Fitness Habits

Nurturing Ourselves through Movement

I move Aerobically (increase blood, oxygen and BMR)
I move my Breath (increase oxygen, relaxation, and detoxification)
I move my Structure (build muscle strength and flexibility)

Fitness is not tedious exercise for the purpose of weight loss.
Fitness is nurturing yourself through movement. (Movement of your muscles, heart, lungs, lymph, and structure for the purpose of improving your health and enjoyment of life.)

Weight Loss is the fringe benefit, not the goal of Fitness

Why is Movement so Important?

Movement releases tension and toxins

Movement is essential to balancing your pH because it stimulates the lymph system which is responsible for detoxification (removing acidic waste). The lymphatic system handles the body's fat processing and detoxifying. This secondary circulatory system is constructed of millions of tiny channels running through all parts of the body. The lymphatic channels transport all kinds of waste products and fats from the intestines to the blood and then to the cells, relying on muscle contractions for their flow. **The lymph system doesn't have a pump like the heart, so it has to be "exercised" with either a bouncing action, deep breathing, or movement.**

Movement is the third strand to building a healthy pH because it helps you release excess acids and increases oxygen. Both are essential to creating a healthy inner environment.

Jumping on a mini-trampoline or rebounder for only 10 minutes a day will gently ease waste materials and FAT out of the lymph system. You will see fatty cellulite deposits begin to disappear. The greatest thing about this exercise is that virtually anyone can do it despite age or physical challenges. You will benefit just by sitting on the rebounder while someone else jumps.

Movement increases energy, oxygen, and metabolism Every time you move your body, your heart pumps more blood through your veins, your cells receive more oxygen, your energy and metabolism increase, your muscles strengthen, and flexibility increases. We were made to move. Movement is a sign of life and a gift of life. Sitting still for too long makes you stiff and achy. Notice how children act more tired and lethargic after sitting around watching TV. If they ride bikes and run around, they are filled with energy. They also sleep better at night; another fringe benefit of exercise.

Fit movement into free moments

- Bend with your legs (instead of your back) whenever you need to pick something up.
- Do jumping jacks, jog in place, or do leg lifts while watching TV.
- Do lunges while vacuuming.
- Park further away than is necessary in parking lots. • Take the stairs instead of the elevator.
- Walk the dog, dance, work in the garden, mow the lawn.
- Scrub the floors on your hands and knees instead of using the mop.
- Walk into the bank instead of using the drive-up window.
- Walk around the mall or outside of the supermarket briskly before shopping.

Some movement is better than none.

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Habit #1: I Move Aerobically

Aerobic occurs when your heart and lungs keep up with the demands of your muscles for oxygen created by activity.

Why is it so important? More blood, more oxygen, more energy, less fat

Aerobic exercise strengthens your heart muscle so with each beat it pumps more blood with less effort. Aerobic exercise actually increases the volume of blood in your body. The result is every one of your cells is getting more oxygen — you can move further and longer with less fatigue. Without aerobic exercise your ability to utilize oxygen deteriorates.

The average conditioned person has a resting heart rate of 60 beats per minute. The unconditioned person has a heart rate of 80 or more meaning his heart pumps approximately 30,000 more times every single day! The unconditioned person is wasting energy every day. Through aerobic exercise, you are training your heart to pump more blood with each beat with less effort. Your heart becomes a stronger and more efficient muscle. (Source: Tony Robbins, *The Body You Deserve*)

Aerobic means "with oxygen." Aerobic activities help you work your heart and lungs, improving your ability to take in and distribute oxygen to every cell in your body. The better your body uses oxygen, the more active you can be without tiring.

Aerobic exercise gives you ENERGY

- Your muscles demand oxygen when you move.
- Your heart beats faster to deliver more oxygen to the working muscles.
- Your breathing improves to provide more oxygen.
- Due to the extra work, your heart and lungs become stronger and more efficient.
- More blood is pumped through your body every minute of every day with less effort.

The result: you can be more active and less tired.
You'll have greater stamina!

Understanding Metabolism

Your **Basil Metabolic Rate** (BMR) is the rate at which your body burns the fuel we give it. It reflects the number of calories your body needs to sustain itself. It is your internal machinery that tells your body when to store fat and when to burn it. Some people burn fuel more quickly, and efficiently than others. Two people can eat a sandwich. The person with a higher BMR will use the fuel and turn it into energy. The person with a lower BMR will burn the fuel more slowly and what isn't burned as fuel will turn to fat. A higher BMR means a hotter burning engine. Aerobic exercise raises your BMR rate.

Aerobic exercise also trains your body to burn fat. Gaining weight is not just about how many calories you ingest. It's also about about how efficiently your body burns them.

Success in maintaining weight loss is significantly higher for people who exercise aerobically.

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Aerobic Exercise: Key to raising your BMR

Exercise aerobically to burn fat instead of glycogen.

Lower your calories and you lower your BMR

When you reduce the fat and calories in your diet, your brain panics in fear of starvation, lowers your BMR to conserve energy, and your body starts storing instead of burning fat. It's like turning down the thermostat in your house to conserve funds if you fear you won't get paid next month.

Aerobic exercise helps solve this problem.

Anaerobic Exercise.

Aerobic means "with oxygen." Aerobic exercise happens when we work our hearts and lungs at a rate that gives us enough oxygen, but not so fast that our lungs can't supply an adequate amount to our muscles. Many people either exercise too slowly (not demanding enough oxygen), or too hard, so their lungs and cardiovascular systems cannot provide the oxygen as fast as the muscles need it. Oxygen helps keep your inner terrain alkaline and your thermastat burning strong. Without enough oxygen for energy, we stop burning fat because it takes too long to break it down. Our bodies turn to glycogen which is an immediate energy source. The problem is you get the energy, but you train your body to burn glycogen instead of fat. Not what we want.

Exercising in our optimal training heart rate for at least 20 minutes, trains your body to burn fat rather than sugar.

Increased oxygen increases your body's ability to burn fat.

Anaerobic Exercise

Exercising too slowly or too fast. In both cases, you don't receive adequate oxygen. You and your muscles crave energy, so your body turns to glycogen instead of fat because it is a quicker form of energy. This also increases acidity.

Anaerobic life-style: Too much stress (which often leads to holding your breath and not breathing regularly and deeply), pushing yourself all day; poor nutrition, dehydration, and forcing yourself to exercise above your training heart rate.

Aerobic efficiency is your ability to transport and utilize oxygen. Oxygen is the life source our cells need to thrive.

The result. The results of an anaerobic life-style include excess acidic waste, fatigue, low blood sugar patterns (mood jumps up and down), anxiety, circulatory problems (feeling cold all the time), heightened PMS, stress—all of which can lead to weight gain.

Because your body becomes so efficient at storing fat, you can exercise harder and harder, even increase muscle, but still the numbers on the scale do not budge. You ask yourself, "I'm working so hard, why can't I get these pounds off"?

Solution: **a consistent <u>aerobic</u> exercise program combined with an alkaline diet and lifestyle.**

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Aerobic Exercise Program

- ♦ Get your heart beat to be 65–85% of your maximum heart rate. (formula follows)
- ♦ Exercise for at least 20 minutes without stopping
- ♦ Use the large muscles of your body in a repetitious fashion without a break.

A True Story

Stu Mittleman ran a 1,000-mile race in 21 days. He ran slower than the other runners. He adjusted his biochemistry to burn fat, because he knew fat would give him endurance. Burning fat gave him more energy at a steady pace. His body learned to burn fat because he had adequate oxygen.

"If I run like crazy, I'm going to run out of glycogen."

He was the only one who finished the race! When he was done he was amazed at how his body burned the fat he ate.

(Told by Anthony Robbins, *The Body You Deserve*)

Check with your doctor before you begin an exercise program.

How Often: 3–5 times per week

How Long: 30- 40 minutes

Warm Up: **5 minutes.** If we rush to the training phase, the blood that normally goes to our organs gets shunted away from them and goes to our muscles because our muscles need oxygen. Our ultimate goal is health, so the warm-up is key. Stretching helps prevent injury.

Training phase: 20–30 minutes. Continual movement of your large muscles at your optimal training heart rate. See the formula on next page to determine your training heart rate.

Cool down: **5 minutes**. If you exercise in your training phase and stop too suddenly, your blood will pool in certain muscles and areas of the body. The cool-down improves circulation and prevents injuries.

What Are the Results?

♦ **More energy.** You can increase your blood volume by as much as a quart as a result of aerobic conditioning.

♦ **Feel sharper and think more quickly**. With that much more blood volume, you have the capacity to deliver so much more oxygen to all the cells and organs of your body.

♦ **Increased metabolism.** Eat more and burn it instead of storing it.

♦ **Increased weight loss.** Even while resting your body will be burning more calories.

♦ **More muscle tone.** More muscle increases fat burning potential.

♦ **Better health.** You release toxins from your body through sweat.

♦ **Improved emotional wellness.** Aerobic exercise naturally releases serotonin (used in anti-depressants) into your bloodsteam.

Drink your SuperGreens while exercising.
They help to remove lactic acid build up in blood.

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"But I don't have the time"

- There are 168 hours in a week.
- We can all find **one extra hour a day** by taking away a little bit of TV, phone time, even sleep. If you slept a half hour less a day and watched a half hour less TV, you've gained the time you need, and them some.
- Take that time to train your body to be more fit and energized.

What could you take out of your life to find an extra three to four hours a week?_____

_____

Aerobic exercise needs to take only 3% of your time. Isn't more energy and a healthier body worth 3% of your time?

Make it a MUST. We all have "must" rules and "should" rules.
A *must* rule: **"I must feed my kids."**
A *should* rule: **"I should do a craft project with my child every day."**
Regular exercise is often a "should" rule. Something we know we should do but somehow all the other "musts" in our lives take over. Aerobic exercise needs to be a scheduled **must** in our lives rather than something we do once everything else is accomplished.

Connect exercise with the following:

- Your health
- Your self-esteem
- Smiling more
- Feeling awesome about your body
- Saving money (poor health = major expense)
- Being a happier mom, dad, spouse, friend
- Improved business—more energy and clearer thoughts

Make it a must.
Everyone in your life benefits.

Make It Fun. We are naturally motivated to avoid pain and gain pleasure. We have to make exercise enjoyable or we won't stick with it. Having a partner helps! (Look for someone else in a similar training zone.) Try listening to audio tapes while you work out (borrow them from your library). Watch the news, a favorite television show, a video that will teach you a new skill; or make phone calls.
How can I make exercise fun? _____

_____

If you connect exercise with pleasure and progress, it will become a regular part of your life.

Good News: research shows again and again that people who exercise for 6 months for 4–6 days a week, **exercise for the rest of their lives**. They may get off the program for a few months, but it **becomes trained in their nervous system,** and they always return to exercise—**they look forward to it!** (Source: Tony Robbins, *The Body You Deserve*)

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Practical Application

Which Types of Aerobic Exercise are for You?

walking, jogging, biking, swimming, racquetball, tennis, eliptical

Circle the activities you like.

spinning, rowing, dancing, cross-country sking,

water aerobics, rowing machine, soccer clubs, dancing.

Try cellercising: visit www.cellercise.com and learn about the positive effects of jumping on a rebounder.

Rotate activities so you don't get bored. Local YMCA's or gyms are great places to meet exercise partners and to help keep variety in your workouts.

At work, instead of a coffee break, take a walking break. You'll come back much more energized. Movement creates the circulation and energy our bodies crave.

Monitoring Your Heart Rate

My Resting Heart Rate:

(This number will decrease in the weeks ahead in response to aerobic exercise.)

☐	**x 6 =**	☐
(# of beats for 10 seconds)		(Resting heart rate — beats per minute)

My Optimal Training Heart Rate:

180 –	☐	**=**	☐	**÷ 6 =**	☐
	(my age)		Training Rate per minute		(for 10 second period)

*Add 5 to this number if you are currently doing a regular exercise program.
*Subtract 5 if you have not been exercising regularly.

Aerobic Exercise Makes You Feel Good

We have hormones in our brains called endogenous opiates. Neurophysiologists believe that they play a role in affecting appetites. They function like pain killers and when your body is under stress, they become depleted. Eating raises the level of these opiates to make your stress more tolerable. So when stressed your brain may be sending a message to you to eat food to raise your opiate levels. Exercise and deep breathing also raise opiate levels!

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Habit #2 I Move my Breath

If your main fitness goal is to increase oxygen and eliminate toxins, then no "exercise" is more important than consistently and effectively using your diaphram to deeply breathe in air and oxygen.

Why is deep breathing so important?

More oxygen and fewer toxins = better metabolism
Deep breathing significantly increases the amount of oxygen you take in. When air enters your body it travels through your body until it reaches your cells. Oxygen from your lungs enters your blood stream and rides on the back of hemoglobin in the blood until it reaches the tiny thin walled capillaries of your cells. Here oxygen is given up into and exchanged for carbon dioxide. This deoxygenated blood flows back through the veins, traveling into larger and larger blood vessels until it reaches the heart where it is once again pumped out to the lungs to drop off carbon monoxide.

The deeper you inhale the more oxygen gets to the deepest receptors of your lungs and is absorbed into your bloodstream. The deeper you exhale the more carbon monoxide and toxins you let out. The richest blood flow is in the lower lungs. Deep breathing means more energy and less fat.

Deep breathing cleanses out toxins
Seven million cells are destroyed in your body each minute. Toxic cells build up. Your body retains water to clean the system. You have excess water in your cellular space and therefore less oxygen and less energy. Our system for cleansing is the lymph system. It's your detox center. It's like the heart without a pump. Deep breathing improves the functioning of the lymph detoxification system.

Primary vs secondary breathing muscles
The lungs and heart work together to circulate oxygen, but the respiratory *muscles* are responsible for pulling the oxygen into the body. We have primary and secondary respiratory muscles. The primary muscles are our diaphragm, abdominals, and mid-section muscles and our secondary ones are our neck, shoulder and pectoral muscles. Because many people use their secondary muscles instead of their primary ones, they take in less oxygen. Secondary muscles are not as strong and become tight and fatigued. We also feel more fatigued in the process because to get the result we are after takes more effort. It's like trying to walk with our arms instead of our legs. Smaller muscles are not as effective. It 's not what they were designed for.

Are you a belly or a chest breather? Take the test:

- Breathe in and notice which parts of your body expand, your belly or chest.
- Put a cup on your tummy and see if it goes up and down or lie on your tummy in bed and see if you feel your gut go into the bed.
- Ask someone who is with you often to observe your shoulders while you take three deep breaths. Ask them to tell you if your shoulders go up and down or stay relaxed. (Up and down movement indicates chest breathing.)

If you often feel tightness in your upper back or neck, you are most likely a chest breather.
Have you ever noticed how babies tummies go up and down with each breath?
Our bodies were designed to use our diaphrams to help pull the air deep into our lungs. If you expand your chest or shoulders when you breathe, (often a habit learned in response to stress) you give yourself only short, shallow breaths and therefore less oxygen and energy.

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Deep Breathing Exercise

- Sit up straight so you give your diaphragm room to expand.
- First exhale fully using your diaphran to push the air out (this improves stomach tone)
- Allow the inhalation to happen naturally. Use your stomach muscles to pull your breath in deeply while expanding your gut area.
- Keep your shoulders and chest relaxed.
- Breathe in deeply into your gut and back areas for the count of four and exhale for the count of four.
- Do this four or more times.
- Try to breathe in through your nose and out through your nose.
- Be sure to *fully* exhale and allow your inhalation to happen naturally.

Breath out fully

Breath in deeply

Repeat

- Stretch your upper body and chest area to improve breathing. Stretching opens up the chambers of your body so the oxygen can flow. When your body stays in one position for too long, parts of it "fall asleep." These parts are not getting enough oxygen

Stress causes shallow breathing

Stress pushes you into a fight or flight mode. You tighten your muscles and thrust your upper body and breath forward to get ready for action. You start to breathe quickly and shallowly sensing there is not time for deep slow breathing.

The stress response starts with extra energy, but ends with exhaustion. Your body pumps out hormones to give you quick energy but the energy burst is always followed by exhaustion; the result of chest breathing and the body working in overdrive. Your body tries to prevent this from happening by calling for food to help you relax. Here's the pattern:

You're stressed > you hold your breath or breathe shallowly > which creates more stress > > you eat in response to stress > blood rushes to the stomach > > your body and your breathing slow down> you relax.

You can get the same result (relaxation) by breathing deeply and trying to stay calm when you are stressed instead of going into panic mode. Fear and anxiety cause you to hold your breath. High achievers and goal oriented people often hold their breath, thinking they will start breathing normally and relaxing when they finish the next project. Fast paced, overpacked and unbalanced lifestyles lead to stess and shallow breathing. We are so busy we forget to breathe. Many of us have forgotten how good it feels to breathe slowly and deeply. Stress robs your breath....and your life.....and your weight loss efforts

Breathing Enemies

Tight Clothes	High Heels
Belts	Girdles
Tight Bras	Stress
Neck Ties	Worry
Slouched Posture	

"Time is Breath"
—G.I. Gurdjieff

Your breath helps connect mind, spirit, and body. Breathing lies at the center of every action and reaction we have, so return to it often. Relaxation is only one exhalation away. Your breath is the major method through which you take in (inhale) and release (exhale) energy between your energy field and the larger world. When you hold your breath, you are often holding negativity.

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Shallow Breathing Solutions

Awareness....the first step to changing anything
•Notice when you are stressed.
•Be aware of how stress effects your breathing.
•Pay attention to the movements of your shoulders and belly. Are you using your primary or secondary muscles? Catch yourself holding your breath. You can hold your breath for long periods of time and unfortunately many of us do.

Slow Down

Your breathing mirrors the rate at which you do things. Each time you hear the phone ring let that be your cue to take one easy breath in and out. Try parking your car further away than you need to and walk slowly in a relaxed fashion to your destination. Try driving more slowly and take time at stoplights to breathe slowly.

Incorporate some menial work into your every day. Any task that is repetitive, and involves slow rhythmic body movement will help repace your breathing. Shoveling, gardening, mopping, folding laundry, ironing, chopping vegetables.

As your breathing slows to match the rhythm of your activity, you'll find your mind entering a state of tranquility.

Ask these questions:
Is my need to rush real or imagined? Is this task so important that it's worth losing my peace of mind? Will anyone truly suffer if I don't get this done? Aim to live less in your head (focused on worries or fears) and more in your body. Time management helps. Is your mind catapulting itself into the future, planning, rehearsing, and often imagining difficulties that haven't yet happened? Try saying this poem:

Breathing in, I calm body and mind.
Breathing out, I smile.
Dwelling in the present momentI know
this is the only moment.

Create Balance

The RenewYou time management is a tool to help create balance and reduce stress.

Practice Letting Go...Worry less

Letting go involves doing our best at the task at hand and releasing the outcome. Our goal is to be fully present in the moment and not concerned about the results. Live less in your head and more in your body. Focus on paying attention to all you senses. Are you always thinking? If so, try to give your mind and soul a break at times and just think about nothing and feel the senses of your body. Feel your breathing. Smell a flower or an aroma you love. Touch something comforting. Look at the sky, or the trees, or a child's face and take in the beauty. Listen to some music and hear all the notes. Truly taste your food when eating. If we focus on feeling our senses we automatically worry less and as a result breath more naturally.

Excellent book on breathing
The Breathing book by Donna Farhi. filled with stretching and breathing exercises.

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Habit #3 I Move my Structure

Moving your Structure through Stretching

Yoga and Tai Chi are both wonderful forms of stretching. They incorporate deep breathing and meditation in motion.

We are all by nature flexible. Nature intended that we be flexible.
Have you ever noticed a child's ability to move the limbs of her body in all directions with incredible ease? The joints and muscles of your body are not meant to be stiff. They become this way due to inactivity. You stretch naturally when you reach, bend or twist. You extend the joints and muscles of your body to their fullest limit, challenging them to reach their full range of motion...as they are intended to do.

Stretching releases tension and toxins.
We tighten our muscles when we are tense. Stretching our muscles helps us to relax and breathe differently, and release tension. Acidic waste gets trapped in tight muscles. Stretching helps to release these toxins from your muscles, into your blood and out of your body.

Stretching provides energy
When your muscles and joints become tight like a kinked, twisted hose, oxygen does not flow as well. Oxygen is essential for energy and for fat burning. When we take the kinks out of a hose the water flows. When we release the kinks in our bodies through stretching oxygen and energy flow.

Stretching prevents injury.
It warms up your muscles so they are not tight and stiff. If your muscles are warmed up and your joints more limber, injury is less likely to occur when you make sudden or strenuous movements.

Stretching feels good.
After sitting for hours at a computer or on a plane, have you ever found yourself stretching your back or moving your head from side to side? It feels good to stretch!

Stretching activities are easy to do.
Most stretches can be done in just a few minutes. Remember to stretch only until you begin to feel a slight pull and then hold for about 10 - 15 seconds. Move gradually through a range of motion until you feel some gentle tension. Don't push or bounce. Relax, then stretch again. You'll probably find you can stretch a little further the second time. This indicates you've improved your muscle's flexibility.

Stretching keeps the structure of our bodies in alignment

Visit: www.Yogaeverywhere.com/home.html for stretching poses.
Most video stores and library's have yoga/stretching video tapes.

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Moving Your Muscular Structure

Muscles are major calorie burners
Strength training builds muscle mass. Muscles require more energy or calories than fat and they are our primary calorie burners. With more muscle mass more of the food you eat is needed for energy and less is converted into fat. Your body may need to turn to it's stored fat cells for needed energy.

One pound of muscle burns thirty five to fifty calories a day.
One pound of fat burns between two and eight calories a day.

Strength training makes you more capable
Every time you pick up a child, carry an armful of groceries, or push a heavy box, a muscle group is exerting a significant force. The stronger your muscles, the more force you can exert, the more calories you burn.

Strength training keeps you strong and healthy as you age.
As people age they tend to lose muscle mass and bone mass (osteoporosis). Being physically inactive is a major factor in the loss of both, and therefore both are preventable in most cases. "If you don't use it, you lose it". Strength training helps to preserve your muscles and bones. If you have joint pain, strengthening the muscles around the joint will often decrease it.

Strength training will increase your ability to perform aerobic exercise at a higher level, which will further decrease your body fat. With more muscle you are able to exert more energy and as a result, you tend to work your cardiovascular system harder. For example, athletes find they run faster and harder when they've strengthened their leg muscles.

How do we "strength train?"

When we challenge our muscles with resistance, they adapt to the challenge by getting stronger.
An easy and convenient way to build strength is with calisthenics, such as *sit-ups, push-ups, leg lifts, and squats.* You use your body weight as resistance. You can use hand weights and many household items to provide resistance. Or join a local gym and use machines with weights for resistance. An advantage to a gym is variety and the opportunity to meet with a trainer. However, please don't think you have to join a gym to strengthen muscles; it happens every time you use them.

Muscular strength - the ability of your muscles to move a resistance. Improves with added weight.
Muscular endurance - the ability of your muscles to perform exercise for extended periods of time. Improves with added repetitions.

The average American loses 6.6 pounds of muscle with each decade after young adulthood; the rate of loss increases after age 45. (Source, Anthony Robbins, Living Health.)

General Weight Lifting guidelines:
Be sure to speak with your doctor and professional trainer before beginning weight training.
Do 8-10 reps (repititions) with a challenging weight (one where you start to feel fatigued by the end of your reps) Higher reps with lower weights add to muscular endurance and toning. Higher weights add to muscular strength and bulk.

2-3 sets of 8-10 reps 3 times per week. A set is a grouping of reps before you take a brief break.
Calisthenics and stretching can be done every day, but pace yourself. Too much pain = no gain!

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A few strengh building guidelines:

1) **Be Consistent.** Once you commit to weight training, stick with it. A habit takes 21 days to build and one day to break.

2) **Learn Form.** If you have no experience with weights, I recommend investing in a couple of sessions with a personal trainer. One thing to keep in mind is to avoid hyper-extending or locking out any joints. This allows the muscle to relax, which is counterproductive. Also, be sure that your whole body is properly aligned in order to protect the lower back.

3) **Get Tired.** While many theories exist on the best ways to build muscle, recent research indicates when you work a muscle to fatigue, you are releasing factors that build endurance and strength.

4) **Work to Balance Muscle Groups.** Too much time devoted to one group of muscles may create posture problems. Every muscle has an opposing muscle, be sure to work the entire pair. For example, follow stomach crunches with back extensions and bicep curls with tricep kickbacks.

5) **Lift Slowly.** Take one to two seconds to contract the muscle, hold the contraction for half a second, and then lengthen the release to three or four seconds. You are 20 percent to 40 percent stronger on the way down so following this time breakdown will maximize strength gain.

6) **Vary Your Exercises.** If you repeat the same exercise, you will overdo a particular muscle group. Everyone undoubtedly has a particular asset they may want to develop, but don't overdo it. Use a full variety of exercises, machines and resistances. Try lifting free weights, water, household items, and even your own body weight. Your muscles adapt to whatever you do, so change brings muscle growth.

7) **Stretch before and after lifting.** We are meant to be in motion most of the time, however since most of us are not, be sure to stretch and move your muscles before lifting weight. Also stretch afterwards to prevent stiffness and injury.

8) **Be sure to breathe while lifting weights**. Exhale slowly during your exertion, pushing the oxygen fully out of your lungs, and inhale fully as you relax. During your inhale, allow your belly to expand fully and pull the needed oxygen deep into your lungs using your diaphram.

For toning lift light weights with high repititions.

For more bulk, increase the weight amount.

I strengthen my muscles

Action Steps

☐ **Join a local gym, purchase a rebouonder, treadmill or eliptical machine, or call a friend and ask him/her to be your walking partner.** Schedule your exercise days and make them a must.

☐ **Purchase a pedomiter**
A pedometer or step counter is an easy way for you to monitor your physical activity. They can be purchased in most sporting goods stores. All you do is clip it on your shoe, or belt or pants and record the number of steps you take each day.

Aim to gradually achieve 10,000 steps a day. This may take time to work up to. If the day is coming to an end and you are far from your goal, you might consider taking a walk or walking in place while you watch the evening news.

☐ **Interested in hiring your own personal trainer?** The following websight will direct you to trainers in your area: www.bluehornet.com (this is the websight for the American Council on Exercise). Most local gyms have trainers on sight who will work one on one to help get you started with an exercise routine.

☐ **Try Yoga** . Rent a video from the library or a video store, or join a class at a local Gym, YMCA, or yoga center.

☐ Order a **4-Minute Fitness DVD from Renew You.** There is no other exercise approach like this. In just four very efficient minutes, you can...

...gently exercise most of your muscles
...increase your flexibility
...improve your balance
...feel more focused and aware
...take full, deep and healing breaths
...increase your energy
...improve your attitude
...feel more present, loving, grateful, contented

Enjoy your body
.
No matter what your current weight, you live in your body today and the more comfortable you are with it, the more you will move and the happier you will be. Even at your ideal weight certain things about your body may bother you. Try to love your body and be present in it. We don't have to wait until we reach the magic number on the scale to enjoy living inside our own skin. When we feel self conscious or uncomfortable with our bodies, we tend to hold our breath.

Enjoy your "being"
We are taught to always think and do rather than to just be. Try giving your mind a break and just enjoy your physical being. Practicing deep breathing helps foster awareness of your body. If you are always "thinking" or "mentalizing"and feel out of touch with your body, try to quiet your thoughts and focus on your breathing. Feel every part of your body as you breathe. Wiggle your toes, your legs and every limb of your body. Tighten the muscles, and then release, and be aware of your physical being. Feelings can be stored in our bodies. They represent needs we have. When we stop and feel our bodies we become more aware of our feelings and our needs and as a result are more likely to meet those needs.