediterranean chickpea salad*

SNACK

- 2 sliced apples with 1 to 2 tablespoons peanut butter. Top with dried cherries, blueberries, and crushed almonds.

DINNER

*Margherita pizza**

- 2 medium slices or 3 small slices

- 1 cup spinach salad with ½ cup chopped veggies (tomato, cucumber, and red pepper) and 2 tablespoons oil and vinegar vinaigrette*

Saturday

BREAKFAST

- Banana bread baked oatmeal*
- 1 cup almond milk

LUNCH

Fruit roll-up

- Spread 1 tablespoon almond butter on whole grain tortilla shell. Add sliced strawberries, banana, 1 teaspoon flax seed. Roll up.

SNACK

Smoothie

- Blend ½ cup ice, 6 ounces plain Greek yogurt, ½ banana, ½ mango, ½ cup frozen strawberries, and ¼ avocado. Add liquid (water) to reach desired consistency.

DINNER

- 1 black bean burger (cook according to package)
- Cut whole grain bread into circles for bun.
- 1 cup simple sweet potato fries*
- Top with sliced tomato, spinach, sliced onion.

Sunday

BREAKFAST

Open-faced PB&J

- Toast 2 slices whole grain bread, add 1 tablespoon peanut butter to each slice. Top with ½ cup blackberries or raspberries (or your choice of seasonal fresh fruit).
- 1 cup low-fat milk

LUNCH

Kale and veggie salad

- 2 cups fresh kale topped with ½ cup dried edamame, ½ cup cooked quinoa, ½ cup chopped veggies (tomato, cucumber, and red pepper), and 2 tablespoons oil and vinegar vinaigrette*

SNACK

Mixed fruit

- Mix ¼ sliced banana, ¼ cup blackberries, 1 chopped fresh mango, and 1 kiwi. Squeeze one fresh lemon on top.
- With 1 cup low-fat milk

DINNER

- 10-minute Mediterranean shrimp*

APPENDIX B

Sample Recipes

NO-BAKE ENERGY BARS

1 cup almond butter	½ cup ground flaxseed
1 cup dried oats	¼ cup dried blueberries
½ cup almonds (ground in a blender or food processor)	¾ cup honey

- Mix all ingredients and place on baking sheet with parchment paper.
- Refrigerate and cut into bars.

Makes approx. 10 bars

Can freeze, covered, for up to 2 months.

BREAKFAST EGG SANDWICH

1 whole grain English muffin	Handful spinach 1 tomato slice
---------------------------------	-----------------------------------

1 ounce mozzarella
cheese

1 whole egg
2 egg whites

- Scramble egg in nonstick pan over medium high heat.
- Place cheese on one part of English muffin and top with scrambled egg, spinach, and tomato. Top with muffin and serve.

EASY BEAN TACOS

1 can pinto beans,
rinsed and drained
1 jar salsa, your choice
of spice

Soft tortilla shells,
whole grain
Desired toppings

- Warm tortilla shells in the oven on 300°F for 5 to 10 minutes.
- Serve with spinach, tomato, red onion, pinto beans (rinsed and drained), salsa, and plain Greek yogurt.

MARGHERITA PIZZA

1 premade cauliflower
crust
3 pieces fresh
mozzarella cheese
sliced to $\frac{1}{3}$ to $\frac{1}{2}$ inch
thickness
1 tomato, sliced thin
5 to 6 fresh basil leaves

2 teaspoons
minced garlic
1 $\frac{1}{2}$ tablespoons
olive oil
1 $\frac{1}{2}$ tablespoons
balsamic vinegar
Salt and pepper
to taste

- Preheat oven to 350°F. Mix garlic and oil. Brush the cauliflower crust with oil and garlic, using half the mixture. Place in oven for 5 minutes to crisp up.
- Remove from oven and place 3 slices of cheese on top of the crust, sprinkle with salt and pepper, then place thinly sliced tomatoes on top and repeat with a sprinkling of salt and pepper.
- Place back in the oven for another 5 minutes. Watch the crust closely; if it's too dark before 2 to 3 minutes, remove it from the oven immediately.
- Meanwhile, mix the remaining oil and garlic with the balsamic vinegar, stirring until a smooth emulsion forms. Chop the basil leaves.
- Once the crust is baked and the edges are golden in color, remove from the oven, drizzle with however much of the balsamic vinegar mixture you would like, sprinkle with basil leaves, slice, and serve and enjoy!

OIL AND VINEGAR VINAIGRETTE

¾ to 1 cup extra virgin olive oil	1 tablespoon Dijon mustard (or other mustard of your choice)
¼ cup flax oil (optional)	
½ cup balsamic vinegar (or other vinegar of your choice)	1 to 2 teaspoons minced garlic
	½ teaspoon sea salt

- Mix all together. Store in airtight container for up to a week.

MEDITERRANEAN CHICKPEA SALAD

For the salad

1 (15-ounce) can
chickpeas, drained
and rinsed
1 chopped medium
cucumber
1 chopped bell pepper
½ thinly sliced red onion
¼ cup crumbled feta
Kosher salt
Freshly ground black
pepper

For the lemon parsley

vinaigrette
¼ cup extra-virgin olive oil
⅛ cup white wine vinegar
1 tablespoon lemon juice
1 tablespoon freshly
chopped parsley
¼ teaspoon red pepper
flakes
Kosher salt
Freshly ground black
pepper

- *Make salad:* In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, and feta. Season with salt and pepper.
- *Make vinaigrette:* In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.
- Dress salad with vinaigrette just before serving.

10-MINUTE MEDITERRANEAN SHRIMP

5 large shrimp, peeled
1 bunch fresh asparagus
3 tablespoons olive oil,
divided
2 teaspoons minced
garlic

1 whole red onion, sliced
2 teaspoons oregano
2 teaspoons paprika
1 pinch sea salt and
ground black pepper,
to taste

1 whole lemon, juiced	½ cup fresh cilantro
¼ cup Kalamata olives	or parsley
¼ cup feta cheese	

- Preheat oven to 450°F.
- In a large bowl, season the shrimp with 2 tablespoons olive oil, garlic, salt, black pepper, paprika, oregano, and juice from lemon.
- Trim and wash the asparagus, then lay them flat on the baking sheet. Season with ½ tablespoon olive oil. Place seasoned shrimp on top of asparagus and top with sliced red onions.
- Bake for 10 minutes in the middle rack. Shrimp is cooked when the edges start to turn golden brown.
- Remove shrimp from oven and top with feta, olives, and fresh cilantro or parsley, drizzle with remaining olive oil and serve.

SIMPLE SWEET POTATO FRIES

1 large sweet potato, peeled	1 teaspoon paprika
1 tablespoon olive oil	¼ teaspoon salt
1 teaspoon garlic powder	½ teaspoon black pepper

- Preheat the oven to 400°F.
- Cut the sweet potatoes into sticks ¼ to ½ inch wide and 3 inches long, and toss them with the oil.
- Mix the spices, salt, and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets.

- Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

BANANA BREAD BAKED OATMEAL

2 cups rolled oats	3 mashed very ripe
½ cup oat flour	bananas (reserve ⅓
1 teaspoon cinnamon	of one for topping)
2 eggs	1 cup almond milk
2 tablespoons ground	¼ cup maple syrup
flaxseed	½ cup crushed walnuts
	Coconut oil, for greasing

- Preheat oven to 350°F. Spray or grease an 8- to 9-inch baking dish with coconut oil.
- In a large bowl combine oats, oat flour, flaxseed, and cinnamon. Add in bananas, milk, and maple syrup and stir to combine.
- Stir in eggs before adding crushed walnuts.
- Mixture should be thick but if too thick add a bit more milk.
- Spread out in baking dish and bake for 40 minutes.
- Top with nut butter, maple syrup, or toppings of choice. Store in refrigerator and heat in microwave if left over.

PESTO CHICKEN PASTA SALAD

1 cup dry whole grain pasta	4 ounces shredded chicken (rotisserie chicken works well)
2 to 3 tablespoons prepared Italian salad dressing	½ cup chopped tomatoes
2 tablespoons basil pesto sauce	1 ounce fresh mozzarella, cut into small pieces
1 cup fresh arugula	Cracked black pepper, for topping

- Boil pasta for 8 to 9 minutes until tender, rinse with cold water, drain, and place in a large bowl.
- Add arugula, shredded chicken, tomatoes, and mozzarella cheese.
- Whisk together Italian salad dressing and pesto sauce until smooth, then pour over pasta. Toss to combine. Top with cracked black pepper.
- Serve immediately or cover and chill up to 8 hours and toss just before serving.

BLACK BEAN BURGERS

<i>(optional, if you prefer over frozen)</i>	3 cloves peeled garlic
1 (16-ounce) can black beans, drained and rinsed	1 egg
½ green bell pepper, cut into 2-inch pieces	1 tablespoon chili powder
½ onion, cut into wedges	1 tablespoon cumin
	1 teaspoon Thai chili sauce or hot sauce
	½ cup bread crumbs

- If grilling, preheat an outdoor grill for high heat, and lightly oil a sheet of aluminum foil. If baking, preheat oven to 375°F, and lightly oil a baking sheet.
- In a medium bowl, mash black beans with a fork until thick and pasty.
- In a food processor, finely chop bell pepper, onion, and garlic. Then stir into mashed beans.
- In a small bowl, stir together egg, chili powder, cumin, and chili sauce.
- Stir the egg mixture into the mashed beans. Mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
- If grilling, place patties on foil, and grill about 8 minutes on each side. If baking, place patties on baking sheet, and bake about 10 minutes on each side, until done.

APPENDIX C

Sample One-Week Exercise Plan

Five-day-a-week full-body workout

Sunday

Workout Time

Moderate: 30 minutes to 45 minutes

Vigorous: 15 minutes to 20 minutes

	MODERATE	MODERATE	VIGOROUS	VIGOROUS
WARM UP	SETS/REPS	REST	SETS/REPS	REST
Squat stretch	3 X 10	30 seconds	2 X 15	30 seconds
EXERCISE	SETS/REPS	REST	SETS/REPS	REST
Dumbbell goblet squat	4 X 10	1 minute 30 seconds	2 X 20	45 seconds
Mountain climber jumps	4 X 15	1 minute 30 seconds	2 X 30	45 seconds
Dumbbell lunges	4 X 10 each leg	1 minute 30 seconds	2 X 15 each leg	45 seconds

Jump rope	4 X 30 seconds	1 minute 30 seconds	2 X 1 min	45 seconds
Push-up with shoulder tap	4 X 5 each arm	1 minute 30 seconds	2 X 12 each arm	45 seconds
Leg raise	4 X 10	1 minute 30 seconds	2 X 20	45 seconds

Tuesday

Workout Time

Moderate: 30 minutes to 45 minutes

Vigorous: 15 minutes to 20 minutes

	MODERATE	MODERATE	VIGOROUS	VIGOROUS
WARM UP	SETS/REPS	REST	SETS/REPS	REST
Squat stretch	3 X 10	30 seconds	2 X 15	30 seconds
EXERCISE	SETS/REPS	REST	SETS/REPS	REST
Dumbbell squat press	4 X 10	1 minute 30 seconds	2 X 20	45 seconds
Jumping jacks	4 X 30 seconds	1 minute 30 seconds	2 X 1 min	45 seconds
Dumbbell step up	4 X 10 each leg	1 minute 30 seconds	2 X 15 each leg	45 seconds
Mountain climber	4 X 30 seconds	1 minute 30 seconds	2 X 1 min	45 seconds
Side plank	4 X 30 seconds each side	1 minute 30 seconds	2 X 1 min each side	45 seconds
Leg raise	4 X 10	1 minute 30 seconds	2 X 20	45 seconds

Wednesday

Workout Time

Moderate: 30 minutes to 45 minutes

Vigorous: 15 minutes to 20 minutes

	MODERATE	MODERATE	VIGOROUS	VIGOROUS
WARM UP	SETS/REPS	REST	SETS/REPS	REST
Squat stretch	3 X 10	30 seconds	2 X 15	30 seconds
EXERCISE	SETS/REPS	REST	SETS/REPS	REST
Dumbbell shoulder press	4 X 10	1 minute 30 seconds	2 X 20	45 seconds
Dumbbell reverse lunge	4 X 8 each leg	1 minute 30 seconds	2 X 12 each leg	45 seconds
Push-up	4 X 10	1 minute 30 seconds	2 X 15	45 seconds
Jump squat	4 X 8	1 minute 30 seconds	2 X 15	45 seconds
Jump rope	4 X 30 seconds	1 minute 30 seconds	2 X 1 min	45 seconds
Leg raise	4 X 10	1 minute 30 seconds	2 X 20	45 seconds

Friday

Workout Time

Moderate: 30 minutes to 45 minutes

Vigorous: 15 minutes to 20 minutes

	MODERATE	MODERATE	VIGOROUS	VIGOROUS
WARM UP	SETS/REPS	REST	SETS/REPS	REST
Squat stretch	3 X 10	30 seconds	2 X 15	30 seconds
EXERCISE	SETS/REPS	REST	SETS/REPS	REST
Dumbbell goblet squat	4 X 10	1 minute 30 seconds	2 X 20	45 seconds
Dumbbell row	4 X 15	1 minute 30 seconds	2 X 30	45 seconds
Dumbbell lunges	4 X 10 each leg	1 minute 30 seconds	2 X 15 each leg	45 seconds
Mountain climber jumps	4 X 30 seconds	1 minute 30 seconds	2 X 1 minutes	45 seconds
Push-up with shoulder tap	4 X 5 each arm	1 minute 30 seconds	2 X 12 each arm	45 seconds
Jump rope	4 X 30 seconds	1 minute 30 seconds	2 X 1 minutes	45 seconds
Leg raise	4 X 10	1 minute 30 seconds	2 X 20	45 seconds

Saturday

Morning Workout Time

Moderate: 15 minutes to 20 minutes

Vigorous: 10 minutes to 15 minutes

	MODERATE	MODERATE	VIGOROUS	VIGOROUS
WARM UP	SETS/REPS	REST	SETS/REPS	REST
Squat stretch	3 X 10	30 sec	2 X 15	30 seconds
EXERCISE	SETS/REPS	REST	SETS/REPS	REST
Jump rope	4 X 30 seconds	1 minute 30 seconds	2 X 1 minutes	45 seconds
Mountain climbers	4 X 30 seconds	1 minute 30 seconds	2 X 1 minutes	45 seconds
Jumping jacks	4 X 30 seconds	1 minute 30 seconds	2 X 1 minutes	45 seconds
Leg raises	4 X 30 seconds	1 minute 30 seconds	2 X 1 minutes	45 seconds

Evening Workout Time

Moderate: 15 minutes to 20 minutes

Vigorous: 12 minutes to 15 minutes

	MODERATE	MODERATE	VIGOROUS	VIGOROUS
WARM UP	SETS/REPS	REST	SETS/REPS	REST
Squat stretch	3 X 10	30 seconds	2 X 15	30 seconds

EXERCISE	SETS/REPS	REST	SETS/REPS	REST
Dumbbell reverse lunge	4 X 8 each leg	1 minute 30 seconds	2 X 15 each leg	45 seconds
Push-ups	4 X 8	1 minute 30 seconds	2 X 15	45 seconds
Dumbbell goblet squat	4 X 10	1 minute 30 seconds	4 X 20	45 seconds
Dumbbell row	4 X 8	1 minute 30 seconds	2 X 15	45 seconds

Squat stretch: Sit in a deep squat and put your palms together and push your elbows into the inside of your knee as you push your knees into your elbow.

Dumbbell goblet squat: Position the dumbbell vertically at your chest. Descend by pushing your hips back and bending the knees simultaneously. Once your thighs are at least parallel with the floor (or as low as you can comfortably go), reverse the movement.

Mountain climber jumps: Start in a top press-up position with your hands flat on the floor and your feet about shoulder-width apart. Then explosively bring your knees to your chest, landing your feet on the floor and jumping back out to the starting position.

Mountain climber: Start in a top press-up position with your hands flat on the floor and your feet about shoulder-width apart. Bring one knee toward your chest and return it to the starting position. Replicate the movement with your other leg and continue alternating legs.

Dumbbell lunges: Stand with dumbbells at your side, palms facing your body. Step forward as far as you can with your one leg, bending your trailing knee so it almost touches the floor. Use the heel of your stepping foot to push your upper body back to the starting position, then repeat with the opposite leg.

Push-up with shoulder tap: Start in a top press-up position with your hands flat on the floor and your feet about shoulder-width apart. Lower your chest toward the ground by bending your elbows and pointing them behind you. Push back up to straighten your arms into top press-up position, then lift your right hand to tap your left shoulder at the top. Repeat with the opposite arm tapping.

Dumbbell squat press: Stand with your feet shoulder-width apart, hold dumbbells next to your shoulders. Descend by pushing your hips back and bending the knees simultaneously. Once your thighs are at least parallel with the floor (or as low as you can comfortably go) push your body up from the squat as you press the dumbbells over your head. Your biceps should be by your ears. Lower the weights and repeat.

Jumping jacks: Standing with feet together and your arms to your side, jumping to a position with the legs spread wide and the hands going overhead, and then returning to a position with the feet together and the arms at the sides.

Dumbbell step up: Start by standing in front of a box or bench around knee height, holding dumbbells at your sides with arms straight. Place one foot firmly on the box or bench,

then drive through that foot to lift your body up until that leg is straight and your opposite foot is elevated. Step down and repeat with the opposite leg.

Side plank: Lie on your side, legs extended in a straight line from hip to feet. The elbow of your other arm is directly under your shoulder. Make sure your head is directly in line with your spine. Engage your abdominal muscles, drawing your navel toward your spine. Lift your hips and knees from the floor. Your torso is straight in line with no drooping or bending. Hold this position.

Dumbbell shoulder press: Holding the dumbbells by your shoulders, extend through your elbows to press the weights above your head and slowly return to the starting position.

Jump squat: Stand tall with your feet hip-width apart. Descend by pushing your hips back and bending the knees simultaneously. Once your thighs are at least parallel with the floor (or as low as you can comfortably go), push your feet into the ground to explode off the floor and jump as high as you can. Bend your knees when you land, and then immediately drop back down into a squat.

Leg raise: Lie on your back with legs straight and together. With your legs together and as straight as you can, lift them all the way up toward the ceiling until your butt comes off the floor. Slowly lower your legs back down till they almost touch the floor. Raise your legs back up.

Dumbbell renegade: With dumbbells or kettlebells, get into a press-up position with a weight in each hand. Raise one of

the weights, supporting yourself on the other arm. Pull the weight upward until your elbow is slightly higher than your torso, then lower it back to the ground. Repeat with the opposite arm.

Jump rope: Hold the rope, standing in front of it while keeping your hands at hip level. Rotate your wrists, pulling the rope underneath to swing the rope and jump. You can jump with both feet at the same time, one foot at a time, or alternating between feet.

Push-up: Start in a top press-up position with your hands flat on the floor and your feet about shoulder-width apart, placing your hands slightly wider than your shoulders. Lower your body until your chest nearly touches the floor, then push yourself back up. Repeat.