



One Click to Weight Loss

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## Diet and Exercise Q&A with Allison Abbott

### - What are some of your favorite activities?

"Some of the activities I like to do to stay in shape are walking on the beach, exercising at the gym, and participating in different kinds of classes at the gym (like spinning classes, step classes, and kickboxing)."

### - What is your typical workout schedule?

*Warm-Up:* 10 to 15 minutes on the stair-climber machine.  
*Weight Training:* 30 to 45 minutes working out with weights.  
*Cardio:* 15 to 30 minutes on the bike or treadmill.  
Stomach is trained every workout.

**Day 1:** Shoulders and Arms

**Day 2:** Chest and Back

**Day 3:** Legs and Hamstrings

### - What do you consider your best body part?

"Legs"

### - What is your favorite exercise?

"Biceps curls"

### - Do you have any tips for those trying to follow a healthy eating plan?

"The best way to shop in a grocery store is to stick to the perimeter of the store. All the fresh food is around the perimeter of the store, and all the processed food is in the middle. Just stay away from the middle and you'll avoid the processed foods."

### - Now that you've lost the weight, do you have any tips for those trying to get in shape?

"I truly believe that once you are in shape, you are more inclined to stay in shape. Before, when I used to try to diet, I'd lose a little bit of weight, but then put the weight back on. But when you get into really good shape, you're so much more motivated to keep going and stay in shape. It's just a new way of life!"

