

SIMPLE WEIGHT MANAGEMENT

SECTION 7

*The Multiple Benefits of Exercise
(non-negotiable 😊)*



...powerful habits to transform your life!

Devised by
**David Orrey &
Stephen Kirkbride**

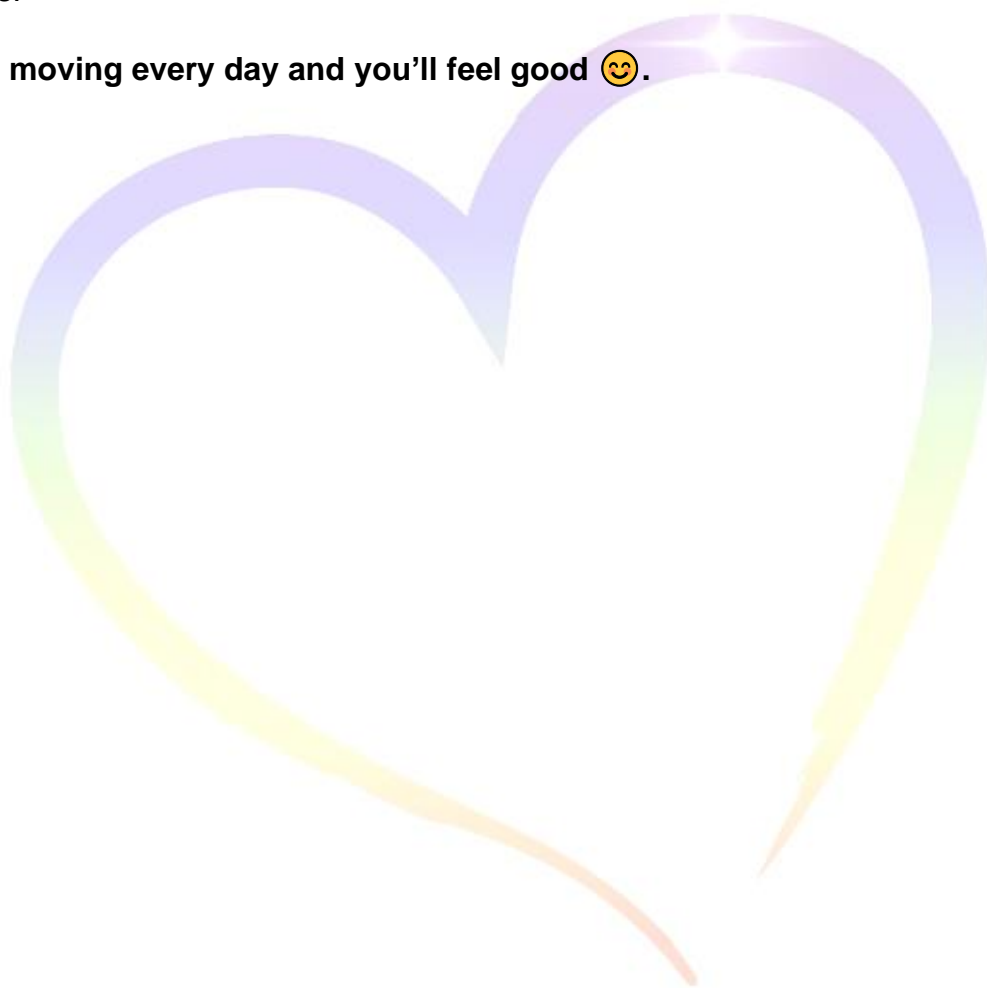
Quick Guide

Section 7 (of 12) is entitled ~ **The Multiple Benefits of Exercise (non-negotiable 😊)**

This 7th section is all about the importance of movement.

We all know that exercise is good for us, and its importance cannot be underestimated in terms of its general impact on our health (think of it as your daily medicine 😊). Whether its 2 mins a day on a mini trampoline, a gentle walk or 30 minutes gardening, it all counts!

Just get moving every day and you'll feel good 😊.



Disclaimer

All the information and recommended action steps provided in this guide are with the sincerest intentions to genuinely help you enhance your weight management, general health, well-being and make you feel good. It is the culmination of thousands of hours of research into books, published medical studies and the study of professional expertise. Vibrant health accepts no liability for the results of any actions you take following the information contained within. We strongly advise you to do your own research prior to the taking action steps and consult a medical professional if in doubt with any aspects.

7. The Multiple Benefits of Exercise (non-negotiable 😊)

*“Exercising regularly will... stimulate fat loss, strengthen your immune system, build more muscle mass, boost your metabolism, reduce the stress in your life, increase your self-esteem, enhance your mood/libido and increase the chance of more sex... **THAT’S ABOUT IT THOUGH!** 😊”*

Your Simple Weight Management educational journey so far...

- 1 – You understand there’s no quick fix and long term consistency of good habits is the key.
- 2 – **You’re mindful of the hidden dangers in the food chain and will work around them.**
- 3 – You know working with your biochemistry is the answer and you’re ditching diets forever!
- 4 – **You’re aware the real battle is between your brain chemicals and balancing them.**
- 5 – You fully understand how ‘Bad for you’ and ‘Good for you’ foods affect your body.
- 6 - **You’re aware of the dangers of emotional eating, the cause of it and the remedy.**

With exercise, you get to inflate your health and deflate your waist 😊

...plus fill your body with endorphins!

We all know... exercise is an essential ingredient of good weight management, good health and feeling good!

So, what image comes to mind when I mention regular exercise?

A lot of people automatically think exercise means a workout at the gym, or a 5 mile run as that’s what fit and healthy people do!

Regular exercise (also essential habit 8) comes in many forms (as you’ll see) and is your friend indeed, not only in terms of weight management but on multiple levels...

It increases your metabolism whilst reducing your appetite by turning on your sympathetic nervous system and putting you in a good cycle of behaviour and a positive attitude, as it stimulates endorphins (you feel rewarded).

As stated in habit 8, you don’t need to join a gym or go running, daily walking is good enough, even if you can’t leave the house to exercise for health reasons, there are alternative simple solutions as you’ll see shortly (we’ve got all bases covered 😊).

Bottom line – it’s very important that you regularly do some form of exercise not only for weight management reasons but for your general wellbeing and of course your physical and mental health.

Let’s talk about burning calories & fat

Most of your calories are burned in the general functioning of your body. Only 5% - 30% are burned through physical activity.

Any type of movement speeds up your metabolism (eating protein naturally does it 😊).



Important to understand... when you lose weight without exercise you lose both muscle and fat. However, when you gain it without exercise, you only gain fat!

To reiterate... if you go hard on a traditional diet without regular exercise and lose 2 stone, you've lost some muscle as well as a load of excess fat. If you then fall back into bad habits and regain that 2 stone without doing any exercise, you'll gain it **all** back as excess fat 😞.

This is why some dieters who lose huge amounts of weight and then gain it all back (you've seen them in magazine articles) look worse than when they first started dieting.

Storing and burning fat

There's only one reason we need to eat food – **for energy to power the body.**

In simple terms, when you eat, your body takes what it needs to power itself and then stores any excess (sugar) as an energy reserve in the form of glycogen. Once your reserve of glycogen is full, your body then stores any excess as fat.

To break down fat through exercise, we have to use up the stored glycogen first as that is the energy reserve your body will automatically use. This can take 30 mins of exercise, **then** it automatically burns fat.

So, once you've been pounding the treadmill for 30 minutes, you'll now start to burn fat. Sound daunting? Fear not, there is a better solution!

Muscles are the key

Muscle serves as a primary energy consumer for your body. Strength training/toning muscles burns most calories, making muscle an anatomical ally if you work them.

Gone are the days of running miles to lose weight, working/toning your muscles is far better to stimulate energy consumption (and you don't need to leave home 😊). Every pound of muscle you have, uses between 40 -120 calories a day just to sustain itself. When you work them too, they use up even more calories 😊!

So, when you add a little more muscle (think toning – not body building 😊), you'll use more energy and store less fat – **muscle is a lot heavier than fat**, hence we highly recommend you lose any obsession with the scales and focus on your waist size and toning up. Let's put this into perspective...

Let's say you develop a toning routine focusing on your core muscles. After 30 days you lose 2 inches off your waist but still weigh the same, would you be happy?

*You're now 2 inches slimmer and have turned some of the fat into muscle and because muscle weighs more, you still weigh the same, so who 'gives a sh*t' what the scales say, your waist size, metabolism and body composition (& self-esteem) have all improved 😊!*



What we're really trying to say is **lose the obsession with the scales** they don't directly reflect what's really important ~ **how you look and feel!**

Let's get practical

Here's a selection of activities for all circumstances (see essential habit 8 for more specific details), whether you're pushed for time or struggle to get out the house, we've got all the bases covered.

✓ **Walking**

Just 20 – 30 minutes a day out in nature will stimulate your metabolism, burn a few calories and do wonders for your physical and mental wellbeing from all that sunshine and vitamin D 😊.

Why not consider getting a step tracker or download a step tracker app and aim for 10,000 steps a day. Stephen and his wife did this and found themselves going for a quick walk in the evening to make sure they hit the 10,000 steps as it becomes self-motivating to hit the daily target once you set one.

Recommendation ~ 20 – 30 mins a day or 10,000 steps a day.

✓ **Strength training**

Not as bad as it sounds 😊. To work your muscles (to tone and burn fat), consider using some weights or your body weight.

Simple exercises such as press ups and planks give your core a good workout and tone it up. Simple to do anywhere, why not do it for a few minutes during the ad break.

Recommendation ~ 20 mins sessions, 2 or 3 times a week is ideal.

✓ **Cardio**

Whether its running, playing sport or hitting the gym, raising your heart rate is very good for you as it increases stamina, burns calories and the sweating releases toxins.

Some physical exercise (preferably at least once a day) is vital to improve your health and reduce your waist size.

Vigorous sex also counts as cardio!

Recommendation ~ 20 mins sessions, 2 or 3 times a week is ideal.



High Intensity Interval Training (HIIT)

This will work wonders for you as it combines both cardio and strength training (for short periods), so you get to work both your heart and your muscles at the same time.

As the name suggests, it's doing an exercise at high intensity for a period of time, then resting, then doing it again, then resting and so on. The idea is you do a series of these timed intervals over a set duration.

E.g., you bounce energetically on a mini trampoline for 1 minute, then rest for 1 minute and keep alternating at 1 minute intervals for a total of 10 minutes. At the end of the 10 minutes, you will have spent 5 minutes energetically bouncing and 5 minutes resting.

The high intensity element does wonders for your physical health and weight management. The idea is you give maximum effort for a short burst. Sports science tells us that short periods (just 5 or 10 mins) of HIIT does more for health and fitness than say a couple of hours running at a steady pace.

If the thought of this feels daunting as you'll be giving it all you've got (hence: high intensity), just start with very short intervals of say 20 seconds and build it up.

HIIT gives you the opportunity to really work your body for very short periods of time. You can easily fit 3 lots of 3min/5min/10min sessions in per week and do wonders for your physical health ~ burn calories, work muscle and stimulate your metabolism and endorphins 😊.

Exercise aids (easy home workout)

As also featured in habit 8...

- ✓ **Mini trampoline** (aka rebounder) ~ burns calories and strengthens your core without putting any strain on the joints. You can do a few minutes during the ad break or while dinner is cooking.
- ✓ **Exercise (yoga) ball** ~ you can sit on it whilst watching TV or put your feet on it, either way, you'll find yourself instinctively moving your body, strengthening your core (when you sit on it) and burning calories.
- ✓ **Exercise band** ~ you can work and tone every set of muscles in your body at a level that suits you, as you create the resistance. You can stand and do a few minutes while you're waiting for the kettle to boil, it all adds up.

No excuse zone - the home workout devices remove the 2 common excuses of 'not convenient' or 'don't have the time.' You could even do 10,000 steps around the house if the weather is horrid. If you find yourself justifying an excuse, just remember what our teachers used to tell us "you're only cheating yourself 😊!"



Alternative/fun activities

- ✓ **Fidgeting** ~ studies show people who constantly fidget have better health. Even micro movements stimulate your metabolism and other systems to improve your general health.
- ✓ **Sex** ~ the act of having sex burns calories and stimulates your metabolism. Plus, sex and hunger are closely chemically connected in the Hypothalamus, if you satisfy one, you impact the other. There are multiple health and well-being benefits to this one 😊.

Genius! weight management aids

- ✓ **Magical weight regulating device** ~ see section 8!
- ✓ **String theory** ~ see section 8!

Sorry to tease you by making you wait until the next section 😊, these 2 very simple aids will automatically help you manage your weight and waist size!

Final words

Your body thrives on movement and exercise, it stimulates your metabolism and burn calories, it also does wonders for your self-esteem and mental wellbeing.

Remember - **muscle serves as a primary energy consumer for your body** aim to include plenty of muscle strengthening and toning exercise.

Whether its regular 20 – 30 minute sessions of cardio/strength training, walking 10,000 steps a day or grabbing 5 minutes here or there every day on a mini trampoline, make sure you develop the habit of regular exercise to suit your schedule.

Finally, if circumstances permit, have lots of good sex, you won't feel hungry and you'll get a good workout in the bargain 😊.

Think of exercise as (endorphin producing) medication for your body!

Are you ready for some MAGIC?

