

# BODYWEIGHT PILATES



**Lean Body: Core**

## **BODYWEIGHT PILATES – Lean Body Diet Core Manual**

Copyright © 2004-2015 360Pilates Workout. All Right Reserved.

No part of this information may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, distributing, or by any information storage or retrieval system, without permission in writing from the author. The author and publisher disclaim any responsibility for any adverse effects or consequences from the misapplication or injudicious use of the information presented in this text.

**Inquiries should be addressed to 360Pilates Workout ([support@360pilatesworkout.com](mailto:support@360pilatesworkout.com))**

### **Disclaimer**

Fitness training in any form involves a potential risk for serious injury, health complications, or death. The dietary and exercise techniques discussed and utilized in this manual are planned and demonstrated by highly trained professions, and should no be attempted by anyone, regardless of age or physical condition, without help from a fitness professional, medical doctor or registered dietician/licensed dietician. Anyone who attempts any of these techniques, whether under supervision or not, assumes all risks. Neither 360Pilates Workout, [www.360pilatesworkout.com](http://www.360pilatesworkout.com), nor any business affiliates of 360Pilates Workout shall be held liable to anyone for use of any of these exercises, diet plans, or any advice whatsoever contained within this book. This Lean Body Nutrition Plan is informational and for your entertainment only. The data and information contained herein are based upon information from the author's own personal experience and practice gained by various sources, some peer-reviewed, and some not. The author and publisher of this manual makes no warranties, expressed or implied, regarding the currency, completeness or scientific accuracy of this information, nor does it warrant the fitness of the information for any particular purpose. This summary of information from anecdotal experience, books, research journals and articles not intended to replace the advice or guidance from health care professional, personal trainers, corrective exercise specialist, or registered and licensed dietitians. It is not intended to direct their behavior or replace their independent professional judgment. Be fore you embark on any health, fitness or sports training programs, seek clearance from a qualified health care professional.

### **Terms & Conditions**

1. I am aware that Bodyweight Pilates and it's member are not medical doctors and are not qualified to determine a participant's physical capability to engage in strenuous exercise.
2. I am aware that 360Pilates Workout and it's member are not registered/licensed dietitians are not qualified to provide nutritional counseling and guidance.
3. Medical clearance from my physician may be required prior to participation in any exercise program and/or engaging in any of these exercise contained within this manual.

## Table of Contents

<b>Welcome.....</b>	<b>4</b>
<b>How to Use Lean Body Diet Core .....</b>	<b>4</b>
<b>Fat Fighting Enzyme .....</b>	<b>5</b>
<b>3 Super Foods to Avoid.....</b>	<b>6-7</b>
<b>Hormone Balancing.....</b>	<b>8</b>

# Welcome!

I'm excited for you to dive into the Lean Body Diet Core Manual! You'll find valuable information in the manual below...

Below I've shared with you the menu and suggested foods to consume within the first week of starting your Bodyweight Pilates program. Getting you on track and eliminate harmful foods from your daily regimen.

Have fun and enjoy!

Sylvia Favela

Author|Creator: 360Pilates™, Bodyweight Pilates™

## How To Use The Lean Body Diet - CORE Manual

The LBD CORE manual will show you how to eat delicious toxic-fighting foods that automatically cleanse your body of free radicals and toxic build up.

Below is a list of the 3 Components to follow as you start your CORE Phase.

Read through the list and follow each component and the suggestions as see fit for you.

It is important you start with the list below as you proceed to the next phase in the program. Refer to this manual at any time in your Bodyweight Pilates Program.

*Fat Fighting Enzyme*

*3 Super-foods to Avoid*

*Hormone Balancing*

# Lean Body Diet – CORE Manual

## Fat Fighting Enzyme

You may have heard adding lemon to your water is healthy and a must have every morning.

Yes, lemon contains properties to help detoxify the body and break down the fat enzymes leaking into your belly causing the stubborn belly fat to hang out.

Lemon juice may cleanse toxins out from the body.

***Drink warm water with lemon in the morning on empty stomach.***

Lemon juice when mixed with hot water has been known to send surges of fat fighting enzymes directly into the fat pockets located far deep inside your belly.

It can also help to relieve many digestion issues such as heartburn, irritable bowel syndrome, constipation, and parasites. It also relieves hiccups.

By spiking your water with a simple lemon wedge can help shoo away cellulite in three ways:

- By hydrating your body
- Flushing out toxins
- Delivering a bit of vitamin C.

## 3 super foods to avoid causes cellulite

### **Dairy**

Cottage cheese in particular is a food you'd want to avoid. What's the connection between the cottage cheese you get at the grocery store and the cottage-cheese-like dimpling on your booty? SODIUM.

Even though the breakfast favorite doesn't taste salty, a one-cup serving can carry almost 700 milligrams of the mineral – more than third of what you're supposed to have in an entire day.

Your alternative? Switch to Greek yogurt, low-salt and high in protein.

### **Berries**

Specifically Cranberry or other berries juices. Fruit juices are processed filled with large amounts of sugar. Mostly refined sugar. Our bodies naturally produce collagen – the protein that supports the appearance of smooth, un-dimpled skin.

Unfortunately, sugar is known be a nutrient accelerating collagen's demise.

Keep this is mind next time you're tempted to grab yourself a fruit juice.

Instead, switch to fresh berries.

Berries, such as blueberries, raspberries and cranberries are super foods but when eaten in it's natural state not processed. It helps to tame inflammation throughout the body especially in the belly.

## Chocolate

Chocolate it's so good and satisfies your sweet tooth. It's considered a super-food. However, only specific type of chocolate is a super-food.

If you grab a chocolate bar at the check-out stand at the grocery store they are filled with artificial sweeteners, high fructose corn syrup and extra preservatives.

Refined sugars as explained above speeds up the aging process and spikes insulin levels in the blood.

However, you can still enjoy the chocolate super-food.

By switching to Dairy free chocolate, in moderation of course. It can help elevate mood, improve blood flow and even lower blood pressure.

*Helps to reduce inflammation, specifically around the lower belly pooch.*

Can also help to reduce bad cholesterol and is loaded with antioxidants, which can help prevent cell damage.

Keep in mind though, chocolate's numerous health benefits isn't a license to set up camp in the candy aisle.

Manage you "does" keeping yours to a modest 1oz serving, a few times a week. With only high-quality, dairy-free dark chocolate that's at least 70% cocoa.

## Hormone Balancing

Balanced hormones can help to keep stubborn weight off around your belly, hips and thighs with easy to find grocery store items.

When hormones are unbalanced it can cause your body to hold onto weight in the most unsightly areas, like the butt, hips and thighs.

Hormone levels can become imbalanced due to a variety of reasons including diet, disease, stress, thyroid disorder, hysterectomy and menopause. An imbalance in hormone levels can lead to weight fluctuations, moodiness, acne, sexual dysfunction and decreased fertility.

Diagnosing hormone imbalance will require a doctor who specializes in this type of disorder, such as a gynecologist or endocrinologist. Once you have been diagnosed, there are some things you can do to balance hormones and begin to feel more like yourself.

Here are 2 natural ways to help keep balance:

### ***Drinking green tea:***

The secret of green tea lies in the fact it is rich in catechin polyphenols, particularly epigallocatechin gallate (EGCG). EGCG is a powerful anti-oxidant:

### ***Fish oil:***

Fish that are especially rich in the beneficial oils known as omega-3 fatty acids include mackerel, tuna, salmon, sturgeon, mullet, bluefish, anchovy, sardines, herring, trout, and menhaden. They provide about 1 gram of omega-3 fatty acids in about 3.5 ounces of fish.

**Research known USES:** lower blood pressure or triglyceride levels (fats related to cholesterol).

The most common causes of [high triglycerides](#) are [obesity](#) and poorly controlled [diabetes](#). If you are overweight and are not active, you may have high [triglycerides](#), especially if you eat a lot of [carbohydrate](#) or sugary foods or drink a lot of alcohol.