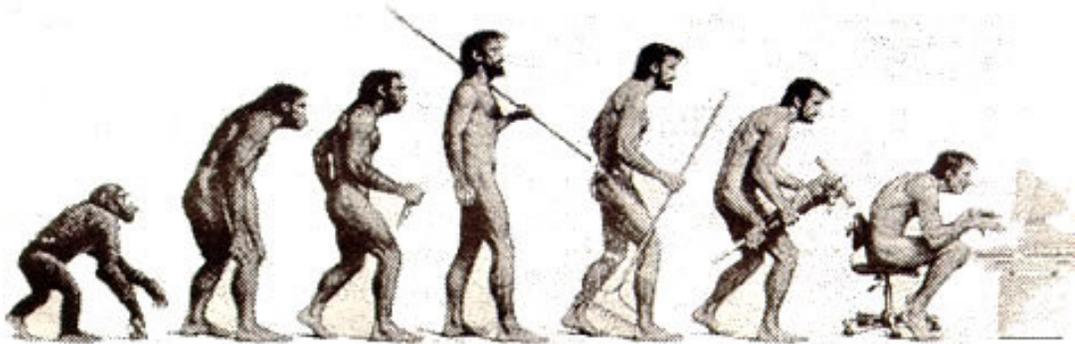


## EZYGYM EXERCISE GUIDE

### INTRODUCTION

The human body has evolved over millions of years. As hunters & gatherers, our bodies became upright, with walking and running being our primary physical activity. Today this remains the best way to achieve and maintain fitness & health.

#### EVOLUTION:



**Somewhere, something went terribly wrong.**

#### **Set a personal fitness and/or weight loss goal**

Practice visualization to help yourself reach your goals. Athletes use this technique to help them perform better, and it works. If you want to lose weight, picture yourself at your goal weight. If you want to run faster, picture yourself running faster, or even winning a race! The mind is powerful when used in the right way!



Physical activity is much easier once it becomes a habit. Increase your routine every day for several weeks, and you'll be well on your way to actually living a more active lifestyle. Remember, every step counts - and the more, the better.

Many things in life are out of your control - physical activity isn't one of those. Physical activity is something you control and do solely for yourself. Select your activity time to suit your lifestyle. Do it with the TV, DVD, CD's or simply the radio. Whatever you choose, be consistent so you develop the habit.

## How to increase your endurance

Work first on increasing your time, then work on intensity. If you walk or run, push yourself only an extra 10% per week until you get to where you want to be distance-wise. Then you can start to work on making those goal distances more intense, also at an increase of about 10% a week. This will best accomplish an increase in your endurance safely without overuse injury.

Our skeletal muscles are responsible for more than 25% of our calorie use. Therefore, if you increase the amount of muscle you have through resistance training, you increase your metabolic rate.

This basically means you will require more calories each day to function, so you can either eat more, or eat the same amount of calories as before to attempt weight loss.

Be aware, however, that cardiovascular exercise is critical to achieve permanent weight loss, and a combination of both cardio and resistance training is ideal for maximum results.



Over your adult life you will lose muscle gradually, unless you strength train. Without strength training you can expect a 5% reduction in your metabolic rate each decade of life.

Don't deprive yourself of the foods you enjoy but eat them in moderation and savour every bite.

Each day focus on how good you feel about yourself and the steps you're taking to be more active. Remember progress can be measured in many ways - mood, sleep, self-esteem, weight loss, or energy. The longer you stick with a physical activity program, the more benefits you'll feel.

If you're new to exercising, it's best to start slowly, increasing the intensity and length of your workout as you go. You will see noticeable improvement within a week or so. As your stamina improves, the activity will become easier. Physical activity at a comfortable pace that doesn't leave you exhausted.

One way to monitor your pace and determine intensity level is the talk test: if it's difficult to speak, slow down; if talking is too easy, speed up.

## Sticking with an exercise program in the beginning

The simple truth is that when your body is used to something, it will resist change. If you are comfortable on the sofa and the phone rings, your body's inertia resists you getting up and going to answer it.

Likewise, if you just finished a sporting game or vigorous activity you will have a difficult time falling asleep quickly. When you try to shock your body by doing two things it's not used to doing: exercising and eating right, it will resist your efforts.

By fighting the inertia and making exercise a part of daily life, the norm will become "being active"!

We all have days where we don't feel like doing our physical activity. But before you decide to skip, think of how you will feel if you do the activity. Then, think of how you will feel if you DON'T do your activity. Choose the path that gives you the feeling you want! Same thing goes for deciding what to eat!



Concentrate on the immediate satisfaction you get from being active, while remembering some health benefits take longer to experience. For example, it takes 8-12 weeks to raise high density lipoprotein (HDL) "good cholesterol" levels and 10 weeks or more to lose 5 kilos. As you make progress, reward yourself with something personal, specific, and immediate; consider these ideas:

- Physical activity outfit
- Sunglasses.



Choosing walking as your primary form of activity and exercise has been an excellent choice. With any form of activity, however, you will find that over time your body becomes accustomed to what it's doing, and it will actually burn fewer calories over time! Likewise, you will no longer see the rewarding improvements of your fitness level.

Therefore you will need to find ways to continually challenge your body. You can burn off more calories by increasing your speed, or by increasing your incline. To get the most bang for your exercise time, increase the walking speed on a flat incline. The calorie burn of walking faster is significantly higher than if you were to just increase the incline (unless the incline is very steep!) Want the best of both worlds? Then add a little bit of both into your fitness regimen.

## Sticking with an activity/exercise program in the beginning

The reason why people burn out so quickly is because an object at rest tends to stay at rest and an object that is moving prefers to continue moving. It is pure physics.

In the beginning is when you will notice the resistance more, because you are most likely making the transition from being sedentary to being active. Your muscles are not trained to work that hard yet!

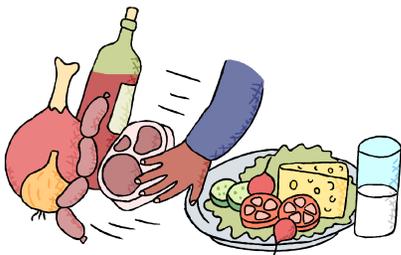
You will encounter periods of muscle soreness and fatigue, which is totally natural, but let me assure you that with the exception of those two things, most of what you will feel can be overcome mentally

### Here is why diets fail.

When you eat a calorie restrictive diet, your body thinks you are starving. Our bodies have not developed that far since the days of famine and it goes into emergency mode. It slows down your metabolism and does not allow fat to be released for energy.

See, the body thinks that it is not going to receive food again for a long time and it goes into survival mode and keeps everything that it can. The only way that it can do so is to lower your metabolism, the last thing that we want!

When you stop this unrealistic eating plan, your metabolism is still low and you gain the weight back even faster, even though you may still be eating less than you were before you went on the diet. Since the body wants to keep all the fat that it has, it will turn to the muscles for energy and begin to break them down. Thus, you begin to lose valuable muscle!



However, when you eventually gain back the weight, it is all fat and not muscle, causing your metabolism to slow down even more. Remember that muscle burns calories just to exist, even while we are sleeping, which is why weight lifting is so beneficial for weight loss.

Now you have extra weight, a less healthy body composition, and a less attractive physique. You are worse than when you started your diet!

What does work is a lifestyle change....one that includes being physically active, a well-rounded diet, and control over both!



## EZYGYM PERSONAL LOG FORM

Please use this template to create your own exercise program. This will enable you to keep track of your progress and modify your goals to suit the level of fitness/weight loss you wish to achieve.



Week Ending: / /	Goal (Time / Distance)	Achieved (Time / Distance)	Daily Notes
Monday	/	/	
Tuesday	/	/	
Wednesday	/	/	
Thursday	/	/	
Friday	/	/	
Saturday	/	/	
Sunday	/	/	
Total for week	/	/	
Notes			