



Exercise essentials.

THAT'S RIGHT— ESSENTIAL.

There is no way around it. Your body was built to move, so if you want to be physically “well,” you’re going to have to get moving. But that doesn’t mean it has to be boring or painful.

WORK TOWARD A GOAL

You should start with a goal in mind—

moderate exercise for
45 minutes,
daily.



That’s the amount that has been shown to deliver real health benefits. Now decide the best way to get started and how quickly you can progress toward that goal.

MAKE EXERCISE A HABIT

Once exercise becomes a daily part of your life, you may very well wonder why you ever lived without it. But that won’t happen overnight.

Begin with these simple tips to start including activity in your day.

- **Make time to “play”**—Whether it’s basketball in the driveway or tag with the kids, play is a great way to inject activity into your day.
- **Pick something you like**—Hate the treadmill? Go for a scenic walk along the river instead. Look for ways to make the activities you already like more active.
- **Start slow and build up**—Start with three 10-minute segments. Gradually add time or intensity to your activity every week. You’ll not only see results sooner, you’ll avoid burnout and develop a habit you can sustain for life.
- **Schedule the time**—The best way to never have time to exercise is to just “squeeze it in” sometime during the day. Plan your workout time just like you would plan an important meeting.
- **Add some variety**—Begin adding short strength-training sessions to your walking routine, or try biking or swimming, and don’t forget stretching or yoga. The key is developing a program you can and want to maintain for life.

FIRST THINGS FIRST

Always follow your health care professional's guidance as you increase physical activity. Working towards making sustainable lifestyle changes to your activity levels is important. You do not want to overwhelm yourself with an abundance of physical activity all at once. Start with simple steps toward moving more and sitting less. Here are some guidelines:



1 // Move your body

Doctors recommend 45–60 minutes of moderate-intensity exercise, such as brisk walking, every day.



2 // Strength train

Sometimes starting with simple body weight exercises can help increase your body's ability to use insulin effectively and increase your metabolism.

Losing as little as 10% of your body weight can:

- reduce insulin levels
- reduce blood pressure
- decrease your risk of diabetes

BETTER TOGETHER

There's real strength in numbers when it comes to exercise. Couples who work out together not only have healthier bodies, they also tend to have healthier relationships and better communication.



GENERATIONS OF CHANGE

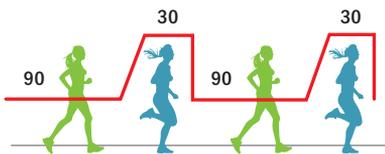
Children with parents who exercise—or better yet involve the kids in their exercise—are the children most likely to stay active through adulthood.

An added bonus—research shows that children who exercise do better in school, have greater self control, and have fewer behavior issues.

CURRENT WEIGHT – 10% = **GOAL WEIGHT**

FOR THE LOVE OF FITNESS

To build muscle, exercise will be a very important part of accomplishing the goals you set. Providing adequate stimulus with enough rest will help you build and recover. Here are some general guidelines for getting lean and building muscle.



Interval training:

Seven 30-second sprints interspersed with 90 seconds of walking a couple times a week can have the same benefit to your heart health as longer, more moderate activities. You can also try the same interval on a bike or elliptical.



1 // Get lean

LOSE BODY FAT AND INCREASE VISIBLE MUSCLE DEFINITION

AEROBIC TRAINING

Include aerobic training to assist in burning more calories than you consume.

- Do enough to achieve **45 minutes of moderate to intense physical activity.**
- The goal of aerobic training should be to use as much energy (calories) as possible. You can accomplish this by incorporating interval training.

Example: 30-second sprint followed by a 90-second walk, then repeat

1.4
kilograms
muscle

=
120
calories

Metabolism boost:

For every 1.4 kilograms of muscle you build, you'll burn an extra 120 calories per day!



2 // Build muscle

GAIN LEAN BODY MASS

STRENGTH TRAINING

Incorporate weight training:

2–4 sets of 8–12 repetitions per exercise.

- Execute a slow, controlled tempo with each repetition to focus on overall time under tension during each exercise.
- Keep rest between sets to 30–60 seconds.
- Include at least 48 hours of rest before training the same body part again.

Manipulate the following training variables every 4–6 weeks:

- Number of sets
- Number of reps
- Intensity
- Rest time
- Frequency
- Exercise selection
- Duration



425
calories



550
calories



425
calories



225
calories



175
calories

WHAT CAN YOU BURN IN 45 MINUTES?

Finding just 45 minutes a day to get active can go a long way to help you create a calorie deficit and keep you on the path to a healthy weight and a lifetime of vitality.

Here's a breakdown of common activities and the average calories they burn in 45 minutes.



IS IT OK TO MISS A DAY?

If life gets in the way and you occasionally miss a day, relax. Rest can be good for your body. The important thing is to not give up. Recommit yourself the next day and keep on moving.

To plan your daily exercise routine, turn to page 29.