

THE MEGA-T® PLUS EXERCISE PLAN

The MEGA-T PLUS DIET AND EXERCISE PLAN is designed to help you lose weight, lower cholesterol and improve your overall well-being. To be able to do this, you have to get exercise. This plan is just one possible plan that can be used. It includes an easy-to-follow program of moderate, low-stress calisthenic exercises that will be an important part of achieving your goal to lose weight.

These exercises will help you lose fat, firm your body and fight fatigue. Do 10 to 12 repetitions of each exercise. Rest for 30 to 60 seconds between exercises.

Before beginning any exercise program, consult your physician/healthcare provider.

FLEXIBILITY WARM UP EXERCISES

1. Arm Circles: With your arms straight out from your sides, rotate them counter clockwise 10 times making a circle with a diameter of about 2 feet. Repeat in the clockwise direction.



2. Twisters: From the same position, and with your feet spread about 30 inches, twist all the way to the right and hold for a count of 10, then to the left. Repeat twice more in each direction.



3. Toe Touches: Stand comfortably with feet slightly apart. Keep the legs straight, slowly bend over and reach as far as you can. Hold for a count of 5 seconds and repeat several times.



4. Back Stretches: With your feet spread apart slightly more than shoulder width, bend over and reach as far as you can between your legs and touch the ground. As before, do this slowly, hold for a count of 5, and repeat several times.



5. Achilles Tendon Stretches: Stand in front of a wall approximately 3 feet away, keeping your feet flat on the floor. Place your hands on the wall and lean forward as if doing a push-up. You should feel your calf muscles stretching. Again execute slowly, holding for 10 seconds and repeat several times.



6. Trunk Benders: With one arm extended up over your head and the other on the hip, slowly bend sideways at the trunk and hold for a count of 10. Do this to each side several times.



7. Sprinter Stretches: From a squatting position with hands on the floor, extend the right leg backwards as far as possible and hold for a count of 10. Do this with each leg several times.



8. Sit and Reach: From the seated position, and with your legs straight out in front of you, bend over slowly. Try to touch your toes and put your head on your knees. Hold for a count of 10 and repeat several times.



9. Knee-Chest: Lie flat on the floor with your legs extended and pull your right knee up to your chest and hold for a count of 5. Do the same with the left and repeat each several times.



10. Groin Stretch: From the seated position, pull your heels as close to the buttocks as possible. Then slowly press your knees down towards the floor. Hold for a count of 10, then repeat several times.



CALISTHENICS

1. Thighs Modified Knee Bends: With your feet as wide apart as your shoulders, your toes pointed straight ahead, and your hands on your hips, squat until your thighs are parallel to the ground. Be sure and keep your back straight.



2. Arm & Shoulder Extensors
a. Full Pushups: With your toes on the ground, lean forward and put your hands on the ground about shoulder width. Keeping your back straight, lower your upper body to the ground and back up again.



b. Modified Pushup: Same as above, except do these with your knees on the ground, not the toes. Don't forget to keep the back straight.



3. Back Benders: Lie on your stomach with your hands and fingers interlocked behind your head. Then raise your trunk up off the floor as high as you can.



4. Calf Muscles Toe Raises: With your hands on your hips and standing erect, raise up on your toes as high as possible. To make it a little harder, place a 2-inch board under your toes.



5. Abdominal Sit-ups: From a position of lying on your back with knees bent at 90° angle and your hand behind your head, come up to a sitting position. As you do so, touch your left knee with the right elbow and alternate knee touches thereafter.



6. Side Leg Lifts: Lie on your side with your head supported by your elbow and hand. Lift your top leg as high as possible and return to normal. Repeat for the other leg.



7. Arm & Shoulder Flexors
a. Chins: Use the underhand grip and beginning from a hang position with the arms straight, pull up until your chin is above the bar. Return to the hang position.



b. Flexed Arm Hang: For this exercise, use the underhand grasp, and place your body in a position with your chin above the bar, as you would had you just completed a chin-up. Hold this position for as long as possible.



8. Arm Extenders – Chair Dips: With your back to the chair, grasp the sides of the chair seat (make sure the chair is stable), and slide your feet out straight from you. Then lower yourself as far as possible and push yourself back up.



MEGA-T® plus

DIET & EXERCISE PROGRAM

CONGRATULATIONS!

You've just discovered MEGA-T Plus - a healthy way to lose weight ... plus help reduce bad cholesterol! The MEGA-T Plus Diet & Exercise Program can help you get in shape, start to lose weight and lower your bad cholesterol – things you need to do to maintain good health and reduce your risk of heart disease. MEGA-T Plus, along with this healthy diet and exercise program, can help you achieve your goals.

Consult your physician before going on any weight loss diet & exercise program.

Now that you've made up your mind to lose weight while lowering your bad cholesterol, this MEGA-T Plus Diet & Exercise program can help you get on the road to uncovering the body that's right for you.

Let's get started with some tips:

DIET & CHOLESTEROL TIPS

- Keep a diary of everything you eat.
- Maintain portion control when you eat.
- Refrain from sweets, snacks and high calorie, sugar-laden foods.
- Don't overload on carbohydrates.
- Eat lots of fresh fruits, vegetables and foods rich in phytosterols.
- Avoid fatty foods.
- Get plenty of fiber to help cleanse your body.
- Eat fish/poultry/beans/nuts rich in nutrients.

EXERCISE

- Make sure you stay flexible and stretch thoroughly before any exercise.
- Exercise in moderation; it does not have to be strenuous.
- Exercise at least 20 minutes, 4-5 times/week.
- Choose an exercise you will enjoy.

THINK POSITIVE!

- Stay positive.
- Maintain a "can-do" attitude.
- Know that you will lose the weight & lower your cholesterol.
- Follow the program.
- Remind yourself daily of what you need to do.
- Keep your food diary current and it will help you stay focused.

GUIDELINES

Cholesterol Lowering Diet Tips – *FOODS TO USE*

BEVERAGES	Beverages should be calorie free: water, flavored seltzer, diet drinks. Coffee, tea, clear broth and sugar free hot cocoa made with non-fat milk or water are permitted. Alcohol can raise triglycerides and increase appetite and should be used sparingly.
BREADS, GRAINS & CEREAL	Use only 100% whole grains. 1 oz of bread, cereal or crackers = 1 serving (usually 1 slice of bread, 1/2 cup unsweetened cold cereal, 4-6 crackers). 1/2 cup whole grain pasta or brown rice = 1 serving. Starchy vegetables (below) may be used in place of grain servings. Oat bran, oatmeal and barley are high in soluble fiber and powerful for lowering cholesterol.
DESSERTS SNACK	Avoid added sugars as they increase triglycerides. Occasional low fat frozen yogurt, low fat pudding or low sugar sorbet (1/2 cup) is permitted. Fruits, vegetables and whole grains should be incorporated into snacks.
EGGS	Limit egg yolks*.
FATS & OILS	Monounsaturated fats are best: Olive & Canola oils; nut oils are also fine. Other acceptable oils: sunflower, safflower, corn, soybean and cottonseed. Serving size for oils = 1 teaspoon. Only low fat mayonnaise and salad dressings and trans fat free tub margarines are permitted (serving size for these = 1 tablespoon.)
FRUITS	Fresh, frozen or canned fruits with no added sugars except those listed on reverse. 1 serving = 1/2 cup canned or 4 oz fresh.
MEATS, FISH	Choose lean meats (chicken, turkey and loin or round cuts of beef “Select” grade) trimmed of excess fat. One serving = 3 oz fresh, frozen or canned fish packed in water; Shellfish except shrimp and squid (high in cholesterol)*. Choose fish high in omega-3 fatty acids. Meat & fish should be broiled, grilled, baked or roasted.
MILK PRODUCTS	Non-fat (skim) and 1% (low-fat) milk, yogurt, and cheeses. All should have 1 gram or less of saturated fat per serving. Low-fat or non-fat cottage & farmers cheese are permitted; powdered skim milk is permitted.
MISCELLANEOUS	You may use freely: herbs, spices, vinegar, mustard, bullion, Worcestershire sauce, soy sauce and flavoring essences.
NUTS & SEEDS	All nuts are permitted but quantities are limited to high calorie content. 1 tablespoon = 50 calories. Sesame seeds and sunflower seeds are good sources of plant sterols which help lower cholesterol.
STARCHY VEGETABLES	Peas, corn, potatoes, yams and legumes (beans); These may be used in place of starches. Beans such as kidney, pinto, lima and black are excellent sources of soluble fiber and have cholesterol lowering effects. Eat skins on all potatoes as they are high in fiber.
VEGETABLES	Non-starchy vegetables are not limited: asparagus, broccoli, green beans, beets, Brussel sprouts, carrots, cauliflower, celery, cucumber, eggplant, greens (lettuce), mushrooms, onions, peppers, radishes, spinach, summer squash, tomatoes, zucchini. Steam, boil or grill without added fat or limited amount of allowed oils (see below).

GUIDELINES

Cholesterol Lowering Diet Tips – *FOODS TO AVOID*

BEVERAGES	Avoid beverages containing natural as well as added sugars: fruit juice, soft drinks, cocoa containing whole milk and/or sugar. Alcohol may be used with caution as it may raise triglycerides and increase appetite. One ounce of alcohol, 5 oz. wine, 12 oz. beer = one drink. Occasionally one drink per day for women, two for men if triglycerides are normal. Substitute one alcoholic drink for one starch or for 2 fats.
BREADS, GRAINS & CEREAL	Avoid refined breads, cereals and crackers. Avoid any baked goods with trans fats, shortenings and added sugars. Avoid doughnuts, pastries, cookies, cakes, sweet rolls and sweetened breakfast cereals (added sugars and refined starches increase triglycerides).
DESSERTS SNACK	Avoid all fried foods and fried snacks such as chips, donuts and pies; limit pretzels, chocolate, candy, cookies, jams, jellies, syrups, pudding, ice cream, peanut butter containing hydrogenated oils.
EGGS	Limit egg yolks*.
FATS & OILS	Avoid all animal fats: butter, lard, tallow, bacon fat, drippings from meats, gravies, cream sauces; Avoid all tropical oils: coconut, palm and palm kernel. Avoid trans fats; read ingredients for “partially hydrogenated oils” and avoid foods containing these.
FRUITS	Avoid coconut (high in saturated fat); Limit serving size of avocado to 2 tablespoons (1 oz) due to high calorie content; avoid canned or frozen fruit with syrup or added sugar.
MEATS, FISH	Visibly fatty meats, all ground meats except EXTRA lean beef and turkey; ribs, processed meats such as hot dogs, sausage, salami, bologna, frankfurters, luncheon meats (except turkey and very lean roast beef); duck, goose, lamb, organ meats (kidney, liver); canned fish packed in oil, all fried fish; limit shrimp and squid*.
NUTS & SEEDS	Nuts are permitted in limited quantity. Avoid nut butters with hydrogenated oils.
STARCHY VEGETABLES	Avoid fried potatoes and french fries.
VEGETABLES	All non-starchy vegetables are acceptable; avoid fried vegetables.

*The National Cholesterol Education Program, Adult Treatment Panel III recommendations for cholesterol lowering state that cholesterol intake should not exceed 200 mg. daily. Current scientific research suggests that limiting saturated fat and trans fats are most effective in reducing cholesterol levels and that limiting dietary cholesterol may not produce as significant a reduction in blood cholesterol levels.

THE MEGA-T® PLUS DIET PLAN

Consult your physician before going on any weight loss diet & exercise program.

WEEK 1

	SUNDAY	MONDAY	TUESDAY
BREAKFAST	1 multi grain waffle 7" round (221) 1 cup sliced strawberries (53) 20mg Decaffeinated coffee or tea (6)	1 cup cooked oatmeal (143) 1/2 cup skim milk (40) 1/2 banana (60) 20mg Decaffeinated coffee or tea (6)	3 egg whites (48) 1 whole wheat english muffin (140) 1 T fruit spread (37) 1/2 medium grapefruit (41) Decaffeinated coffee or tea (6)
CALORIES/PHYTOSTEROLS (mg)	280/20mg	249/20mg	272/0mg
SNACK	1 fig bar	25 pistachios 30mg	6 oz non-fat yogurt
CALORIES/PHYTOSTEROLS (mg)	55/0mg	85/30mg	140/0mg
30 MINUTES BEFORE LUNCH	1-CAPLET MEGA-T PLUS 400mg	1-CAPLET MEGA-T PLUS 400mg	1-CAPLET MEGA-T PLUS 400mg
LUNCH	3 oz fresh turkey (132) Salad-1 cup lettuce; 1/2 cup each: cucumber, carrots, peppers, peas, tomato (134) 26mg 2 T low fat salad dressing (60)	3 oz grilled chicken (138) Salad-1 cup lettuce; 1/2 cup each: broccoli, carrots, peppers, beets (85) 14mg 2 T sunflower seeds (92) 90mg 1 T low fat salad dressing (30)	3 oz broiled salmon (144) 1/2 cup brown rice (107) Salad-1 cup lettuce; 1/2 cup each: carrots, broccoli, beets, onions (51) 9mg 1 T low fat salad dressing (30)
CALORIES/PHYTOSTEROLS (mg)	326/26mg	345/104mg	332/9mg
SNACK	2 small plums 9mg	1 apple 18mg	1 low fat granola bar
CALORIES/PHYTOSTEROLS (mg)	60/9mg	70/18mg	110/0mg
30 MINUTES BEFORE DINNER	1-CAPLET MEGA-T PLUS 400mg	1-CAPLET MEGA-T PLUS 400mg	1-CAPLET MEGA-T PLUS 400mg
DINNER	3 oz natural salmon broiled (152) Grilled vegetables: 1/2 cup each: broccoli carrots, mushrooms, onions, peppers (115) 26mg 1 medium ear corn (107) 1 cup mixed berries with 2 T low fat whipped cream (90) 9mg	1 cup tofu (8 oz) (151) 1/2 cup cooked barley (99) 1 cup cooked asparagus (40) 22mg 1/2 cup lower sugar sherbet or sorbet (140)	3 oz sirloin steak (218) 1/2 sweet potato 3 oz (92) Mixed greens salad: 1 cup lettuce, 1/4 cup eachw/mushrooms, carrots, cauliflower, peas (67) 3mg 2 T low fat salad dressing (60)
CALORIES/PHYTOSTEROLS (mg)	464/35mg	430/22mg	437/3mg
TOTAL DAILY CALORIES/PHYTOSTEROLS (mg)	1185/890mg	1179/994mg	1291/812mg

WEEK 2

	SUNDAY	MONDAY	TUESDAY
-BREAKFAST	1-1/2 cups cooked oat bran (120) 1/2 cup skim milk (40) 1 medium banana (105) 19mg Decaffeinated coffee or tea (6)	6 oz non-fat yogurt (140) 1/4 cup granola (110) 1/2 cup strawberries (27) 10mg Decaffeinated coffee or tea (6)	1 multi grain waffle 7" round (221) 1 cup sliced strawberries (53) 18mg Decaffeinated coffee or tea (6)
CALORIES/PHYTOSTEROLS (mg)	271/19mg	283/10mg	280/18mg
SNACK	1 low fat granola bar	1 apple 18mg	2 small plums 9mg
CALORIES/PHYTOSTEROLS (mg)	110/0mg	70/18mg	60/9mg
30 MINUTES BEFORE LUNCH	1-CAPLET MEGA-T PLUS 400mg	1-CAPLET MEGA-T PLUS 400mg	1-CAPLET MEGA-T PLUS 400mg
LUNCH	1 5" whole wheat pita (120) 3 oz fresh turkey (132) Salad: 1 cup spinach; 1/4 cup each: carrots, peppers, brussel sprouts (41) 10mg 1 T low fat salad dressing (30)	Tuna salad (small can) with 1 T light mayonnaise over 2 cups lettuce, 1/2 cup brussel sprouts, 1/2 cup carrots (204) 18mg 1 small whole wheat roll (1 oz) (75) 1/2 cup applesauce (53)	3 oz natural salmon, broiled (152) 1/2 cup cooked barley (99) Salad: 1 cup lettuce, 1/4 cup each: tomato peppers, carrots (35) 1 T sesame seeds (46) 62mg 1 T low fat salad dressing (30)
CALORIES/PHYTOSTEROLS (mg)	323/10mg	332/18mg	362/62mg
SNACK	1 apple 18mg	1 cup pineapple	1 low fat granola bar
CALORIES/PHYTOSTEROLS (mg)	70/18mg	74/0mg	110/0mg
30 MINUTES BEFORE DINNER	1-CAPLET MEGA-T PLUS 400mg	1-CAPLET MEGA-T PLUS 400mg	1-CAPLET MEGA-T PLUS 400mg
DINNER	3 oz roast chicken (138) 1/2 sweet yam (92) Steamed vegetables, 1/2 cup each: broccoli, artichokes, asparagus, brussel sprouts (128) 11mg 1 low fat frozen yogurt pop (80)	1 cup minestrone soup (82) 3 oz natural salmon (144) 1/2 cup wild rice (82) Grilled vegetables: 1/2 cup each: broccoli, cauliflower, onions, brussel sprouts (130) 12mg	3 oz veal chop (150) Salad: 1 cup spinach; 1/4 cup each: carrots, peppers, brussel sprouts (41) 2 T low fat salad dressing (60) 1 baked potato-5 oz (127) 1 T light sour cream (22) 6mg 1 low fat frozen yogurt pop (80)
CALORIES/PHYTOSTEROLS (mg)	438/11mg	438/12mg	480/15mg
TOTAL DAILY CALORIES/PHYTOSTEROLS (mg)	1212/858mg	1197/858mg	1292/904mg

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 slices whole wheat toast (140) 1 T natural peanut butter (100) 1 kiwi (46) Decaffeinated coffee or tea (6)	6 oz non-fat yogurt (140) 1/4 cup granola (110) 1/2 cup raspberries (32) Decaffeinated coffee or tea (6)	1-1/2 cups cooked oat bran (120) 2 T raisins (54) 2 T chopped walnuts (98) 10mg Decaffeinated coffee or tea (6)	3 tablespoons wheat germ with 1/2 cup skim milk (120) 1/2 cup raspberries (32) 1 slice whole wheat toast (70) Decaffeinated coffee or tea (6)
292/0mg	288/0mg	278/10mg	228/0mg
1 cup popcorn	1 cup pineapple	1 medium apple (5 oz) 18mg	15 almonds 10mg
40/0mg	74/0mg	72/18mg	104/10mg
1-CAPLET MEGA-T PLUS 400mg 3 oz grilled chicken (138) Spinach salad: 2 cups spinach; 1/2 cup each: zucchini, asparagus, carrots, beets, 2 T raisins (142) 24mg 2 T low fat salad dressing (60)	1-CAPLET MEGA-T PLUS 400mg Tuna Salad (small can) with 1 T light mayonnaise over 2 cups lettuce (149) 1/2 cup brussel sprouts and 1/2 cup carrots (67) 9mg 1 5" whole wheat pita (120)	1-CAPLET MEGA-T PLUS 400mg 3 oz natural salmon grilled over lettuce (152) 1/2 cup wild rice (82) 1/2 cup applesauce (53)	1-CAPLET MEGA-T PLUS 400mg 3 oz turkey breast (132) 1/2 cup wild rice (82) 1/2 cup each broccoli and 1/2 cup carrots steamed (56) 1/2 cup mixed berries (35)
340/24mg	336/9mg	287/0mg	305/0mg
1 low fat granola bar	1 medium orange	25 pistachios 30mg	1 medium banana 19mg
110/0mg	62/0mg	85/30mg	105/19mg
1-CAPLET MEGA-T PLUS 400mg 3 oz tuna steak (129) 1 cup wild rice (164) Steamed vegetables, 1/2 cup each: broccoli, carrots, peppers, brussel sprouts (112) 3mg 1 cup mixed berries with 2 T low fat whipped cream (90)	1-CAPLET MEGA-T PLUS 400mg 3 oz roast chicken (138) 1/2 sweet yam (92) Steamed vegetables, 1/2 cup each: broccoli, artichokes, asparagus, brussel sprouts (128) 7mg 1 low-fat frozen yogurt pop (80)	1-CAPLET MEGA-T PLUS 400mg 3 oz roast turkey (132) 1 baked potato-5 oz (127) 1 T light sour cream (22) 6mg Steamed vegetables, 1/2 cup each: broccoli, artichokes, carrots, eggplant, peas (183) 7mg 2 tsp. olive oil (80)	1-CAPLET MEGA-T PLUS 400mg 1 cup minestrone soup (82) 3 oz broiled salmon (144) 1/2 cup wild rice (82) Grilled vegetables, 1/2 cup each: broccoli, cauliflower, onions, brussel sprouts (130) 24mg
495/3mg	438/7mg	544/13mg	438/24mg
1277/827mg	1198/816mg	1244/871mg	1180/853mg

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 cup whole grain cereal (150) 1 cup skim milk (80) Small peach 4 oz (50) 10mg Decaffeinated coffee or tea (6)	Whole wheat english muffin (140) 1 T natural peanut butter (100) 1 medium orange (60) Decaffeinated coffee or tea (6)	3 egg whites (48) 1 slice of multi grain toast (70) 1 banana (105) 19mg Decaffeinated coffee or tea (6)	1 cup non-fat cottage cheese (160) 1/2 cup sliced strawberries (27) 1/2 cup blueberries (40) 2 T wheat germ (54) Decaffeinated coffee or tea (6)
286/10mg	306/0mg	229/19mg	287/0mg
6 oz non-fat yogurt	1 banana 19mg	1 low fat granola bar	1 cup grapes
140/0mg	105/19mg	110/0mg	60/0mg
1-CAPLET MEGA-T PLUS 400mg Grilled chicken pasta salad: 3/4 cup cooked pasta, 1 cup vegetarian chili (272) 3 oz grilled chicken, 1/2 cup each: peppers, zucchini, carrots, tomatoes (370) 18mg 1 T low fat salad dressing (30)	1-CAPLET MEGA-T PLUS 400mg 1 cup wild rice (164)	1-CAPLET MEGA-T PLUS 400mg 3 oz grilled salmon over 1 cup spinach (151) 1 T light mayonnaise (50) 1 cup cut cantaloupe (60) 17mg 1 cup peaches-water packed (60)	1-CAPLET MEGA-T PLUS 400mg Turkey salad: 3 oz fresh turkey (132) 1/2 cup brown rice (107) whole wheat pita (120) 3mg
400/18mg	375/17mg	362/3mg	379/0mg
	1 cup popcorn	1 cup mixed berries 9mg	1 medium orange
106/0mg	40/0mg	70/9mg	60/0mg
1-CAPLET MEGA-T PLUS 400mg 3 oz roast turkey (132) 1 cup cooked barley (198) Salad: 1 cup lettuce, 1/4 cup each: tomato peppers, carrots (35) 1 T sesame seeds (46) 59mg 2 T low fat salad dressing (60)	1-CAPLET MEGA-T PLUS 400mg 3 oz sirloin steak (218) 1/2 cup butternut squash (58) Grilled vegetables: 1/2 cup each: broccoli, cauliflower, onions, brussel sprouts (130) 24mg 1 cup mixed berries with 2 T low fat whipped cream (90) 9mg	1-CAPLET MEGA-T PLUS 400mg 3 oz tuna steak (129) 1 cup wild rice (164) Steamed vegetables: 1/2 cup each: broccoli, carrots, peppers, brussel sprouts (112) 13mg 1/2 cup lower sugar sorbet (140)	1-CAPLET MEGA-T PLUS 400mg 3 oz roast turkey (132) 1 baked potato-5 oz (127) 1 T light sour cream (22) 6mg Steamed vegetables: 1/2 cup each: broccoli, artichokes, carrots, eggplant, peas (183) 7mg
471/59mg	481/33mg	545/13mg	464/13mg
1403/887mg	1307/869mg	1316/844mg	1250/813mg