



SIMPLE TIPS FOR SLIM-DOWN SUCCESS

EXERCISE DAILY

Exercise is a great addition to anyone's day. It awakens your body and muscles and gets them ready for the day. Additionally, it's been thought that exercise actually controls hunger. Just remember ~ don't overeat because you've banged out an hour on the bike or at a gym.

DRINK WATER

Approximately 70% of your body is made up of water. Every cell in your body needs water to live. Additionally, some people say that it helps them delay hunger pains thereby reducing how often they eat – and how much. What's an accurate estimate to how much you should drink? About $\frac{1}{2}$ of your body weight. However, bear in mind that 20% of your water will come from the foods you eat, and if you exercise (which we hope you do), you'll need to drink another 8 oz for every hour of exercise you perform.

PLAN YOUR MEALS

By planning your meals, you give yourself the opportunity to knowingly incorporate healthier choices into your lifestyle. No surprises. ☺ Also remember that sometimes – 5 or 6 small meals throughout the day work much better for some folks than 3 scheduled meals. I, myself, eat 4 -5 times a day with 1 meal being a dinner with the family.

KEEP A LOG OF YOUR DAILY INTAKE

We've included a Weight Tracking Log and a Diet & Fitness Journal within this report for you to begin the process. With the increase in exercise, make sure to adequately supply your body with the nutrients it needs. Record your moods for the day as well. Looking back – you will eventually gain insight into what foods and fitness work best for YOU!

SLEEP!

It may sound silly, but sleep is an integral part of your routine. After a full day of work and some exercise mingled in, your body needs to recharge its batteries. The amount of sleep varies per person, but aim for 6 to 8 hours of sleep to allow your body to function well throughout the day.

STAY MOTIVATED

This is what we hope you gain from this report – a drive and will to get and stay motivated now that you know what works for you! Set reasonable, realistic goals and stay positive!



PHYSICAL ACTIVITY GUIDELINES

First and foremost – you need to figure out what really moves you. Is it going for a brisk walk, running, dancing, bowling, playing a sport (no – watching one on TV does not count ☺)....whatever it may be – own and love it.



Remember these few things as you chose:

- How does it make me feel?
- Does it get me excited?
- How do I feel AFTERwards?
- Better with or without a partner?

Guidelines suggest you get in at least 45 – 60 minutes of exercise a day.

Sound like a lot? Well, consider how much time you actually walk to places, and.....it's really not that scary anymore.

See if you can.....

Walk or ride a bike instead of driving.

Take the stairs instead of the escalator or elevator.

Suggestions:

Go bowling

Take a walk with your dog

Join a sports league.

Dance (for extra fun – dance with your kids!)

BE PATIENT.

As in dieting, sometimes it takes awhile to find your nitch in the activity you chose. Play around and experiment. You might surprise yourself.

Most of all.....

LOVE what you do. LOVE who you are NOW. Start now.

No one can make you become a healthier you, but you. So, let's get started! ☺



FITNESS STRATEGIES

We thought we'd list some strategies that are easy to start and always a great way to jump start your program and get on track....quickly. Many people have incorporated these methods into their training and have been extremely delighted with the results.

However, with anything, please consult your physician or healthcare practitioner prior to embarking on any weight loss or physical activity program. It is important to establish a basis for your metabolic heart rate to understand the levels of physical activity in which you may engage in safely and to which you may strive.

Jump Rope

The simplicity of a jump rope.

Jumping rope is an excellent calorie burner. It works your legs, arms and your coordination without even leaving home. Make sure to buy a rope that is long enough for your height. Start slowly and gather your hand-leg coordination before moving into advanced moves such as criss-cross and quick feet jumping. You may also cross-train^a with the rope by mixing it sporadically throughout a work-out.

Yoga

Yoga is an excellent element for your body especially for getting and keeping you grounded to your body, mind and physicality. Additionally - it increases flexibility and strength – keys to fitness. What's best – you can buy a yoga DVD and get started at home before you enter a Yoga studio with advanced Practicers. This may make you feel more comfortable and be able to practice yoga in its purest form - being aware of your body and its abilities – not comparing yourself to others.

If you do go studio first, be sure to educate yourself on the various types of yoga practice before enrolling.



FITNESS STRATEGIES CONTINUED:

Swiss Ball

This simple little ball can perform wonders. Not only is it inexpensive, but also it can help you stretch, work your body and loosen up your joints. The primary benefit to performing exercise on the ball as opposed to your feet is that you engage more muscles as you work to balance and stabilize your body on the ball. Your core muscles^b are the primary target when working on a Swiss Ball.

They come in various sizes to work with your height and length of legs. Make sure the ball is inflated correctly and is the correct size for your body.

Sit on the ball and simply roll your hips out in a circular motion. Switch directions. Do this to get comfortable on the ball.

If you are already exercising with weights, try doing your exercises while on the ball. This will strengthen your core and surrounding muscles as you stabilize your body on the ball.

Do sit-ups and push-ups on the ball.

Do lunges on the ball. Put one leg up on the ball, steady yourself first, and then lunge.

Many, many exercises may be performed on the ball, but as always.....be careful and KNOW your body first before attempting any exercises.



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FITNESS STRATEGIES CONTINUED:

Kettlebells

Kettlebells are a cast iron weight that resembles a cannonball with a handle. They are used to perform exercises that combine cardiovascular, strength and flexibility training

And I, for one, am a huge fan of Kettlebells.

Kettlebells have the ability to give you an all-over body work-out. **However, a word of caution** ~ I recommend proper training on them prior to use to avoid injury. Once trained, you will grow to love them as much as I do. 😊 They can offer you a truly amazing workout.

Kettlebells come in various weights – ranging from 4 lbs to 175 lbs – and colors (if you so desire). And if you belong to a gym or are thinking about joining one – the good news is that almost all of them should carry Kettlebells now (but likely not the full spectrum of weight range). Additionally, they will have a certified trainer that could walk you through some exercises (without a charge).

Once instructed, the exercises you can perform are really limitless. Also, if you plan on sticking with them, invest in some wrist guards to protect your wrists.



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FITNESS STRATEGIES CONTINUED:

TABATA Method^c

A high intensity *interval training*^d that has been around since 1996. It consists of 4 minutes of intensity performed once or twice a week **non-consecutively** (not daily).

Training this way will improve your VO₂ Max^e. A nice side benefit to incorporating this into any regime you may have already established? You will continue to burn calories up to 38 hours after you workout using this method.

It consists simply of 20 seconds of hard-core exertion, followed by 10 seconds, then 20 seconds of hard-core exertion, followed by 10 seconds of rest, etc. for 8 rounds or 4 minutes. It is only 20 seconds, but the 10 seconds recovery given is insufficient recovery time, so you're body and heart are working intensely for the full 4 minutes.

However, it may be incorporated into any routine – walking, biking, running, machines.....ANY method of work-out. Personally – I use it spinning, running and in stationary exercises (i.e. push-ups, sit-ups, pull-ups, lifting, etc) - performing this in the middle of my work-out and then resuming my work-out as planned.

As an example: if you're walking – warm-up (always), quicken your pace or increase your incline for 20 seconds, rest for 10 seconds, repeat (work your way up to 8 times), then walk normally and cool-down. Substitute any exercise for walking.

Just remember - that 20 seconds must be INTENSE (for you) – not lazy.

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TERMINOLOGY:

- a. Cross-Train** Cross-training is a type of conditioning training to improve overall performance. It's practiced by mixing up cardio exercises with strength exercises – i.e. 5 min walk, 20 lunges, 10 minute jog, shoulder press, 5 minute jog, squats, etc.
- b. Core Muscles** Abdominal (stomach) and back muscles. These muscles help with your balance and stability. A strong core is recommended to alleviate back pain as well as maintaining proper posture for future years.
- c. TABATA Method** Named after Dr. Izumi Tabata from the National Institute of Fitness and Sports in Tokyo, Japan. Dr. Tabata and his team of researchers in their published study in 1996, in the journal *Medicine and Science in Sports & Exercise*, documented the dramatic physiological benefits of high-intensity intermittent training.
- d. Interval Training** is a type of physical training that involves bursts of high intensity work alternated with low activity or rest periods.
- e. VO₂ Max** is the maximum capacity of an individual's body to transport and use oxygen during exercise, which reflects the physical fitness of the individual. Maximal oxygen uptake (VO₂max) is widely accepted as the single best measure of cardiovascular fitness and maximal aerobic power.

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