

The DACC would like to congratulate our first

**“Biggest Loser”**



**Hannah Rae White**

When I asked Hannah what she did to tone up and lose body fat, she gave me the routine of fitness and food that worked for her.

Here is a look at her food journal:

- A good size breakfast consisting of –wheat toast w/ organic peanut butter, and a few eggs
- A midmorning snack – a piece of fruit (apple)
- Lunch is sometimes a good size spinach salad
- An afternoon snack- nuts or fruit
- Dinner is a lean meat like chicken, turkey or sometimes she'll switch it up with some fish. Also a veggie to get her daily intake.
- “Treats” are limited. If she knows she'll be splurging on a certain day she won't indulge in any extra empty calories.

Here is a look at her activity journal:

At least 3x a week you can find Hannah here doing a hard cardio workout by running on the treadmill or jumping roping. When she does her strength training she alternates between each major muscle group. This way she isn't hitting the same one twice in a row. Of course core work is always added into all routines.

**GREAT job Hannah!!** Hannah knows her body well enough to fuel and train accordingly. She is hypoglycemic and anemic so she makes sure to have the right foods in the right amount to keep her body running smoothly throughout the day. She does resistance training to tighten and tone and tops it off with cardio to build aerobic and endurance strength which melts away the fat so you can see her new physic!!!