from the makers of Ab Roller Plus™ comes the next ab revolution
### Table of Contents

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Consumer Warning</td>
</tr>
<tr>
<td>2</td>
<td>Important Safety Notice</td>
</tr>
<tr>
<td>3</td>
<td>Care and Maintenance</td>
</tr>
<tr>
<td>4</td>
<td>How to Assemble</td>
</tr>
<tr>
<td>5</td>
<td>Hardware Illustration</td>
</tr>
<tr>
<td>6</td>
<td>Parts List</td>
</tr>
<tr>
<td>7</td>
<td>Before Using the Abayway Pro®</td>
</tr>
<tr>
<td>8</td>
<td>Flexibility and Warm-Up</td>
</tr>
<tr>
<td>9</td>
<td>Workout Exercises</td>
</tr>
<tr>
<td>10</td>
<td>Sets and Repetitions</td>
</tr>
<tr>
<td>11</td>
<td>Abayway Pro® Settings</td>
</tr>
<tr>
<td>12</td>
<td>Abayway Pro® Six-Day Eating Plan</td>
</tr>
<tr>
<td>13</td>
<td>Abayway Pro® Nutritional Guide</td>
</tr>
</tbody>
</table>

![Abayway Pro® exercise equipment]({})

#### Warning

*Consult your physician before starting this or any exercise program.*

This is especially important for persons with preexisting health problems or who are pregnant. If you experience dizziness or faintness, discontinue use of the Abayway Pro® immediately. Do not use the Abayway Pro® or attempt any exercises until you have read this entire manual and have watched the instructional video tape. Follow all safety instructions. Thane Direct assumes no responsibility for personal injury or property damage sustained by or through the misuse of this product.

![Abayway Pro® in use]({})

#### Note

If your body weight is in excess of 220 pounds (100 kg) use at your discretion.

Distributed by: Thane Direct Inc. Toronto, Canada  www.thane.ca

Thane Direct UK Ltd., Admail ADM3996, London, W1T 1ZU  www.thanedirect.co.uk

MADE IN CHINA  (Product may vary slightly from the one pictured)
IMPORTANT SAFETY NOTICE

1. Inspect your Abaway Pro before each use to ensure proper operation.
2. Keep children and pets away from the Abaway Pro at all times. DO NOT leave unattended children in the same room with the machine.
3. Keep hair, fingers, loose clothing, pets and children away from all moving parts to avoid serious injury.
4. Position the Abaway Pro on a clear, level surface. Place mat under the unit to help keep the machine stable and to protect flooring.
5. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required.
6. Use the Abaway Pro only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
7. DO NOT place any sharp objects around the Abaway Pro.
8. Handicapped or disabled persons should not use the Abaway Pro without the presence of a qualified health professional or physician.
10. NEVER operate the Abaway Pro if it is not functioning properly.
11. Tighten all bolts on a regular basis.
12. This equipment is in compliance with EN 957-2 Class HC.

Warning:

EXAMINE YOUR ABAYAW PRO REGULARLY FOR DAMAGE AND WEAR, PAY SPECIAL ATTENTION TO COMPONENTS MOST SUSCEPTIBLE TO WEAR, I.E. CONNECTING POINTS AND WHEELS. THE SAFETY LEVEL OF THIS EQUIPMENT CAN ONLY BE MAINTAINED BY DOING SO.

NEVER USE THE EQUIPMENT IF IT IS DAMAGED. MAKE SURE TO REPLACE DEFECTIVE COMPONENTS IMMEDIATELY, AND KEEP THE EQUIPMENT OUT OF USE UNTIL IT HAS BEEN REPAIRED. CONTACT THE CUSTOMER SERVICE WHERE YOU BOUGHT THE EQUIPMENT FROM FOR REPLACEMENT PARTS.
How to Assemble

Before beginning, lay out all parts and hardware in a clear area. Put all packaging material back into the box. Familiarize yourself with all the parts and assembly by carefully reading the instructions.

**STEP 1** Place Abaway Pro flat on the ground with seat in reclined position. Take the (right) handle bar with wholes numbered 1, 2 and 3 and insert into the right middle bottom extension rod. Line up the numbered holes with the extension rod holes and insert rubber push-pin according to desired fitness level. Hole number (1) is for beginners, hole (2) is intermediate, and hole (3) is advanced.

**STEP 2** Take the (left) handle bar with wholes numbered 1, 2 and 3 and insert into the left middle bottom extension rod. Line up the numbered holes with the extension rod holes and insert rubber push-pin according to desired fitness level. Hole number (1) is for beginners, hole (2) is intermediate, and hole (3) is advanced.

**STEP 3** Adjust handlebars and seat back into the full upright position. The roller wheels should be directly behind the seat back. Take the stopper bar and place in one of three levels of difficulty. For beginner level place the stopper bar at the set of holes closest to the seat back. Intermediate users should place the stopper bar at the second set of holes. For an advanced workout, remove the stopper bar completely. Remember to place the stopper bar under the roller wheels.

**STEP 4** Adjust handlebars, left and right, facing inward or outward depending on consumer comfort and preference. The handlebars can easily be adjusted by pushing in the metal knob and twisting the handle bar into the desired position until the knob locks in place.
Hardware Illustration

The reference chart below is provided to help you identify the parts utilized to assemble the Abaway Pro. PLEASE NOTE: From time to time the manufacturer will substitute a comparable part for another. This sheet may identify parts that are not included for the assembly of the Abaway Pro.

<table>
<thead>
<tr>
<th>PART NO.</th>
<th>DESCRIPTION</th>
<th>SPECIFICATION</th>
<th>QUANTITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>END CAP</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>FOAM TUBE</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>HANDLE BAR</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>POSITION BALL</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>5</td>
<td>LEFT CONNECTION BAR</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>PLASTIC BUSHING</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>7</td>
<td>WASHER</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>8</td>
<td>LOCK NUT</td>
<td>M8</td>
<td>6</td>
</tr>
<tr>
<td>9</td>
<td>ROLLER</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>10</td>
<td>SQUARE END CAP</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>11</td>
<td>HEX HEAD BOLT</td>
<td>M8x40</td>
<td>2</td>
</tr>
<tr>
<td>12</td>
<td>RIGHT CONNECTION BAR</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>13</td>
<td>SEAT</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>14</td>
<td>AXLE</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>15</td>
<td>CONNECTION BUSHING</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>16</td>
<td>HEX HEAD BOLT</td>
<td>M8x30</td>
<td>2</td>
</tr>
<tr>
<td>17</td>
<td>BACK CUSHION</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>18</td>
<td>SEAT FRAME</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>19</td>
<td>PHILLIPS SCREW M6x30</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>20</td>
<td>HEX HEAD BOLT</td>
<td>M6x30</td>
<td>2</td>
</tr>
<tr>
<td>21</td>
<td>WASHER</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>22</td>
<td>LOCK NUT</td>
<td>M6</td>
<td>2</td>
</tr>
<tr>
<td>23</td>
<td>WHEEL</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>24</td>
<td>BEARING</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>25</td>
<td>BASE FRAME</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>26</td>
<td>RECTANGULAR PLUG</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>27</td>
<td>PULL PIN</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>28</td>
<td>HEX HEAD BOLT</td>
<td>M8x30</td>
<td>2</td>
</tr>
<tr>
<td>29</td>
<td>SUPPORT BAR</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>30</td>
<td>ADJUSTABLE BAR</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>31</td>
<td>BIG WASHER</td>
<td></td>
<td>2</td>
</tr>
<tr>
<td>32</td>
<td>NUT CAP</td>
<td>M8</td>
<td>2</td>
</tr>
</tbody>
</table>
Things to Remember Before Using the Abaway Pro®

- Please consult a professional trainer, licensed fitness authority, or physician before attempting this or any exercise machine or program.
- Use only on a level surface.
- Follow any one of the instructional video routines which compliment your level of fitness.
- Secure a firm grip on the handles at all times that is suitable and comfortable for your height.
- For best results, allow your midsection (abdominal muscles) to do the work when doing the lowering or (eccentric) phase of the exercise. On the Abaway Pro the lowering phase is the exercise. The lifting phase or (concentric) movement simply puts you back into the upright or starting position. The use of the handles to get you back into the starting position can be used to assist you up.
- We do not recommend adding resistance/weights to your body or the machine in an effort to increase the intensity. Adding resistance has a tendency to make the muscles bigger (hypertrophy), not smaller. Remember, with the Abaway Pro our goal is to elongate and strengthen the abdominal region.
- As you progress, you can increase the intensity by trying one of the following:
  1. Slow down the speed of the lowering phase of the exercise.
  2. In the lowering phase, stop and hold your position every couple of inches for a few seconds. Then lower yourself another inch or two and hold. The number of seconds you hold for depends on your strength level. Start with a second or two, then work your way up to four or five seconds. The longer you hold, and the more often you hold on the way down will greatly increase the intensity. Experiment. Have fun. But don’t do too much too soon.

Things to Avoid While Using the Abaway Pro®

- Do not lift or raise your head while performing the exercises on the Abaway Pro. This can cause undue strain on the neck and will compromise the effectiveness of the exercises.
- Do not perform any fast movements using the Abaway Pro. Fast movements create momentum which will decrease the intensity of the exercise. In addition, fast, jerky movements can cause injury to the user. If in doubt about the speed of the movement, always go slower rather than faster.

Be Careful!
**Flexibility and Warm-Up**

A flexibility or warmup program is an important aspect of all fitness or health routines. Typically, warmup routines comprise any number of mobility movements which are intended to condition the body to move more freely during activity.

Before using your Abaway Pro it is wise to spend some time warming up your body with stretching movements to allow you to become more flexible. Warm muscles will perform better and increase the positive results you will get from using the Abaway Pro.

For best results, perform the following warm up exercises before using your Abaway Pro.

**TORSO TWISTS** While standing with a slightly wider than shoulders’ width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest then lift both arms, bending them at the elbows. While keeping your focal point, slowly pivot, or twist, at your midsection as far as you can to the right then, without any jerking motions, rotate in the opposite direction past your starting point twisting as far to the left as your flexibility will allow. Try to obtain a rhythmical cadence as you twist from side to side. Perform as long as you like, 30 seconds minimum.

**SIDE LEANS** While standing with a slightly wider than shoulders’ width foot stance, fix your eyes on an object in front of you. Hold your torso upright by lifting your chest then lean to your right side as far as your flexibility will permit, while keeping both feet planted on the floor for balance. Reach your farthest most comfortable lean, without any jerking motions. Then rotate to the opposite side leaning as far as to your left as your flexibility will permit. Try to obtain a rhythmical cadence as you lean from side to side. Perform as long as you like, 30 seconds minimum.

**FORWARD LEAN** While standing with a shoulders’ width foot stance, lift your chest so your back is upright and your spine is erect. Bend your torso at the waistline and allow yourself to lean forward. Simply let your arms hang or use them to grab onto a wall or a chair for balance if needed. Lean forward as far as you feel comfortable and hold your deepest most comfortable forward position, then return to the upright position, making sure you do not bounce. Do this movement slowly as it may have a tendency to make you a little dizzy due to the lowering and lifting of your head. Perform between 3-10 forward leans.
Workout Exercises

**UPPER AB CRUNCH** Sit on machine with the legs bent at a comfortable angle with your feet placed flat on the floor. The back rest of the machine should be in the upright position with your back and neck resting comfortably against the pad. Lightly grab the handle bars and slowly begin to lower yourself backward maintaining tension on the abdominal area. Continue to lower your torso until the back pad comes in contact with the stopper bar. The moment the back pad touches the stopper bar, try to immediately lift yourself back up to the upright starting position. You may use the handle bars to assist you in lifting yourself back to the starting position. Repeat the sequence. (The number of sets and repetitions are explained page 18.)

**LOWER AB CRUNCH** Sit on machine with the legs bent at a comfortable angle with your feet placed flat on the floor. The back rest of the machine should be in the upright position with your back and neck resting comfortably against the pad. Slowly lift your legs about 4-6 inches off the ground. (It is important to remember to keep your knees slightly bent while lifting your legs off the ground). Maintaining the upright position with the back pad, slowly lift your right leg and bend your leg (knee) in toward your stomach/chest. Maintain that position for a count of 1-4 seconds. Then slowly lower the leg back to the extended position while keeping the leg 4-6 inches off the ground. Repeat that movement with your left leg, and slowly repeat that (bicycle type motion) alternating each leg. It is important to remember to perform this movement slowly as to insure keeping proper balance on the machine. Remember to pause at the both the extension position and the bent knee position with each repetition. (The number of sets and repetitions are explained below.)

An alternative way to perform this exercise is do both legs at one time. This is a slightly advanced version of this exercise, but some people find that they can maintain their balance a little better performing the exercise this way.
Workout Exercises

**TOTAL CRUNCH** The total crunch is a combination of the Upper Ab Crunch and the Lower Ab Crunch. This is an advanced exercise and should be used after your abdominals have been strengthened sufficiently by the previous two exercises.

Sit on the machine with the legs bent at a comfortable angle with your feet placed flat on the floor. The back rest of the machine should be in the upright position with your back and neck resting comfortably against the back pad. Slowly lower your torso and back pad concentrating on using your abdominals to lower your torso. Once your have completely lowered yourself and the back pad has hit the stopper bar, lift your legs up off the ground in an extended position about 4-6 inches off the ground. (Remember to keep your knees slightly bent when lifting yours legs.) Next, slowly raise your torso, using the handle bars for assistance while simultaneously bending your knees into your chest. Your knees should be fully bent (close toward your chest) at the same time you have reach the fully upright (starting position). This combines both exercises to give you a Total Crunch. Next, slower lower your legs to the extended position while at the same time you lower your torso with the back pad to the point where you are completely extended (laying) on the machine. Repeat the sequence for the desired number of sets and reps. (The number of sets and reps is explained on page 18.)

**OBlique CRUNCH** Sit on the machine and slowly rotate over onto your right hip so that your left leg lies on top of your right leg. Vary the position of your hip until you are comfortable. The back rest/pad should be in the upright position. Place the right side of your back and shoulder on the back rest and place your hands comfortably on the handle bars. Slowly lower your torso down with the back pad until you hit the stopper bar. Once that position is reach, immediately lift yourself back up to the upright starting position. Pause at top position and repeat the motion. (The number of repetitions and sets are explained below.) This motion will isolate the oblique muscles (love handles) on the left side of your abdominals/torso. To isolate the right side of your abdominals/torso, sit on the machine and slowly rotate over onto your left hip so that your right leg lies on top of your left leg. Vary the position of your hip until you are comfortable. The back rest/pad should be in the upright position. Place the left side of your back and shoulder on the back rest and place your hands comfortably on the handle bars. Slowly lower your torso down with the back pad until you hit the stopper bar. Once in that position, immediately lift yourself back up to the upright starting position. Pause at the top and repeat the motion.
Sets and Repetitions

What makes the Abaway Pro so revolutionary is not only its' REVERSE AB ACTION TECHNOLOGY, but also its' ability to perform these exercises with an infinite variety of sets and repetitions to help you reach your fitness goals. We are going to describe a few programs for you to follow that will get you started. After trying these for a few weeks you will quickly realize that by altering the speed of the movements (both raising and lowering of your torso and lifting and bending your legs), you can create just about any level of intensity you desire, from extremely easy to very challenging. You can never outgrow the Abaway Pro.

Beginners  If you are just starting out for the first time in an exercise program we recommend that you slowly break in to your new fitness routine. Perform no more than 2-3 sets of 6-10 repetitions for each exercise. Some may need to start with even less. Your initial level of fitness will determine where you start. Remember, it doesn't matter where you start, but where you end up that counts!!

Intermediate  You can increase your workout loads at the intermediate levels by adjusting the sets and reps of your workout. After a couple of weeks you will notice not only a strength increase but also an increase in your stamina (your ability to perform more exercise). When this occurs you can go ahead and add additional sets and reps to your program if you wish. With the Abaway Pro, however, it is possible to increase the intensity of your workout without doing additional sets or repetitions. This is accomplished by customizing an advanced workout.

Advanced  The key to really challenging yourself is in the speed of the exercise. The slower these exercises are performed the more effective they will be. For example, as you progress, instead of adding reps or sets, you can simply slow down the speed of the repetitions to increase the toning, shaping and strengthening effect. Instead of lowering yourself to a two count, you may try to take four or five seconds to lower yourself. Once you can do two sets of 6-10 reps at that pace, you may wish to try to lower yourself even slower. You'll see what we mean when you experiment. It's the quality, not the quantity, of the exercise you do that counts. With the Abaway Pro, less is more.
## Six-Day Menu Plan

### Day 1

**Breakfast:**
- 3 scrambled egg whites
- 1 Slice of wheat bread toasted
- 1 cup orange juice
- 2 cups of water
- 1/2 cup of grapes

**Snack:**
- Cantaloupe or pro tein bar
  - 2 cups of water

**Lunch:**
- Chicken breast 3 oz.
- Pasta w/ tomato sauce (1 c.)
  - 1/2 c. Cans
  - 2 cups of water

**Snack:**
- Non fat yogurt 6 oz
  - 2 cups of water

**Dinner:**
- Salmon steak 3 oz
- Green salad w/ low fat dressing 1 T.
  - 3 baked small red potatoes
  - 2 cups of water
  - 1 cup non fat milk

### Day 2

**Breakfast:**
- Small low fat bran muffin
- 1/2 Cantaloupe
- 1 c. Non fat Yogurt
  - 2 c. Water

**Snack:**
- 1 Apple
  - 2 cups of water

**Lunch:**
- Tuna pita (whole wheat)
  - 1 c. Non fat milk
  - 4 Whole wheat crackers
  - 2 cups of water

**Snack:**
- 1 oz low fat string cheese
  - 2 cups of water

**Dinner:**
- 3 oz lean ground turkey
  - 1 baked potato
  - Green pepper (stuff
    turkey inside)
  - 1/2 c. veggie
  - 2 cups of water

### Day 3

**Breakfast:**
- 6 oz orange juice
- 1/2 c strawberries
- Whole wheat pancakes
  - (2 small)
- 2 TBS lite maple syrup
- 2 cups of water

**Snack:**
- 1 T. all natural
  - peanut butter
  - Celery (1 or 2)
  - 2 cups of water

**Lunch:**
- Veggie wrap (whole wheat)
  - 1 oz low fat cheese
  - 3 oz chicken breast
  - Lettuce & tomato
  - 2 cups of water

**Snack:**
- Fresh fruit
  - 2 cups of water

**Dinner:**
- 4 oz Baked Fish
- Green salad (low fat dressing 1 T)
- 3 steamed asparagus
- 3 Small baked potatoes
- 2 cups of water
- 1 cup non fat milk

### Day 4

**Breakfast:**
- 1/2 Low fat cottage cheese
- 1/2 Banana
- 1 Sliced wheat toast w tsp.
  - of natural peanut butter
  - 2 cups of water

**Snack:**
- Apple or protein bar
  - 2 cups of water

**Lunch:**
- Turkey sandwich:
  - 1 T. light
  - mayonnaise/tomato
  - 1/2 c. Cans
  - 2 cups of water

**Snack:**
- Smoothie:
  - nonfat yogurt/1/2
  - berries/1 c. orange juice
  - 2 cups of water

**Dinner:**
- Pasta with vegetables
  & shrimps
  - Green salad w/ low fat
  - dressing 1 T.
  - 2 cups of water
  - 1 cup non fat milk

### Day 5

**Breakfast:**
- 1/2 C. High fiber cereal
- 1 S. Strawberries
- 1 S. Sliced wheat bread
  - toasted
- 1 cup orange juice
  - 2 cups of water

**Snack:**
- Fruit
  - 2 cups of water

**Lunch:**
- Spinach salad w/3 oz
  - chicken
  - 1 T. balsamic vinegar & 1 T.
    - olive oil
  - 1 c. wheat mil
  - 2 cups of water

**Snack:**
- Brown rice
- Shrimp
- Veggies
  - 2 cups of water

**Dinner:**
- Chicken taco
  - (corn tortilla)
  - 1/2 Low fat cheese
  - Lettuce/tomato/onion
  - 2 cups of water
  - 1 cup non fat milk
TAMILEE’S ABAWAY PRO NUTRITIONAL GUIDE

(CHECK WITH A PHYSICIAN BEFORE STARTING THIS PROGRAM OR ANY PROGRAM DEALING WITH DIET AND EXERCISE! THIS PROGRAM IS MEANT FOR HEALTHY INDIVIDUALS WITH NO MEDICAL HEALTH PROBLEMS!)

Nutrition
Its Importance and Overview

Being a fitness professional for over 20 years, I can tell you that the formula for getting in shape and looking great is a 70/30 split; 70% nutrition and 30% exercise! Although an important factor in weight reduction is to increase your metabolic rate, limiting calorie intake is the key element. Metabolic rate is the rate at which your body burns calories all day long. Thus, increasing your metabolic rate will help you to burn more calories faster all day long and in turn you will drop weight! Sounds easy right?

The first thing to do is eat small, but balanced meals every 3 to 4 hours. Portion sizes, which I will show you in a chart later, are also very important. You must make good food choices containing a complex carbohydrate, a lean protein, and good fat. Being able to read food labels and make good choices when ordering out is the key to your success. Drinking water, 120 ounces a day, and of course increasing your lean body tissue with exercise, is also an essential part of the process!

This is the program in a nut shell, now lets get down to specifics!

5 Meals a Day
Healthy Eating Plan

As I stated earlier, eating 5 small meals every 3 to 4 hours is the plan. Start your day with a good healthy breakfast to initiate the burning process. Your body needs a source of protein and carbohydrate at breakfast. Continue your day eating a good source of protein, carbohydrates and some fats every 3 to 4 hours, totaling 5 meals. (See the AB-AWAY PRO’S HEALTHY FOOD CHOICES’ table for options!) Do not let your body go more than 4 hours without food as you may slow down your metabolism.

Each meal should consists of a balance of your complex carbohydrates (brown rice, wheat bread, pasta, etc.), simple carbohydrates (fruit), lean proteins (chicken, egg whites, fish), and or low fat dairy products that contain high amounts of protein (cottage cheese, yogurt etc). Use minimal amounts of fats (see below for amounts). Examples of good fat would be: all natural peanut butter, olive oil, almonds, avocados, and flax seed oil.

The Food Guide pyramid, which is the foundation for any healthy diet. It is a good guide to mirror, then tweak it a little for your individual needs:

Healthy-eating plan breaks down as follows:

<table>
<thead>
<tr>
<th>Starches</th>
<th>3-4 servings per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>2-3 servings per day</td>
</tr>
<tr>
<td>Vegetables</td>
<td>At least 3-4 servings per day</td>
</tr>
<tr>
<td>Protein</td>
<td>6-10 ounces lean or Protein from dairy</td>
</tr>
<tr>
<td>Fat</td>
<td>1-2 servings per day</td>
</tr>
</tbody>
</table>

An example of a great breakfast would be 3 egg whites, a piece of wheat toast with a tbsp. of natural peanut butter, and an apple. A healthy snack would be a cup of low-fat cottage cheese, a hand full of grapes and maybe some baby carrots with a tablespoon of non-fat ranch dip. A perfect dinner would consist of a 6-ounce piece of halibut, a side of broccoli, and a 4-ounce baked potato with a tbsp. of non-fat sour cream!

For quicker results, always pick some kind of lean protein to eat first then match it with a complex carbohydrate rather than a simple sugar. This will even out your blood sugar so your body will burn fat rather than excess sugar in your blood stream!
# Portion Sizes for Weight Control

## Carbohydrates (grains, fruits, and veggies)

<table>
<thead>
<tr>
<th>Item</th>
<th>Portion Size</th>
<th>1 Cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>1 slice</td>
<td></td>
</tr>
<tr>
<td>Bagel</td>
<td>1/2 medium</td>
<td></td>
</tr>
<tr>
<td>English muffin</td>
<td>1/2</td>
<td></td>
</tr>
<tr>
<td>Muffin</td>
<td>small</td>
<td></td>
</tr>
<tr>
<td>Pasta</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Cereal</td>
<td>1 oz</td>
<td></td>
</tr>
<tr>
<td>Cooked cereal</td>
<td>1/2 cup cooked</td>
<td></td>
</tr>
<tr>
<td>Raw fruit</td>
<td>1 medium</td>
<td></td>
</tr>
<tr>
<td>Canned fruit</td>
<td>1/2 cup</td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td>3/4 cup</td>
<td></td>
</tr>
<tr>
<td>Dried fruit</td>
<td>1/4 cup</td>
<td></td>
</tr>
</tbody>
</table>

## Proteins (Meats, Dairy, and Nuts)

<table>
<thead>
<tr>
<th>Item</th>
<th>Portion Size</th>
<th>1 oz</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey</td>
<td>3 oz</td>
<td></td>
</tr>
<tr>
<td>Chicken</td>
<td>3 oz</td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td>3 oz</td>
<td></td>
</tr>
<tr>
<td>Lean red meat</td>
<td>3 oz</td>
<td></td>
</tr>
<tr>
<td>Milk, non-fat</td>
<td>1 cup</td>
<td></td>
</tr>
<tr>
<td>Yogurt, low fat</td>
<td>1 cup</td>
<td></td>
</tr>
</tbody>
</table>

## Fats and Oils

<table>
<thead>
<tr>
<th>Item</th>
<th>2 T</th>
<th>1 T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil</td>
<td>Margarine</td>
<td>Fat Free Spreads</td>
</tr>
<tr>
<td>Butter</td>
<td></td>
<td>2 T</td>
</tr>
</tbody>
</table>

## AB-AWAY PRO’S HEALTHY FOOD CHOICES

These are the foods I recommend choosing when planning our day. They are the highly nutritional and fat burning foods. I suggest eating healthy meals form this chart six days out of the week and on the 7th day, give yourself a free day, eat what you want with in reason. You’ve got to live a little right? Do still pay attention to your portions please!!

<table>
<thead>
<tr>
<th>PROTEINS</th>
<th>CARBOHYDRATES</th>
<th>VEGGIES</th>
<th>GOOD FATS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg whites/</td>
<td>Whole wheat bread</td>
<td>Green beans</td>
<td>Mono-unsaturated fats</td>
</tr>
<tr>
<td>Substitute</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skim/no fat milk</td>
<td>Whole wheat pita</td>
<td>Broccoli</td>
<td>Canola oil</td>
</tr>
<tr>
<td>Low/no fat</td>
<td>Wheat, grain bagel</td>
<td>Asparagus</td>
<td>Olive oil</td>
</tr>
<tr>
<td>Cottage cheese</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken breast</td>
<td>Wheat English mff</td>
<td>Carrots</td>
<td>Peanut oil</td>
</tr>
<tr>
<td>Turkey breast</td>
<td>Brown steamed rice</td>
<td>Cucumber</td>
<td>Avocado</td>
</tr>
<tr>
<td>Tenderloin beef</td>
<td>Grapes</td>
<td>Lettuce</td>
<td>Fat free spreads</td>
</tr>
<tr>
<td>Hallibut</td>
<td>Cantaloupe</td>
<td>Mushrooms</td>
<td>All natural peanut</td>
</tr>
<tr>
<td>Salmon</td>
<td>Banana</td>
<td>Tomato</td>
<td>nuts</td>
</tr>
<tr>
<td>Swordfish</td>
<td>Apple</td>
<td>Spinach</td>
<td>Flax seed oil</td>
</tr>
<tr>
<td>Lobster</td>
<td>Orange</td>
<td>Peas</td>
<td></td>
</tr>
<tr>
<td>Crab</td>
<td>Strawberries</td>
<td>Onion</td>
<td></td>
</tr>
<tr>
<td>Red snapper</td>
<td>Oatmeal</td>
<td>Cabbage</td>
<td></td>
</tr>
<tr>
<td>Shrimp</td>
<td>Non fat yogurt</td>
<td>Celery</td>
<td></td>
</tr>
<tr>
<td>Haddock</td>
<td>Pasta</td>
<td>Brussels sprouts</td>
<td></td>
</tr>
<tr>
<td>Orange rufy</td>
<td>Beans</td>
<td>Zucchini</td>
<td></td>
</tr>
<tr>
<td>Tuna (white)</td>
<td>Potato</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soybeans</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Calories do Count!

What is a calorie? A calorie is not a nutrient nor is it a good guide to the value of food. It is more like a ruler to measure the energy that a food will yield in the body. There is a big difference between 100 calories coming from a sugar cookie and a 100 calories coming from egg whites. So if your day is made of 1800 calories from simple carbohydrates and small amounts of protein, you may put on pounds instead of taking them off.

Foods that are high in potential value, (a term that signifies the amount of chemical energy that may be released as heat when food is metabolized) are high in calories. While foods low in potential value are low in calories. Therefore, it is important to keep your calories low and make good choices. Protein and complex carbohydrates will help to increase your lean tissue, which in turn will increase your metabolism.

Not only do calories count but also the type of calories you choose can affect your moods. The typical 2pm-energy crash that most people feel at that time of the day is usually related to their nutrition. Eating 5 balanced meals will keep your energy up.

Another myth is that sugar gives an energy and mood boost. Simple carbohydrates (sugars) stimulate insulin secretion, which decreases blood sugar. You may receive an instant rush of energy but what will follow will be a bigger decrease of energy and mood swings...and so on.

Water Intake

Water is a very important part of your healthy life style plan. Water is not only a great fat metabolizer but will flush out any toxins and excess body fat in your body. I suggest drinking 120 ounces or 10 cups a day. 16 ounces/2 cups before each 5 meals is an easy way to remember plus it helps curb your appetite. Water is also beneficial because it keeps your hydrated, which helps your skin look and feel better.

1 or 2 cups of coffee in the morning is OK but no cream and sugar. Limit diet soda’s, they are high in saccharin and sodium. Herbal tea is OK but watch out for tea with caffeine because it will dehydrate you and stimulate your appetite.

Cooking Tips

1. Broil, bake, barbecue, or steam foods with water!
2. Avoid adding unnecessary fat or oil. Non-fat cooking sprays are ok in moderation!
3. Cook with lemon, vinegar, low sodium low fat chicken broth, or small amounts of fat-free marinades!
4. Spices are ok, but avoid salt or any spices with sodium in them!
5. Try a fat replacement product or applesauce instead of oil.
6. Be careful with nuts in recipes, sprinkle on top instead of adding to entire recipe.

Label Reading

The first thing to look at on a food label is the serving size. The items on the label like fat, calories, sodium, etc. are based on the serving size. For example when a label says it has only 2 grams of fat per serving and the serving size is the size of a pea, depending on other ingredients and what the food is, this could indicate a high percentage of fat per serving, if you eat a large amount!

Be aware of deceiving food labels on the market today in products marked low fat, 98% fat free, reduced fat or low cholesterol. Some manufacturers are misleading you into believing that these products are good for you.

Here is how to calculate calories and the true fat content on the labels. Carbohydrates, fats, and proteins are listed by weight in grams. For example, 5 grams of fat in one serving would have 45 calories for that serving 5 x 9 = 45

1 gram of protein = 4 calories
1 gram of carbohydrates = 4 calories
1 gram of fat = 9 calories

The Sugar in some labels is carefully hidden sometimes under other names such as: high-fructose corn syrup, sucrose, lactose, maltose, or dextrose. Make sure the sugar content is less than 20 grams. If it is above that, be careful, sugar turns to fat if not used!
The fat content of food is usually broken down into total fat and saturated fat. The saturated fat, the fat from animal products, is what you need to stay away from. Remember, fat can be listed as: triglycerides, land, oil, hydrogenated vegetable shortening, lecithin, palm kernel oil.

In conclusion, don’t fall victim to manufacturer’s marketing schemes. Take the time to read labels and remember whole, natural, and plant foods are best.

Dining Out

There is a new wave of American looking for healthy dining and low fat choices today. Fortunately, restaurant response has been more accommodating with special orders. Some restaurants even have a section for healthy, low fat meals! Just because you are on the go or eat out for business reasons, doesn’t mean you can’t eat healthy! Here are some tips:

1. Remember portion control, start with the protein and veggies and limit the simple sugar and white flour products.
2. Order grilled or baked, not fried.
3. If possible order all sauces on the side. Choose a mariner or a light wine sauce. Never have any kind of cream, white, or cheese sauce.
4. Salad dressings: ask for low or non-fat options first, then ask for lemons to squeeze on top or vinegar. Caesar dressing is loaded with fat!
5. Remember to drink 16 ounces/2 cups of water before each meal.
6. Tell the waiter that you do not want any butter, or oil on your food.
7. Carbohydrate choice should be a plain baked potato or black beans.
8. If you have to go fast food, order a grilled chicken sandwich with no mayo and if possible, make a lettuce wrap for the bun!
9. Totally avoid your high sugar drinks and milk shakes. Diet sodas are ok in small amounts as long as you drink your gallon/120 ounces of water a day. 1 or 2 small cups of coffee in the morning are ok, just not all daylong.
10. Lastly on occasion if you have to order a dessert, share it with someone and just take a few bites!

Tips to Keep You Motivated!

1. Never say you are on a diet, you are on a well-balanced eating plan.
2. Don’t stuff yourself ever, just be satisfied!
3. Stay away from processed food as much as possible.
4. Chew gum while baking, especially during the holidays.
5. Plan your meals the night before so you aren’t tempted to stray, and bring your meals with you.
6. Never skip snacks or meals, avoid overeating in the next sitting.
7. If you have to cheat, choose snacks like: air popped pop corn, unsalted pretzels, sugar free snacks, rice cakes, soybeans, or low fat frozen yogurt.
8. Take a multivitamin with breakfast and never forget to have a water bottle with you at all times!
9. Give yourself one free day a week to eat whatever you want. This will keep you motivated and have something to look forward too.
10. Be as active as possible, every step counts!