

AMP-K Diet Activity Plan

Move your body with some form of activity for 30 to 60 minutes per day for optimal weight loss and overall health & well-being.

SIMPLE ACTIVITY TIPS

WALK

Walk 3 miles in less than one hour either before breakfast or after dinner.

UPPER BODY PUSH UPS & SIMPLE SQUATS

Do simple upper body push-ups against a counter and do simple squats in and out of a chair.

EXERCISE BANDS

Exercise bands are an easy way to help burn fat and build lean body mass. Consult your doctor as to which bands may be most appropriate for you.

DAILY ACTIVITY

Be active as much as possible. Walking your dog, actively playing with your children or grandchildren and gardening are all enjoyable ways of getting your blood pumping and burning up those extra calories.

JOIN AN EXERCISE CLASS

Group classes can be extremely motivating and fun!

- Zumba
- Pilates
- Spinning
- Water aerobics
- Yoga & More!



Stay Active & Make Exercise An Enjoyable Part of Your Day!

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease or condition. Consult your healthcare practitioner prior to beginning any dietary supplement regimen, weight loss protocol, or dietary modification.

For more information visit www.GreensFirstLean.com