



**TEAM BC 2020**

**SPECIAL OLYMPICS  
BRITISH COLUMBIA**



**WEEKLY TRAINING  
PLAN**

Name: \_\_\_\_\_

## Weekly Training Plan

As a member of Team BC 2020 you are required to train a ***minimum of 3 times per week***. During the summer months we have provided you with SPORT HOMEWORK training & a list of summer activity ideas that you must be doing. If your SOBC Local has a Fit Family & Friends summer program you should ABSOLUTELY be participating in that (ask your training coach or Local Coordinator). Some SOBC Locals will continue to run CLUB FIT through the summer as well; if yours is still going on then you should also be going to that. You will find the suggested activities & Sport Homework at the back of this booklet.

Once September comes and programs start up again that you should be participating in your local sport programs or training sessions which **MUST** include the following:

- Attend an accredited Special Olympics BC program for my sport
- Attend a Club Fit program in my community
- Attend one other session agreed upon with my training coach

You are required to show evidence of your participation at training sessions you attend. These reports are to be handed in to your training coach on a monthly basis during the summer and on a weekly basis during your sport season. If you are unable to attend the sport specific training sessions as agreed upon you are expected to call/text your coach to make them aware of your absence and let them know how you plan to make up the missed session. Consideration will be given for personal illness or medical emergencies.

The back of this guide also contains some helpful tips on how to maintain proper hydration while training and at competition. In addition, there are many suggested breakfast, lunch and dinner options to help you achieve optimal health during your sport season.

## JUNE – AUGUST 2019

I, \_\_\_\_\_ commit to attending the following sport  
(name of athlete)

sessions on a weekly basis throughout the summer:

#1: **Sport Homework (or alternative):** \_\_\_\_\_ on \_\_\_\_\_  
(name of program) (day of week)

#2: **Fit Family and Friends (or alternative):** \_\_\_\_\_ on \_\_\_\_\_  
(name of program) (day of week)

#3: **Summer Training Activity (or alternative):** \_\_\_\_\_

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

**June 30 – July 6, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: July 7 – July 13, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: July 14 – July 20, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**GREAT JOB SO FAR – KEEP UP THE STRONG EFFORT!**

**Week of: July 21 – July 27, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: July 28 – August 3, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: August 4 – August 10, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**YOUR HARD WORK WILL PAY OFF!**

**August 11 – August 17, 2019**

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	Name of Session	Initials
Session #1:	<hr/>	<hr/>
Session #2:	<hr/>	<hr/>
Session #3:	<hr/>	<hr/>

Training Coach Signature:

**Week of: August 18 – August 24, 2019**

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	Name of Session	Initials
Session #1:	<hr/>	<hr/>
Session #2:	<hr/>	<hr/>
Session #3:	<hr/>	<hr/>

Training Coach Signature:

**Week of: August 25 – August 31, 2019**

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	Name of Session	Initials
Session #1:	<hr/>	<hr/>
Session #2:	<hr/>	<hr/>
Session #3:	<hr/>	<hr/>

Training Coach Signature:

**SUMMER IS ALMOST OVER BUT THE FUN IS ABOUT TO BEGIN!**



**SEPTEMBER 2019 – FEBRUARY 2020**

I, \_\_\_\_\_ commit to attending the following sport  
(name of athlete)  
sessions on a weekly basis throughout the sport season:

#1: Sport Specific: \_\_\_\_\_ on \_\_\_\_\_  
(name of program) (day of week)

#2: **2<sup>nd</sup>** Sport Program (or alternative): \_\_\_\_\_ on \_\_\_\_\_  
(name of program) (day of week)

#3: Club Fit (or alternative): \_\_\_\_\_

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

**Week of: September 1 – September 7, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: September 8 – September 14, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: September 15 – September 21, 2019**

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Name of Session

Initials

Session #1:

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Session #2:

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Session #3:

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Training Coach Signature:

**KEEP UP THE GREAT WORK!**

**Week of: September 22 – September 28, 2019**

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Name of Session

Initials

Session #1:

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Session #2:

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Session #3:

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Training Coach Signature:

**Week of: September 29 – October 5, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: October 6 – October 12, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**HAPPY THANKSGIVING!**

**October 13 – October 19, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: October 20 – October 26, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: October 27 – November 2, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**DON'T GIVE UP – YOU'RE MORE THAN HALF WAY THERE!**

**November 3 – November 9, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: November 10 – November 16, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: November 17 – November 23, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**ONLY 93 DAYS LEFT UNTIL GAMES!**

**November 24 – November 30, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: December 1 – December 7, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:



**Week of: December 8 – December 14, 2019**

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Name of Session

Initials

Session #1:

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Session #2:

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Session #3:

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Training Coach Signature:

**KEEP UP THE GREAT EFFORT OVER THE CHRISTMAS BREAK!**

**December 15 – December 21, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: December 22 – December 28, 2019**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: December 29 – January 4, 2020**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**HAPPY NEW YEAR !!!**

**January 5 – January 11, 2020**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: January 12 – January 18, 2020**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: January 19 – January 25, 2020**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**YOU'RE ALMOST THERE - ONLY 4 MORE WEEKS TO GO!**

**January 26 – February 1, 2020**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: February 2 – February 8, 2020**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**Week of: February 9 – February 15, 2020**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**February 16 – February 22, 2020**

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	Name of Session	Initials
Session #1:	_____	_____
Session #2:	_____	_____
Session #3:	_____	_____

Training Coach Signature:

**YOU'RE A ROCK STAR – GREAT WORK ALL YEAR**

## ALTERNATIVE ACTIVITIES

Indoor or Outdoor Activities		
Running	30 minutes	Try it at the beach or on sand
Swimming	45 minutes	In the pool, at the lake or in the ocean
Rock Climbing	60 minutes	Bouldering, indoor top lead, or outdoor
Circuit Training	45 minutes	Aim for more repetitions or times through
Plank or Squat Challenges	30 minutes	Keep track of your progress and push yourself
Agility Ladders	30 minutes	Fancy footwork or basic skills
Tennis	60 minutes	Hit over the net or against the wall
Outdoor Activities		
Fit Family and Friends	60 minutes	Find a program in your community
Power Walking	60 minutes	Listen to a podcast from an athlete you like
Hiking	60 minutes	Find a beautiful view
Roller Blading	60 minutes	Go for long distance or practice footwork
Biking/Cycling	45 minutes	Conquer a huge hill – you’ve got this!
Paddling	60 minutes	Kayaking or canoeing into the current
Classes OR Video Lead Activities On YouTube		
Boot Camp	45 minutes	Total Body Workout – Burn Bootcamp
High Intensity Interval Training	45 minutes	Group HITT
Zumba	60 minutes	Popsugar Fitness
Kickboxing	60 minutes	Popsugar Fitness
Jazzercise	60 minutes	Richard Simmons, Jane Fonda, Judi Sheppard Missett
Spinning	60 minutes	Studio SWEAT OnDemand
Yoga	60 minutes	Yoga With Adriene
Pilates	60 minutes	Popsugar Fitness
Team Activities		
Badminton	60 minutes	Find a friend to keep the rally going
Basketball	60 minutes	Practice speed drills
Soccer	60 minutes	Work on shooting and footwork
Pickle ball	60 minutes	Try something new – bring a friend

## HYDRATION

Before	During	After
350mL 4 hours before sport (pop can size)	100mL ~ every 15 minutes (1/2 a cup)	1.5L over 4-6 hours
100mL 2 hours before sport (1/2 a cup)		Small salty snack (ex: ½ cup of gold fish)

Remember to drink plenty of water before, during and after training or competition. Drink a pop can size glass of water approximately 4 hours before competition. If you do not use the bathroom within 2 hours then consume another ½ cup of water to increase your fluid levels.

Try to consume water over sport drinks or juice. If you do not like the taste of plain water then try flavoring it with a few drops of water flavouring, lemon or lime. Avoid drinks that contain a lot of sugar or artificial sweeteners.

If you drink coffee in the morning, consume two cups of water for every cup of coffee you drink.



# BREAKFAST

## Eat



Carbohydrate-rich, low-fat foods

Egg dishes (not fried)

French toast and/or pancakes with little added butter or margarine

Fruit

Lean proteins, like poultry or jerky

Low-fat yogurt

Low-fibre cereal with low-fat milk

Low-fat, low-fibre muffins with jam or jelly

Meal replacement drinks

Mush

Noodles or pasta

Oatmeal

Potato (not fried)

Rice (not fried)

Toast with little added butter or margarine

## Limit



High-fat, nutrient-poor foods

Bacon

Butter or margarine

Commercial muffins

Cream

Cream or butter sauces

Croissants, danishes and doughnuts

French fries

Fried eggs

Fried rice

Sausage

## High-fibre foods

Dried fruits

Whole-grain breads

Whole-wheat cereals

## LUNCH & DINNER

### Eat



#### Low-fat, nutrient-rich foods

- Bannock
- Bread
- Broth or bone-based soups
- Cheese (in moderation)
- Fish (broiled, roasted, barbecued or poached)
- Fruit or fruit salad
- Low-fat cottage cheese
- Low-fat yogurt
- Lean cold cuts
- Meat, such as beef, poultry, venison or wild game (broiled, roasted, barbecued or poached with fat trimmed and skin removed)
- Meat alternatives, like beans, peas and lentils
- Pasta (plain or with tomato sauce)
- Potatoes without butter or margarine (baked, boiled or mashed)
- Rice (steamed)
- Salads with beans, peeled fresh vegetables and a small amount of dressing
- Vegetables (steamed, boiled or baked)

### Limit



#### High-fat, nutrient-poor foods

- Butter or cream sauces
  - Buttered, sautéed or creamed vegetables or soufflés
  - Chips
  - Cookies, pies and pastries
  - Cream soups
  - Creamy coleslaw
  - Egg salad made with mayonnaise
  - Fried fish, meat or poultry
  - Fried potatoes
  - Granola bars (some)
  - Ice cream
  - Pâté or liverwurst
  - Potato or macaroni salad (commercial)
  - Processed meats
  - Salad dressing
  - Sausage
- #### Gas-producing foods
- Broccoli
  - Cabbage
  - Carbonated drinks
  - Garlic
  - Kimchi
  - Onions

**Have plenty of  
vegetables and fruits**

**Eat protein foods**



**Make water  
your drink  
of choice**

**Choose  
whole grain  
foods**

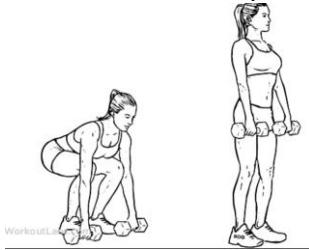
## Alpine skiing

Sport Homework Summer 2019

3 times per week (one to be done in Club Fit if possible)

- Warm up run 20' or cycle 30'
- Stretch and 2-3 progressive accelerations to maximal speed (running 50 meter or cycling 20 seconds)

1. Dumbbell deadlift 20 repetitions rest 1 minute before next exercise



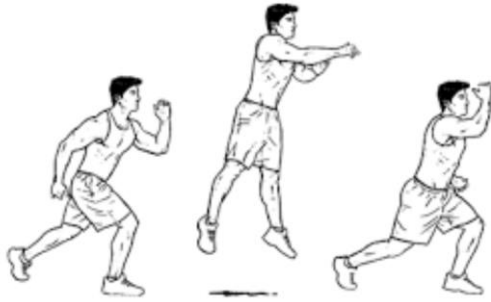
2. Resistance band split squats 20 repetitions on each leg



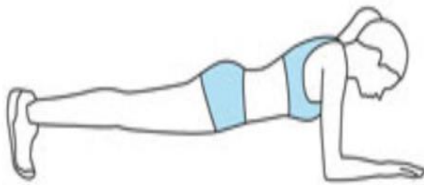
3. Skater hops (30 total / 15 on each leg)



4. Jumping Lunges (30 total / 15 on each leg)



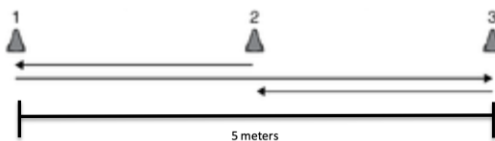
5. Plank 30 seconds



6. Side Plank 30 seconds



7. Agility run (same as functional testing) 30 touches as fast as possible



**Warm down**

- Easy run 15 minutes or easy cycle for 25 minutes

# BURN FAT FASTER THAN EVER

Stop wasting your gym time and lose your gut for good

To create the Spartacus Workout, we chose 10 exercises that collectively work every part of your body. Then we made each exercise a 60-second station so you can challenge your heart and lungs as well as your muscles. The final product is a high-intensity circuit designed to torch fat, define your chest, abs, and arms, and send your fitness level soaring. You'll sculpt a lean, athletic-looking body—and be in the best shape of your life.

**DIRECTIONS**

Do this circuit 3 days a week. Perform 1 set of each exercise (or "station") in succession. Each station lasts 60 seconds. Do as many reps as you can (with perfect form) in that time, and then move on to the next station. Give yourself 15 seconds to move between

stations, and rest for 2 minutes after you've completed 1 circuit of all 10 exercises. Then repeat twice. If you can't go the entire minute, rest a few seconds and then resume until your time at that station is up. Use a weight that's challenging for 15 to 20 reps.

**STATION 1**  
**Goblet squat**

With both hands, grab one end of a dumbbell to hold it vertically in front of your chest, and stand with your feet slightly beyond shoulder width [A]. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor [B]. Pause, and push yourself up to the starting position. If that's too hard, do a body-weight squat instead.



**STATION 2**  
**Mountain climber**

Assume a pushup position with your arms completely straight. Your body should form a straight line from your head to your ankles [A]. Without allowing your lower-back posture to change, lift your right foot off the floor and slowly move your right knee toward your chest [B]. Return to the starting position, and repeat with your left leg. Alternate back and forth for the duration of the set.



**STATION 3**  
**Single-arm dumbbell swing**

Hold a dumbbell (or a kettlebell) at arm's length in front of your waist. Without rounding your lower back, bend at your hips and knees and swing the dumbbell between your legs [A]. Keeping your arm straight, thrust your hips forward and swing the dumbbell to shoulder level as you rise to a standing position [B]. Swing the weight back and forth. At the 30-second mark, switch arms.



**STATION 4**  
**T-pushup**

Grab a pair of hex dumbbells and assume a pushup position, your arms straight [A]. Bend your elbows and lower your body until your chest nearly touches the floor [B]. As you push yourself back up, lift your right hand and rotate the right side of your body as you raise the dumbbell straight up over your shoulder until your body forms a T [C]. Reverse the move and repeat, this time rotating your left side.



**STATION 5**  
**Split jump**

Stand in a staggered stance with your feet 2 to 3 feet apart, your right foot in front of your left. Keeping your torso upright, bend your legs and lower your body into a lunge [A]. Now jump with enough force to propel both feet off the floor [B]. While you're in the air, scissor-kick your legs so you land with your left leg forward. Repeat, alternating your forward leg for the duration of the set.



**STATION 6**  
**Dumbbell row**

Grab a pair of dumbbells, bend at your hips (don't round your lower back), and lower your torso until it's nearly parallel to the floor. Let the dumbbells hang at arm's length [A]. Without moving your torso, row the weights upward by raising your upper arms, bending your elbows, and squeezing your shoulder blades together [B]. Pause, lower the dumbbells, and repeat.



**STATION 7**  
**Dumbbell side lunge and touch**

Hold a pair of dumbbells at arm's length at your sides [A]. Take a big step to your left and lower your body by pushing your hips backward and bending your left knee. As you lower your body, bend forward at your hips and touch the dumbbells to the floor [B]. Repeat for 30 seconds, and then switch to your right leg. If the exercise is too hard, do the move without the dumbbells; just reach for the floor with your hands.



**STATION 8**  
**Pushup-position row**

Grab a pair of hex dumbbells and assume a pushup position, your arms straight [A]. Keeping your core stiff, row the dumbbell in your right hand to the side of your chest, bending your arm as you pull it upward [B]. Pause, and then quickly lower the dumbbell. Repeat with your left arm.



**STATION 9**  
**Dumbbell lunge and rotation**

Grab a dumbbell and hold it horizontally by its ends, just under your chin [A]. Step forward with your right foot and lower your body into a lunge. As you lunge, rotate your upper body to the right [B]. Return to the starting position, and repeat with your left leg. Alternate left and right until your 60 seconds are up. If the exercise is too hard, perform the movement without the dumbbell.



**STATION 10**  
**Dumbbell push press**

Stand holding a pair of dumbbells just outside your shoulders, with your arms bent and palms facing each other. Stand with your feet shoulder-width apart and knees slightly bent [A]. Dip your knees [B], and then explosively push up with your legs as you press the weights straight over your shoulders [C]. Lower the dumbbells back to the starting position and repeat.



BY THE NUMBERS

41

Number of minutes the Spartacus Workout takes to complete, including time for rest and transition between stations

731

Number of calories the average guy could burn using the Spartacus Workout. (The range is 598 to 886 calories.)



The Spartacus Workout is excerpted from The Men's Health Big Book of Exercises, which has hundreds more workouts and useful tips—along with complete instructions and photos of over 600 exercises. Order your copy at [mhbigoofexercises.com](http://mhbigoofexercises.com).

Win a role on TV! To download video of each exercise, and to see the show's cast members as they perform the Spartacus Workout, go to [MenHealth.com/Spartacus](http://MenHealth.com/Spartacus). For more motivation, sign up for the Spartacus Challenge. The producers of Spartacus: Blood and Sand and the editors of Men's Health will choose one sculpted contestant for a walk-on role in a future episode of the Starz original series.

Photos: © BETH BISCHOFF, grooming: Yasuhiro Kobayashi/Artists Worldwide, food of nature styling: Olive Johnson, grooming: George Loebner/Adams