



Full Text

| [Find-it Illinois](#) | [IL State Library Catalog](#) | [IL State Library Page](#)

E-mail, print, or save the full text.

[Home](#)

[Databases](#)

[Searching](#)

[Results](#)

[Resource
Sharing](#)

[Staff View](#)

[My Account](#)

[Options](#)

[Comments](#)

[Exit](#)

[Hide tips](#)

[List of Records](#)

[Detailed Record](#)

[Marked Records](#)

[Saved Records](#)

Go to page



Link Pickup



E-mail



Print



Return



Help

Periodical Abstracts results for: 'kw: online and kw: coaching and ft: fulltext'. Record **1** of **15**

Full-text source: PerAbs

Expert Advice

Author: Anonymous **Source:** Essence 36, no. 11 (Mar 2006): p. 106 **ISSN:** 0014-0880 **Number:** 994619091
Copyright: Copyright Essence Communications, Inc. Mar 2006

HELPING CAROLINE STAY ON TRACK

"With consistent exercise and a nutritious diet, Caroline has found what works for her," says Lisa Priestly, a certified wellness coach at wellcoaches.com, an online life-coaching program that targets health, nutrition, fitness and stress. Priestly offers Jhingory these tips:

Eat five or six small meals a day, one every three hours in a calm environment. "To avoid overeating, take 30 minutes to consume your main meal. Snack on high-fiber fruits like figs and apples."

Avoid processed food. "It can make you crave sweets. At the salad bar, load up on a mix of raw and hot veggies, like steamed broccoli, and brown rice or barley to satisfy you and aid digestion."

Prepare. "If possible, cook chicken and veggies on the weekend and store in containers to take to work."

Don't eat after 7:30 P.M. "Your body needs time to digest, rest and recover."

Mix it up by varying your workouts to break an exercise plateau. "Walk, ride a bike, or change program settings (hills or resistance) on machines like the elliptical."

Hit your target heart-rate zone. "With longer intervals of increased intensity you can burn more calories. Use the maximum heart-rate formula to determine your range (220 minus your age times 60 percent and 220 minus your age times 90 percent). For instance, Caroline's target rate is between 117 and 176."

HEALTHY MENU

* Breakfast: Soy milk, sausage, oatmeal

* Lunch: Salad with grilled chicken, wheat bread or pasta

* Dinner: Grilled fish and veggies

* Snacks: Almonds, berries, bananas, whole-grain crackers and cheese

THE WORKOUT

* 60 minutes cardio, with interval training, six days a week

* Strength training every other day



Link Pickup



E-mail



Print



Return



Help

Periodical Abstracts results for: 'kw: online and kw: coaching and ft: fulltext'. Record **1** of **15**

English | Español | Français |

Comments | **Exit**

| Options |



© 1992-2006 OCLC

[Terms & Conditions](#)