



UNIVERSIDAD DEL SURESTE

LICENCIATURA EN ENFERMERÍA

ASIGNATURA:

INGLES IV

ACTIVIDAD:

MI RUTINA PERFECTA

DOCENTE:

JOSE JESUS HERNÁNDEZ LANDERO

ALUMNA:

VERONICA SÁNCHEZ DE LA CRUZ

CUATRIMESTRE:

4^{TO}CUATRIMESTRE

GRUPO:

“A”

In this activity i will perform a healthy exercise and eating plan. in my daily life routine.

My goal in this activity will be weight loss, a feeding Balanced and the performance of exercises to improve my muscle strength and increase my physical endurance

Personal Information.

Age:31 years old

Weight: 57.758kg.

Height:1.57 mt

Current activity level: I don't exercise.

My plan for exercise would be next.

EXERCISE PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Activity	Push-ups against the wall.	Bicycle.	STRIDE	Heel lift.	superman (upper train).	Jump rope.	Donkey kicks.
Set/Reps	3S/10R	3S/10R	5S/10R	3S/10R	2S/20R	2S/15R	4S/10R

My plan of feeding would be the following.

EATING PLAN							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
IN FASTING	glass of water	glass of water	glass of water	glass of water	glass of water	glass of water	glass of water
breakfast (before 10:30 am.)	chicken breast with mixed salad, avocado and 2 omelette corn and unsweetened jamaica water.	egg to taste with mixed vegetables and a omelette corn	whole wheat bread with ham of turkey pineapple juice and greek yogurt	coffee with milk skim with out sugar most 1 pancake of oats more 1 slice of cheese white.	boiled eggs and a toasted whole wheat bread and a cup of unsweetened coffee.	2 scrambled eggs with chopped onion and tomato, a cup of unsweetened coffee.	egg omelette with spinach and goat cheese and tomato, a cup of unsweetened coffee.
mid-morning	10 almonds 5 walnut halves, a fruit and a glass of water.	A fruit	1 Apple 1 glass of water and a handful of nuts.	1 slice of watermelon and 10 peanuts	one tangerine and a glass with water	1 pear and 6 almonds, a glass of water.	1 Apple and 5 walnut halves.
food before four o'clock in the afternoon	marinated fish fillet with steamed vegetables and jamaica water	Chicken soup with vegetables and unsweetened lemon water.	grilled chicken breast, brown rice, broccoli and pineapple water	1 turkey Milanese, 4 tablespoons quinoa, 1 cup cooked vegetables and unsweetened watermelon water.	sautéed shrimp and steamed vegetables and unsweetened lemon water.	grilled chicken with peppers and avocado, unsweetened jamaica water.	beef in salpicón and vegetable soup with unsweetened pineapple water.
mid-afternoon	Cucumber and jicama with chili and lemon	1 light gelatin.	Greek yogurt with strawberry pieces.	1 cup strawberries.	1 mango	1 cup yogurt and nuts	1 light gelatin. 1 light gelatin.
Dinner (before 9pm) .	2 quesadillas (corn tortillas) with 60 gr of string cheese, spinach and mushrooms and a cup of fruit.	a slice of wholemeal toast with half an avocado and tomato slices.	steamed fish and a glass of water.	grilled beef fillet, lettuce, tomato, carrot and cucumber in pieces and 1 glass of water.	Steamed broccoli with a boiled egg, yogurt and a fruit.	soup of zucchini and salad.	Baked salmon with steamed vegetables and a glass of water.

I CARRY OUT HIS EATING AND EXERCISE PLAN.							
PLAN	25/11/2024	26/11/2024	27/11/2024	28/11/2024	29/11/2024	30/11/2024	01/12/2024
FOODS							
EXERCISE							

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FOODS							
EXERCISE							

Conclusión

The activity was not carried out according to the stipulations, but there was a change since I lowered grams in body weight since I currently weigh 37kg.