

# KAYLA'S WELLNESS



WAVERLEY OAKS  
ATHLETIC CLUB

## JOURNEY

## WEEK FIVE

**MONDAY, 6/27**

**6:15AM WORKOUT**

I hurt my leg a little bit this past weekend, so I decided it was best to not workout. I stayed home and did a few ab/core exercises.

**WEDNESDAY, 6/29**

**6:15AM WORKOUT**

My main goal for the first 4 weeks of this journey was to get back into the consistency of waking up early and working out, and I am proud of myself for sticking with the routine!

**8:30AM NUTRITIONAL COUNSELING  
WITH JANYCE - VIA TELEHEALTH**

It was great to see Registered Dietitian, Janyce, again! I explained to her what I have been doing exercise-wise and that I was ready to get my nutrition on track.

She said focusing on one thing at a time is the best way to do it, so you do not overwhelm yourself. Obviously, everyone is different, but I am definitely that way. I used to jump right into a crazy workout regime, cut out a bunch of foods and eat "healthy" (or at least what Instagram told me was healthy - haha). This was not productive as I would burn myself out within a week or two. Janyce gave me great tips, sent me recipes for lunches (which is where I am really struggling), as well as a starting point for calories and macros.

Janyce told me that "your success is my success" meaning that she was here to help and guide me along the way. We scheduled a follow up appointment in 2 weeks.

**FRIDAY, 7/1**

**6:15AM CYCLE**

When Friday comes around, I dread waking early after a long week, but when I finish my workout, I am SO happy I went. Instructor Dawn was very helpful by explaining to the new riders how to set up the bike. This class is so fun and gives a great cardio workout!

[WAVERLEYOAKS.COM/KAYLA](http://WAVERLEYOAKS.COM/KAYLA)

**TUESDAY, 6/28**  
**6:15AM WORKOUT**

My leg is still hurting me, but I decided it would be okay to do a modified workout. I felt fine so I am glad that I made it to the Club.

**THURSDAY, 6/30**  
**6:15AM MX4 + CORE**

Cara consistently delivers dynamic and challenging trainings. I genuinely look forward to each class!

**5PM PERSONAL TRAINING WITH CHRIS**

Before our training, we did an updated InBody assessment as it had been 4 weeks since my first assessment. The results showed that I gained .1 lbs.; however, since the InBody is super detailed, I actually LOST fat and GAINED muscle. I would have been completely discouraged if I just used a scale and saw that I did not lose weight. The InBody showed me that I am going in the right direction (even if it's slower than I hoped), and Chris was pleased with the report.

He suggested I focus on nutrition and adding in additional cardio workouts for extra calorie burn. Overall, I am very proud of myself, and this gave me a boost in motivation to keep going!



Lunch Recipe from RD, Janyce:  
Rice Cauliflower Bowl with Chicken & Vegetables