

Prepare for the Burger Challenge!

February Fitness: 3 Months Before the Smackdown!

Time to get into burger-ready shape! You want to eat at least one of each unique burger at the Smackdown; that's six scrumptious, plant-sourced, phenomenal burgers. The secret to staying in burger-ready shape is the ability to BURN OFF those calories as fast as possible!

The Economist has stated “[2019 is the Year of the Vegan.](#)”

What a better way to slide into going vegan, than to eat plant-sourced burgers, slider-size, that are JUST LIKE BEEF! Enter the Impossible Burger and the Beyond Meat Burger. Yeah, these are kinda fattening, *just like beef*. However, there's NO cholesterol in plant foods, so your arteries will never know you've eaten burgers; just your taste buds will be fooled. Complete this burger extravaganza by also enjoying the exquisite, flavorful experience of whole-plant-food burgers.

Here's a plan to rise to the bottom of the top of the burger bun for a couch potato:

Week 1. Get up off the couch. You CAN DO IT!

- Practice this at least five times every day.

Week 2. Stay off the couch at least 50% of the time.

- Go for a walk three days this week, minimum 10 minutes each day.
- Need motivation? Try “Chasing the Burger!” Tape a photo of a delicious plant-based burger to the end of a long pole. Carry this pole and keep the burger photo in front of you as you walk.



Week 3: Keep walking, Pick up five pounds of something.

- Stay off the couch at least 75% of the time.
- Walk four days this week, minimum 15 minutes each day.
- Pick up something that weights five pounds. Repeat three times.
Yes, your cat or dog count. So does a 5-pound pizza (with vegan cheese).

Week 4: Up the Ante: Now that you're off the couch most of the time...

- Walk five days this week, minimum 20 minutes each day.
- On the two days you are not walking, start strength training with 3- or 5-pound weights.
 - Bicep curls and tricep extentions. 10 reps each, one set.
 - Ab crunches: 10 reps
 - Sit-to-stand: From a chair NOT the couch! Sit, then stand, then sit, then stand... you get the idea. DO IT 10 times in a row,

Need some incentive? Just think of all the sizzling, dripping, juicy burgers you can eat without gaining weight because you're in great shape for the Smackdown!

BURGER VENDORS:

[Land of Kush](#) • [Stall 11](#) • [Golden West](#) • [Big Bean Theory](#)
[The Natural Veg Food](#) (*one more vendor added soon*)

DISCLAIMER: This post is meant to be a fun, light-hearted way to approach getting more active. It is not provided as medical or professional advice. The Vegan Burger Smackdown is powered by BotaniCuisine: Plant-Sourced Dining Outreach. BotaniCuisine assumes no liability in the advice or statements made in this post. Check with your healthcare provider before starting an exercise routine or new activity.



Sunday, April 28, 2019 from 11 am – 4 pm

Event Hall behind RHouse

301 W. 29th St., Baltimore, MD 21211

VeganBurgerSmackdown.com

