

100 percent Health & Fat Loss Success!

A simple, common-sense approach to boosting your energy, shedding your unwanted kilos and improving your health, vitality and well-being!



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By
Brad Walker
Exercise Scientist & Sports Trainer

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Publisher: Walkerbout Health Pty Ltd
PO Box 3063, Robina Town Centre
Queensland 4230 AUSTRALIA

Telephone: +61 (0) 7 5564 5848

Facsimile: +61 (0) 7 5564 5818

Web Site: www.WalkerboutHealth.com

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WELCOME

A personal message from the author

Dear Friend

Thank you for taking a positive step towards achieving your health and fitness goals and dreams. You may not know it yet, but just by purchasing this publication you have started on a very exciting journey towards becoming the person you want to be.

The valuable information contained within is based on real life practical experience, not just theoretical book knowledge. It comes from top professionals in the health, vitality and weight loss industry including doctors, dieticians, physiologists, and exercise specialists. These are the people who are doing what they are preaching.

Within you will find an educational process that gives you the information you need to improve your health and vitality, and decrease your weight. In that order!

This valuable information will save you both time and money by helping you to avoid the mistakes and keeping you on the cutting edge of healthy living and weight loss success.

I wish you the greatest success in achieving your health, vitality and weight loss goals.

Best wishes



*CEO & Managing Director
Walkerbout Health Pty Ltd*

INTRODUCTION

Over the last fifteen years I have been helping people achieve their health and fitness goals. I have worked with a lot of people in a number of different capacities and still to this day the most common questions I hear are: - **Why do I feel so tired & why can't I lose weight?**

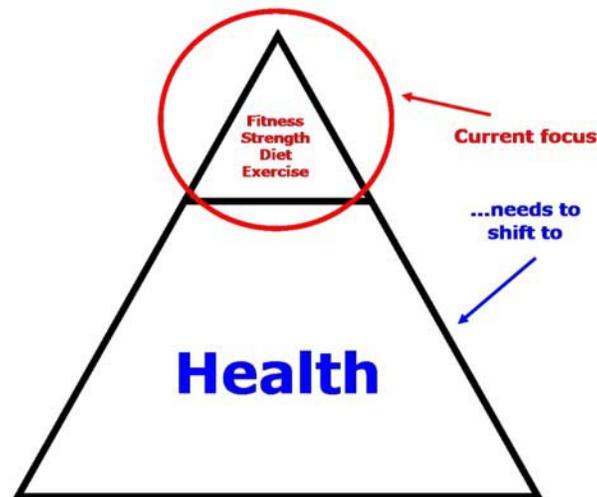
Well, there are a number of reasons but it basically comes down to our current education and thought process. The current education (*or should I say indoctrination*) focuses heavily on diet and exercise and clearly is not working. It propels the myth that skinny is healthy and cutting calories is necessary.

It is not enough to simply look for a new diet or a better way of doing the same old exercise. We need a total change in thinking; we need a paradigm shift.

Today's health and fitness industry focuses on improving your cardiovascular endurance with aerobics and boxercise; increasing your strength by pumping weights; and dropping that dress size by taking on the latest celebrity diet.

This current focus has produced two groups of people: those obsessed with body image and who have lost touch with reality; and those who find it all too hard and have given up on achieving optimum health and vitality.

This publication proposes a different view, a total shift in focus, a radical change in thinking. **We need to change our focus from dieting to nutrition and from exercise to activity.** We need to focus on our health first and the rest will follow. Health - above all else!



The diagram above is a simple visual representation of where our current emphasis is placed. As you can see health is the foundation on which everything else is built. Without health first, the rest is doomed to fail.

The general population has gone crazy over dieting, has become obsessed with body image and tortures itself with extreme exercise. The media promotes this absurd view by pushing the latest celebrity diet, the newest extreme sport and craziest radical makeover.

...and the general population continues to become more obese, have less vitality and energy, and the incidence of disease continues to increase.

We need a shift in focus. **We need to change our focus from dieting to nutrition and from exercise to activity.** We need to focus on our health first and the rest will follow. Health - above all else!

This publication was written to help you make that shift in thinking. To help you understand the difference between health and fitness, or

health and exercise, or health and diet. It is for all those people who have struggled to achieve a satisfactory level of health and vitality. For anyone who has suffered with constant lethargy or reoccurring colds and flu's. It is for all those people who have tried so hard to shed a few kilos with no success.

This publication will help turn your health around. Apply the lessons within and you will feel vitality and energy returning to your body. Colds and flu's will be a thing of the past. You will not have to worry about that sudden drop in energy each afternoon and you will actually look forward to getting out of bed each morning instead of praying for just a few more minutes sleep.

As well as helping you understand just what health is, you will also learn how both diet and exercise affect your health. We will cover the topic of exercise in quite some detail and I will personally give you a simple to follow, step-by-step program to triple the effectiveness of all the exercise you do.

We will also be unlocking the secrets to optimum nutrition. You will not believe how a few simple changes to your eating habits can have such a huge impact on the way you feel, look and perform.

I won't waffle on with any more promotion, I know it is cold, hard facts you want and that is what you will be getting in this publication. Let us start by getting into the basics and taking a quick look at exactly what health is.

Part I

The Basics

CHAPTER 1

What is Health?

If optimum health is what this publication aims to help you reach, then it is important to start with a definition. Having a clear understanding of what health is gives us a target to aim for. By first knowing our destination, we can then design a road map to help us get there.

The World Health Organization defines health as, *“A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”*

It is interesting to know that the above definition has not been amended since 1948 and in my opinion is seriously lacking in any real explanation of what health is.

So let us look at health from a different perspective. Instead of asking the question, what is health? Let us ask *“What characteristics do healthy people have?”*

A healthy person:

- Has enough energy and vitality to complete daily tasks;
- Has enough energy and vitality to enjoy life and pursue leisure activities;
- Is able to meet daily challenges and unforeseen emergencies without undue fatigue or stress; and
- Is free from sickness, disease and disability.

Defining health is the first step towards making a positive change. Now that we have a target to aim for and know what it is we are

trying to achieve, it is just a matter of putting together a plan to accomplish it.

The rest of this publication will focus on the knowledge and skills you need to learn to become a healthy person. The following information will equip you with everything you need, but it is up to you to take the first step.

Let us start by taking a quick look at some of the most common mistakes people make when starting out.

CHAPTER 2

Seven Deadly Mistakes

1. Do You Have a Goal?

Successful people in any endeavor, whether it is business, family or health, are goal orientated. Nothing worthwhile happens without first having a definite plan of what you want to accomplish. Not a vague, general idea. I am talking about a detailed, structured, written plan for your improved health and fat loss success. If you are not prepared to take half an hour to sit down and write out what you want to achieve, you are only wasting your own valuable time and effort.

Your success will largely depend on how well you are able to picture yourself as the person you want to be. Can you see yourself in six months time? What are you doing? How active are you? What new activities are you doing? How do you look? How much do you weigh? What dress or trouser size are you? What is your waist measurement? You must know all this and have it written out, preferably on 3x5 cards that you can carry with you wherever you go.

Before you start any weight loss program, sit down and write out the answers to the following questions. Then keep your answers close by and read them to yourself everyday. Start by asking yourself why you want to improve your health in the first place. You must come up with a good answer to this question. This is the reason you are going to do what you need to do. Without a good reason for wanting to improve your health and lose weight, you are fighting a losing battle. Get the answer to this question and everything else will flow from here.

Once you have figured out why you want to improve your health and lose weight then consider some of the following questions:

In six months time:

- What leisure activities and sports do I want to participate in?
- What is my energy level like?
- What do I want to look like? (Be specific)
- How much do I want to weigh?
- How much weight do I want to lose?
- What clothing size do I want to be?
- What will my waist, bust, hips and thigh measurements be?

2. Are You Looking Long Term?

Are you jumping on the bathroom scales everyday and constantly being disappointed with what you see? Focusing on the short term can be very discouraging. However, if you keep focused on the big picture, looking six to twelve months down the track, you will not get put off by minor setbacks along the way.

Too many people tend to throw everything out the window at the first sign of hardship. If you are looking long term it is a lot easier to take things in your stride. When you are working towards a six or twelve month goal, missing one exercise session because of bad weather is not a big deal, but when you are trying to lose two kilos by tomorrow, missing that training session can just about be the end of the world.

Remember, there are no magic formulas for achieving improved health and a permanent reduction in body fat. The best results come from a long-term strategy involving a permanent change in both eating and activity habits. Not from a pill, potion or some celebrity diet you have cut out of the latest magazine.

It is very easy to get caught up in the ‘quick results’ or ‘fast acting’ diet scams around today, but it is important to look at the long-term effects of such fad diets. Your ultimate goal should be to improve your energy levels, be free from sickness and disease, and achieve your own personal desired body weight and stay there. That is why goal setting and planning are so important.

Your goals need to go beyond the next couple of weeks. They must be structured and planned out to give you something to look forward to. Your weight loss should be focused on more than just looking thin and should be part of an overall plan to increase your health, fitness, well-being and quality of life. Try to see past losing just a few kilos and look one or two years down the track. I hope you are seeing a fit, healthy and active person with lots of energy and a great zest for life.

3. Is Your Approach Too Radical?

What is one of the hardest things for all humans to do?

“CHANGE”

Change is the most psychologically uncomfortable thing for humans to do. So let us be realistic, you do not have to be a psychologist to figure out that it is going to be difficult for anyone who is used to eating three square meals a day to suddenly start eating only carrot sticks and brown rice.

For this reason, any change you make to your eating habits and exercise regimen should be incorporated in a gradual, systematic way. Try not to incorporate too many big changes all at once. Start with a few changes and then, when you are comfortable with them, incorporate a few more. Over a period of time you will be able to

incorporate quite large changes without upsetting your regular daily patterns.

The good thing about changing your patterns and habits this way is that they are much more likely to become a consistent part of your daily activities and eating habits instead of just a fad diet or a passing phase. This will contribute greatly to the long-term success of your weight loss goals.

4. Have You Ever Felt Like a Yo-Yo?

When you do not know why you are on a weight loss program or you do not have a goal and a plan to follow, it can be very difficult to know if you are doing the right thing. This uncertainty usually leads to you trying anything and everything without ever really getting the results you were looking for. Your energy levels and weight tend to go up and down like a yo-yo, which can be very frustrating and disappointing.

The answer is firstly to have your goals and plans written out so you know exactly why you are trying to improve your health and lose weight in the first place. Then, stay away from the so called 'fad' or 'celebrity' diets and stick to the more traditional approach of gradually reducing or modifying your eating habits and incorporating a moderate amount of physical activity into your lifestyle. Your own common sense will go a long way here.

5. Food!

For the most part, 'diets' and 'weight loss schemes' just do not work. In fact, nutritionally speaking, most of them are simply dangerous. Try not to look at your weight loss in terms of a diet, try

to concentrate on gradually changing your eating habits over the long term and making them a consistent part of your lifestyle.

In part II I spend a great deal of time talking about your diet and food, but to follow are just a few simple suggestions to help steer you in the right direction.

Firstly, although all food is made up of carbohydrate, protein and fat, the reduction of dietary fat should be the main concern in any weight loss program. The trick is to know which fat to cut out. Many people today are mistakenly eliminating all fat from their diet and are finding that they are actually gaining weight, not losing it like they had hoped.

You see, when you eliminate all fat from your diet, your body actually goes into a form of survival, where it rapidly stores as much fat as it possibly can. So in effect, the less fat you consume the more your body will store fat. But, as I said before, the trick is to know which fats are good and which fats are bad. Give your body enough of the good fats and there will never be a need for your body to store fat.

So what sort of foods should you be eating? Well, you have probably heard it all before but try to substitute the fatty and fried foods for a wide variety of lean meats, fish, poultry, eggs, nuts, fruits, vegetables, legumes and moderate amounts of bread, cereal, pasta and rice. Also, stay away from foods that have been heavily processed and modified.

Do not over-do the complex carbohydrates (bread, cereal, pasta, rice and heavy vegetables like potato and pumpkin). Make sure you get a good supply of lean protein from foods such as chicken, fish, nuts, and lean meat. Limit your intake of sugar and salt, and reduce your tea, coffee and alcohol.

Importantly, increase your intake of water and water-rich foods. These foods include fruit, vegetables, sprouts and their juices. These foods are great because they take the least amount of energy to digest and give your body the most in return.

Another point, which is more a matter of self-discipline than anything else, is: Never, Never, Never keep eating until you are full. This point alone will see a dramatic effect on your energy levels and weight loss success.

Another often neglected and overlooked challenge to effective weight loss revolves around the type and variety of food that you consume over an extended period of time. One of the major problems with most diets is that they are too restrictive in the variety of food that they offer. When the body becomes familiar with the same type of food, it tends to get lazy and ineffective at digesting and metabolizing that particular food. To combat this you need to vary the type of food that you eat, always giving your body something different to digest.

For example, people who eat nothing but whole meal toast for breakfast run the risk of their body becoming familiar with that particular type of food. This leads to their metabolism and digestive processes becoming sluggish, which can lead to a very frustrating weight gain even though you may be eating less. To make sure this does not happen to you, vary your breakfast choices; try white, multi grain, or fruit breads. Have some boiled or poached eggs occasionally. Maybe even try some bacon and eggs for a treat, or maybe just some fruit, nuts or yogurt. The main point is to try and vary your diet as much as possible.

6. Don't Forget to Stay Active!

The advantages of exercise are so many that it is virtually pointless to undertake any health improvement or weight loss program

without including some form of physical activity. Any weight bearing activity that uses most of the major muscle groups will be beneficial for weight loss. The type of exercise you should consider are things like walking or easy jogging. Later on we will look specifically at the advantages and disadvantages of the most popular forms of exercise being promoted today.

Many people do not realize this, but one of the best benefits of exercise is that a physically active person burns more calories at rest than does someone who leads a sedentary lifestyle. This means that even while sleeping you can burn more calories if you lead a physically active lifestyle.

Another great advantage is that any form of extra physical activity obviously burns more calories, thus leading to a reduction in body weight. But the best advantage of all is that the correct exercise leads to a reduction of body fat, while helping to tone and define your muscles. This means that you can do away with that odd-looking body shape which is caused by diets that lead to a reduction in muscle tissue and not body fat.

The key is not knowing what exercise to do, but knowing how to exercise correctly. Know how to exercise properly and you will get three times the results from half the work. Later I will be giving you a tried and tested formula that I have been using for years with literally hundreds of clients. You will not find this exercise secret anywhere else. There are only a handful of personal trainers and professional sports coaches using this formula and none of them are going to give it away for free. This one formula alone is worth the entire cost of this publication.

7. Relax & Have Some Fun!

People can become so fanatical when they are trying to lose weight. Do not get me wrong, your health and fitness should be very important to you, but try to keep things in perspective. Remember, you may have a husband or wife and family, you may have a career or a business, all these things are important too. Do not neglect the things that are most important to you. Try to have some balance in your life by maintaining some interests outside of weight loss and keep things in perspective.

Remember to see yourself as the person you want to be. Look long term and keep focused on the rewards, not on how hard it is at the moment. Plan ahead, but concentrate one day at a time; anyone can change their eating patterns for one day. You can be the person you want to be and I will help you get there.

CHAPTER 3

Goal Setting

In this chapter we are going to take a closer look at the importance of goals and goal setting. I spoke briefly about goal setting in the previous chapter but now it is time to get serious. Now we are going to look at turning your goals into a plan and your plan into a habit.

You see, habits are what you should be trying to achieve. It is your habits that you do without effort or thought. One of your goals should be to make your exercise and nutritious eating habits both natural and enjoyable. So let us move on, there is plenty to get through and setting some goals should always be your first priority.

1. Goals and Goal Setting

People too often disregard the power of setting goals. I know how important it is because I have seen how setting a few simple goals can make such a difference. Goal setting has worked so well, not only in my own life, but also in my clients' lives that I now know how useless it is to start any health improvement or weight loss program without them. If you are not prepared to take half an hour to sit down and write out what you want to achieve, you are only wasting your own valuable time and effort.

If you took the time to write out some goals earlier on: congratulations. Go get them and start to work through them again, it may be time to update a few or add some new goals to your list. If you did not do them earlier, go get a pen and a piece of paper so you can write out what you want to achieve. I can not stress this enough, you must have your goals written out. Do not put it off; take the time to write out your goals now.

Below are a few points about goals that you may find interesting, have a read through them as you work on your current goals.

What is a goal? A goal is simply something that you want to achieve in any given amount of time. It can be as simple as going to the corner shop to get a carton of milk before your favorite TV show comes on, or as detailed as completing a university degree before the age of 30.

For a goal to be effective it must have a few qualities. Firstly, it must be written down. No wishy-washy goal stored in the back of your mind will do. You must get it out of your mind and onto a piece of paper. Preferably something you can look at every day. Write your goals out on 3x5 cards and paste them onto the bathroom mirror. That way, you can not help but see them everyday.

Your goals must also be specific; they must have details. “I want to lose weight” will not cut it. It must be detailed. How much weight? What dress or trouser size do you want to be? What is your waist measurement going to be? Specific and detailed is the key.

Your goal must also have a time limit. Set a period of time that will challenge and motivate you but at the same time is realistic and achievable. And lastly, you should be able to measure your goals so that you can see if you are reaching them or at least advancing towards them.

Why set goals? In most cases, most people achieve what they set out to achieve. The only problem is that most people do not set out to achieve anything. You see, when you aim at nothing you always succeed.

Goals are important for a number of reasons. Firstly they set the direction in which way you should be heading and if you do not

know which way you should be heading you usually end up going around in circles and getting nowhere.

Setting and achieving goals also gives you greater confidence to achieve more, as well as gaining self-respect and personal satisfaction. There is no feeling like setting a goal, working hard to achieve it and finally making that goal a reality.

Another advantage of goal setting is that goals will actually save you time. When you know where you want to be and when, there is no more going back and forth wondering what you need to do next.

2. Put Your Goals into a Plan

Now that you have your goals written out and put in a place where you will see them everyday, it is time to make a plan of action. Seeing your goals in front of you is one thing, but acting on them is another.

Firstly, take a broad look at what you want to achieve. What is it going to take to reach your goals? Are you going to have to exercise 1, 2 or 3 times a week? What type of exercise do you think you need to do? Will you need some help? Do you have to make changes to your diet? What sorts of changes are necessary?

Once you have answered these questions, break them down into a week-by-week schedule. What do you need to do this week? You may decide that you need to do 2 long walks and start to cut down on the amount of fat in your diet while increasing your intake of fruit and vegetables.

Next you need to schedule all this into your week. Get a small diary or calendar and plan it out. You may decide that you can do one walk early Tuesday morning and another walk on Saturday

afternoon. You may also decide to do the grocery shopping on a day where you have a bit more time to inspect and compare your shopping items for their fat content.

In essence, what you are really doing is breaking your large goals down into smaller weekly goals. These goals are much easier to handle, you can actually see yourself achieving these goals week by week. These are the goals that should keep you on track and always remind you of what you need to do.

3. Create a Habit

You have written out your goals, you have broken them down into a plan of action and you are dedicated to doing what you have planned.

Now there is nothing left but to
“JUST DO IT”
As the saying goes.

Unfortunately, there is not much I can do to help you here; **you** must do the hard work yourself. **You** have to get out of bed early in the morning. **You** have to discipline yourself to eat the right food. **You** have to have the will power to keep going when you really do not want to. I can not do it for you.

The only comfort I can give you is that the longer you do all the things you know you need to do, the easier it will get. You see it takes at least 30 days for any action to become a habit, and remember what I said about habits earlier. “Habits are what you should be trying to achieve. It is your habits that you do without effort or thought.”

That would be great! Both your exercise and your eating are something that you do without effort or thought? Something that you actually enjoy doing and look forward to. (I am not saying that you do not have to make an effort while exercising, I am just saying that it will not be as much of an effort to get out the door to exercise.)

So stick with your program, as time goes by it will get easier and more enjoyable, and remember there is no feeling like achieving a goal for which you have worked hard.

CHAPTER 4

Measurements

For most people, simply hopping on the bathroom scales every couple of days is the only way they know how to keep track of their weight loss. Unfortunately, this one method is extremely inaccurate when it comes to keeping a track of your real weight loss. Or should I say fat loss.

As mentioned before, I think we could all agree that what most people want to achieve is not just a decrease in what the bathroom scales indicate. What we really want is a noticeable reduction in body fat, while at the same time increasing the size, health and definition of our muscles.

In a very detailed and comprehensive book by Garry Egger and Boyd Swinburn called “The Fat Loss Handbook,” they state quite clearly that:

“Accurate measurements of body fat, mass and distribution require a variety of techniques and there is no one entirely satisfactory measure. A combination of measures is usually necessary to determine health risk.”

With that said, it is obvious that we need a number of body fat measurements to help give us a more accurate picture of just how overweight or underweight we really are.

What follows are 4 different methods you can use to help give you an accurate picture of your weight loss. These measurements should be taken about every 4 to 6 weeks and the results compared over time. Be sure to take these measurements the same way each time and remember what you were wearing. This can make a big difference to the results you get.

1. Plain Old Weight

I know I have been telling you that weight alone will not give you a good indication of your fat loss (and by itself it will not) but when compared over time with a number of other measurements it can help to form a very detailed and valuable picture of your progress. So the place to start is on the bathroom scales.

Now do remember that increases in weight might mean an increase in fat, muscle or fluid. So do not take this measurement, by itself, too seriously. Another point to remember is that the average set of bathroom scales is fairly inaccurate and can even give a wrong measurement of up to 2 or 3 kilos. So do not get too fanatical about your weight and also do not go taking your weight every day, it will only depress and discourage you.

Take your measurement in kilos and remember that your clothes can add a significant amount. Remember to weigh yourself the same way each time. For example, if you measured your weight before breakfast in your underwear the first time, make sure you do the same next time.

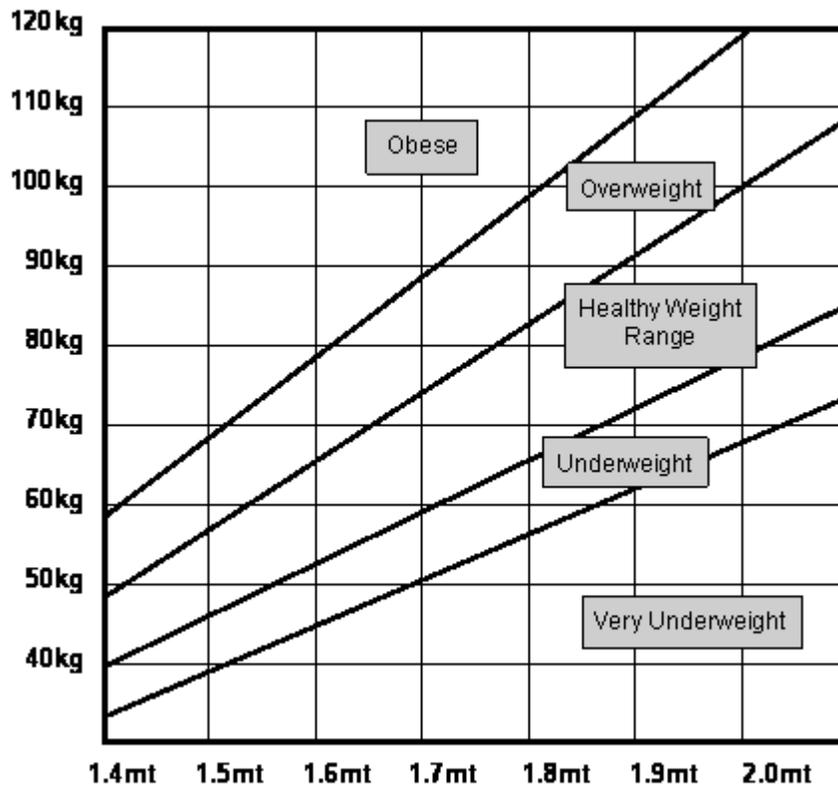
2. Height to Weight Ratio

Another good indicator of real weight is to compare your height and weight on a standard height to weight chart. A copy of this chart appears on the next page. You simply read the chart by finding your weight in the left hand column and your height in the bottom row. Now, the point where these two measurements intersect will indicate what weight range you are in.

When taking your height measurement, take it in meters. This measurement as well as your weight in kilos will assist you in calculating some of the next methods for measuring real weight.

The height to weight ratio chart is a great tool for getting a good overall perspective of what is normal for your specific height and weight. Used along side the other methods you should start to see a pattern developing and this overall pattern should give you a much greater perspective of your real weight.

What most people find after viewing the results from this and the following measurement techniques is that their particular weight is really not as bad as they thought. Unfortunately, most people rely too heavily on the bathroom scales.



3. Body Mass Index (BMI)

Another excellent and more detailed method for determining the normality of your weight compared to your height is the BMI measurement. The BMI measurement is reached by dividing your weight in kilos by your height in meters, squared. To follow is an example to help you work through your own BMI.

From the last two tests you should already have accurate measurements of your weight in kilos and your height in meters. The formula to use is below.

$$\text{Weight (kg)} \div \text{height (meter)}^2$$

Let us work through an example to help you calculate your own BMI. For a person who weighs 63 kilos and is 1.68 meters tall, the formula would look as follows.

$$63 \div 1.68^2 = \text{BMI}$$

Now 1.68 squared equals 2.8224

(To arrive at this figure simply multiply your height by itself. For example, $1.68 \times 1.68 = 2.8224$)

$$63 \div 2.8224 = 22.32$$

Now, what does all this mean? The final figure you get will give you an indication (like the weight to height ratio chart) of what weight range you are in for your height.

Measurements of between 20 and 25 indicate that you are in the healthy weight range. Measurements of between 25 and 30 indicate moderate overweight, while measurements over 30 indicate obesity. Measurements under 20 indicate moderate underweight and measurements under 15 indicate severe underweight. As you can see in the above example, this individual is within the healthy weight range.

4. The Tape measure

The tape measure is another method you can use to keep an accurate track of your physical losses and gains. These records are great to refer to over time and will all contribute to an accurate picture of your real weight. A standard flexible 'sewing' tape measure is the best to use and there are four places that are important to keep a track of.

Before you start, consider these important points. Your clothing can make a huge difference to your measurements; I recommend that you take these measurements in your underwear. Also, take all measurements standing up in a relaxed manner. Do not suck in your tummy or try to inflate your chest, just relax.

When taking your measurements hold the tape tight so it does not sag anywhere but not too tight as to make an indent on your skin. Also remember to keep the tape measure parallel to the ground so that the front part is not higher or lower than the back part and take all measurements in centimeters.

The four places to measure are:

Chest: Place the tape measure around your chest using your nipples as a guide to where the tape measure should go.

Waist: Place the tape measure around your waist using the smallest part of your waist or just above your belly button as a guide to where the tape measure should go.

Hips: Place the tape measure around your hips using the widest part of your hips as a guide to where the tape measure should go.

Thighs: Place the tape measure around one thigh at the middle point between your knee and hip. Be sure to measure both your left and right thigh.

5. Conclusion

As you can well see, there is no one perfect method for measuring a person's weight. What you should start to realize and rely on, is that a series or group of methods is best for gaining an overall realistic picture of your real weight. No single method should be relied upon for giving you an accurate picture of your real weight.

Now it is time for you to go through the various methods for taking measurements so that you can start to keep some records of your weight loss progress. Be sure to keep all the measurements you take, so that over time you can monitor your improvements.

CHAPTER 5

Dealing With Set-Backs

Over the course of time there have probably been times when you have been able to stick to your goals and plans better than other times. This is quite normal and quite common. As with most things in life, we tend to go through cycles. There are times when everything seems to fall into place and other times when absolutely nothing seems to work; times when it is easy to get out of bed in the morning to exercise and times when it seems virtually impossible.

In this chapter we are going to start off by having a look at the difference between being “just a little tired” or “on a down cycle” and being legitimately run down or over tired. It is important to be able to tell the difference if you want to turn your goals and plans into long-term habits that will have a positive effect on your health, well-being and lifestyle. Nothing will put a stop to your health and weight loss goals more quickly than not being able to recognize when you are legitimately run down and over tired.

1. Spotting the Difference

One of the biggest challenges in an effective long-term health improvement and weight loss program is maintaining consistency. If you are repeatedly getting sick, run down and over trained it becomes very difficult to achieve your health and weight loss goals. Without a steady, consistent approach to your exercise and diet you tend to go on a merry-go-round ride of ups and downs. Constantly losing weight: only to put it straight back on again. So, how do you keep the consistency of regular exercise, without over doing it and becoming sick or over trained?

Amateur and professional athletes alike are constantly battling with the problem of over-training. Being able to juggle just the right amount of training, with enough sleep and rest, and the perfect nutritional diet is not an easy act to master. Throw in a career and a family and it becomes even more difficult.

If you are planning on turning your goals and plans into long term lifestyle changes, then you had best be able to spot the difference between feeling a little lazy and being genuinely run down. Over the next few pages we will be having a look at just what over-training is, how to recognize it and what to do to get back on track if you start to feel a little run down.

So, what is over-training? Over-training is the result of giving your body more work or stress than it can handle. Over-training occurs when a person experiences stress and physical trauma from exercise faster than their body can repair the damage.

This does not happen overnight, or as the result of one or two workouts. In fact, regular exercise and activity are extremely beneficial to your general health and well-being. But be aware, it is the exercise that breaks your body down, while it is the rest and recovery that makes you stronger and healthier. Improvements only occur during the times of rest. This is one of the reasons I advocate a maximum of only 3 to 4 exercise sessions per week. This way you are getting plenty of time to rest and recover.

Remember stress can come from a multitude of sources. It is not just physical stress that causes over-training. Sure, excessive exercise may lead to over-training, but do not forget to consider other stresses, such as family or work commitments. Remember, stress is stress. Whether it is a physical, mental or emotional stress, it still has the same effect on your health and well-being.

2. Reading the Signs

Presently there are no tests which can be performed to determine whether you are over trained or not. You can not go to your local doctor or even a sports medicine laboratory and ask for a test for over-training. However, while there are no tests for over-training, there are a number of signs and symptoms for which you should be on the lookout for.

These signs and symptoms should act as a warning bell that will give you advanced notice of possible dangers to come. To make it easier for you to recognize them I have grouped them into physical or psychological signs and symptoms.

Now, suffering from any one or two of the following signs or symptoms does not automatically mean that you are over trained. However, if you recognize a number, say 5 or 6 of the following signs and symptoms, then it may be time to take a close look at the volume and intensity of your work load.

Physical Signs & Symptoms;

- Elevated resting pulse / heart rate
- Frequent minor infections
- Increased susceptibility to colds and flu's
- Increases in minor injuries
- Chronic muscle soreness or joint pain
- Exhaustion
- Lethargy
- Weight loss
- Appetite loss
- Insatiable thirst or dehydration
- Intolerance to exercise
- Decreased performance

- Delayed recovery from exercise

Psychological Signs & Symptoms;

- Fatigued, tired, drained, lack of energy
- Reduced ability to concentrate
- Apathy or no motivation
- Irritability
- Anxiety
- Depression
- Headaches
- Insomnia
- Inability to relax
- Twitchy, fidgety or jittery

As you can see by the number of signs and symptoms there are a lot of things to look out for. Generally the most common signs and symptoms to look for are a total loss of motivation in all areas of your life (work or career, health and fitness etc.), plus a feeling of exhaustion. If these two warning signs are present, plus a couple of the other listed signs and symptoms, then it may be time to take a short rest before things get out of hand.

3. The Answer to the Problem

Okay, you feel run down and totally exhausted. You have got no motivation to do anything. You can not get rid of that niggling knee injury. You are irritable, depressed and have totally lost your appetite. Sounds like you are over trained. What do you do now?

As with most things, prevention is by far better than cure, so let us start by having a quick look at a few things you can do to prevent over-training.

Precautions to help prevent over-training include; only making small and gradual increases to your exercise program over a period of time; eating a well balanced, nutritious diet; ensuring adequate relaxation and sleep; and being prepared to modify your training to suit environmental conditions.

For example: on a very hot day, going to the pool instead of out in the sun. Being able to monitor other stresses on your life and make adjustments to suit and avoiding monotonous training by varying your exercise as much as possible. Not exercising during an illness, and most of all be flexible and have some fun with what you do.

While prevention should always be your aim, there will be times when over-training will occur and you will need to know what to do to get back on track.

Your first priority is to put your feet up and take a rest. Anywhere from 3 to 5 days should do the trick, depending on how severe the over-training is. During this time forget about exercise, your body needs a rest so give it one, a physical rest, as well as a mental rest. There is no point in beating yourself up mentally over losing a few days exercise.

Try to get as much sleep and relaxation as you possibly can. Go to bed early and catch a nap whenever you can. Make sure you increase your intake of highly nutritious foods and take an extra dose of vitamins and minerals.

After the initial 3 to 5 days rest you can gradually get back into your normal exercise routine, but start off slowly. Most research states that it is okay to start off with the same intensity and duration of exercise but cut back on the frequency. So if you would normally exercise 3 or 4 times a week, cut that back to only twice a week for the next week or two. After that you should be right to resume your normal exercise regimen.

Sometimes it is a good idea to have a rest, like the one outlined above, whether you are feeling run down or not. It will give both your mind and body a chance to fully recover from any problems that may be building up without you even knowing it. It will also freshen you up, give you a renewed motivation and help you to look forward to your exercise again. Do not underestimate the benefits of a good rest every now and again.

4. A Quick Word on Injuries

Injuries can be one of the most frustrating and painful stumbling blocks to achieving the results that you are looking for. Nothing else will halt your progress faster than an injury.

Obviously, it is better to prevent an injury than to manage one, so here are a few quick pointers on how to avoid an injury during your exercise and weight loss activities.

Always warm up prior to doing any sort of exercise. A good warm up will consist of a few minutes of light activity (easy walking or jogging on the spot) which should result in an increased heart rate, an increased respiratory rate and a light sweat. Follow this by a few minutes of easy stretching and you will cut your chance of injury by at least 50%.

Always cool down after your exercise session. Spend the last few minutes of your work out cutting back on the intensity of your exercise. Concentrate on bringing your heart rate down and slowing down your breathing. Finish off with a few minutes of stretching and this will help to alleviate any signs of muscle soreness, fatigue or injury.

Remember to use the right equipment for the activity you are doing. If you are walking or jogging make sure you have a good quality, well fitting pair of running / walking shoes.

Lastly, use a bit of common sense. Do not go doing things which will over extend or push you beyond your current capabilities. There is no hurry, you can not get fit or lose weight in one day. Set out a plan of action which will challenge you but not push you to the point of injury or harm.

In the event that an injury does occur, it is important initially that you apply correct first aid principles immediately.

The most common sort of injury you are likely to sustain is that of a muscle tear or strain. This is where the individual muscle fibers have been stretched beyond their normal range of movement, thus resulting in damage to a particular area. This usually results in pain and slight swelling around the affected area.

If a muscle strain or tear occurs, you should apply what is known as the R.I.C.E.R. regime for at least 48 to 72 hours. This involves the application of Rest, Ice, Compression, Elevation and obtaining a Referral for appropriate medical treatment. Where the R.I.C.E.R. regime has been used immediately after the occurrence of an injury, it has been shown to significantly improve recovery time. R.I.C.E.R. forms the first and perhaps most important stage of injury rehabilitation, providing the early base for the recovery of injury.

Rest: Take a short break, a few days rest will have no significant effect on your overall exercise goals and plans. Try to keep the injured area still and as supported as possible.

Ice: The most important part. Apply ice to the injured area as frequently and for as long as you can. (Caution, do not apply ice directly to the skin, wrap the ice in a towel or bag.)

Compression: Apply a firm, wide compression bandage over a large area covering the injured part.

Elevation: If possible, raise the injured area above the level of the heart.

The aim of the above four steps is to prevent as much bleeding, swelling and pain within the muscle as possible.

Referral: If you feel the injury is serious, seek the advice of a qualified professional, such as a sports doctor or physiotherapist, for a definitive diagnosis and ongoing care.

Part II

Food & Nutrition

CHAPTER 6

Food Secrets

Seeing that we are taking a closer look at diet in Part II I thought we would start by having a look back at chapter 2. If you remember, we specifically looked at a number of mistakes that dieters tend to make when it came to getting their eating right.

Things like not having a goal and a clear plan of action detailing what you want to achieve. Things like trying to make too many drastic changes to your eating habits, or rebounding from one fad diet to the next. Maybe just eating too much or the wrong sort of foods has been holding you back from achieving your weight loss goals.

If you have been eliminating some of these basic problems from your daily routine then it is about time we took the issue of diet one step further. In the following we will get right down to the nitty-gritty of how to maintain an effective eating and nutrition plan that will work with you to improve your health and help you achieve your weight loss goals.

1. Stay Away from the Mainstream

You may have already noticed that I do not have a lot of faith in the general health / diet industry. Most of today's weight loss industry is tailored around fancy marketing and making a quick buck.

Even as I write this chapter, in the last few days I have seen three different TV advertisements for new “whiz bang” exercise machines / devices and two TV promotions for new “miracle” diets, including

a feature article on one of the evening current affairs programs about the latest and greatest diet plan from America. And that is just in the last few days and I do not watch a great deal of TV. Now personally, I would not recommend any of these products to anyone. They all promise unbelievable results with a minimal amount of effort and work. I hope that by now you have well and truly convinced yourself that there is no such thing as a quick fix when it comes to weight loss.

There is only one way and there will only ever be one way (*short of surgery, and I do not see that as a viable long term solution*) to permanently improving your health and well-being and achieving your weight loss goals. And that entails making some long-term lifestyle changes to your eating patterns and exercise regimen. So let us not kid ourselves. What are we going to need to change about our eating patterns to make them effective in helping us to improve our health and achieve our weight loss goals?

2. Dieting Dangers

In the simplest of English a diet is:

‘A restricted or regulated program of eating in an effort to lose weight’

The above definition may give a false impression as to how difficult it can be to lose weight, if you do not have the right information. If you have ever tried to lose weight you will know from experience that it is not that easy. But if losing weight is supposed to be easy, what makes it so hard for so many people? What are the pitfalls? Where are we going wrong and what can we do to avoid the mistakes?

The first thing you need to do is forget just about everything you have ever heard, read or seen from the media concerning diets. Forget even the word “diet” because losing the weight you want to and looking the way you really want to, will not happen by dieting.

Some of the major problems with a “diet” are:

1. They do not offer a permanent, long-term solution;
2. They usually do more harm than good;
3. They are only a quick fix or band aid solution;
4. They can be very damaging to your overall health & well-being;
5. They very rarely give you the results you are looking for;
6. They are near impossible to maintain for an extended period of time;
7. They are restrictive and boring;
8. The primary weight loss comes from dehydration & muscle wasting rather than fat loss;
9. They do not provide you with the energy you need to perform at your best; and
10. They do not provide all of the necessary nutritional requirements your body needs.

Now, if all that is not enough to put you off diets, consider this. When most people diet, they do it to lose weight, but to be more specific, the majority of dieters want to decrease their body fat, while at the same time moderately increasing the size and definition of their musculature, which will lead to a slim (but not skinny) figure and well-defined muscles. Now if this is what you want, and I assume it is or you would not be reading this, listen carefully. **A diet will not do it for you.** So let us just forget all about diets and get back to some good old fashioned common sense.

3. Don't Over-Do-It

Now that we have decided to ditch the diet, where do we go from here? Before we even get onto the food issue, let us start by looking at a few little tricks that will put you miles ahead in the fight to lose those unwanted extra kilos.

Here is my number one tip for developing good eating habits.
Never, Never, Never keep eating until you are full!

Always stop eating before you become full. This one point alone will see a dramatic improvement in your ability to lose weight and improve your health.

You see, when you eat to the point where you can not eat any more and your stomach expands beyond where it is comfortable, it becomes very difficult for your digestive system to properly digest the food sitting in your stomach. The food sits in your stomach for longer than it should; it does not get broken down properly; you do not get the full benefits of the nutrients; and the undigested food gets caught in your intestine and bowels. All this slows your metabolism down and consequently the food that you do eat gets stored as fat instead of being used as an energy source and you end up putting on weight.

Mastering this point basically comes down to changing your habits, so exercise some self-discipline and self-control and push that plate of food away when you start to feel full.

I know a lot of people find it very difficult to leave food on a plate, even when they are as full as can be. Now I could never understand this until I was discussing this point with a client of mine who told me her feelings about this issue. She said when she was growing up, it was extremely common to be told to finish everything on her plate

because there were starving children in the world who often went hungry, and it was not fair for them if she left food unfinished on her plate.

Unfortunately, it is these ingrained beliefs that can be very hard to overcome and often hold us back. If the above scenario is something that troubles you, just stop and have a think about it for a minute. Finishing every bit of food on your plate will not help starving children or anyone else for that matter. However, if you still feel a little guilty consider sending a donation to one of the aid organizations. At least that way you can push that plate of food away when you are full and still feel good that you have done something constructive and positive.

After you have mastered this tip, (and remember any new action takes at least 30 days to become a habit), you will find your body will start to tell you when it has had enough to eat. It is a great feeling to know that you are in control of your eating habits.

4. Put Your Eating in Reverse

Here is tip number two that will help you shed those unwanted kilos without making huge, drastic changes to your lifestyle.

Have you ever stopped to think when your body needs the most energy? It is definitely not late at night when most of us are sleeping. So why is it that most people have their biggest meal just before they go to bed? My guess is that it has somehow become another bad habit that is hard to break.

So how should we be eating our meals? How much should we eat and when is the best time to eat?

After a full nights sleep your body will have been without food for at least 8 hours. (This is where we get the word breakfast from; in essence we are actually breaking a fast, break / fast.) Now considering that we need most of our energy during the day when we are awake and active, it makes perfect sense to eat our largest meals in the morning and at lunch.

When choosing the amount and type of food you need to eat, it is always important to consider your particular circumstances and remember to use your common sense. Depending on how active you are will determine how much food you need to eat at each sitting. BUT, remember Never, Never, Never keep eating until you are full!

Let us have a look at each meal and make some suggestions on the amount and type of food you should be eating.

Breakfast; The most important meal of the day. (*This is about the only thing I agree on with the so-called experts.*) It should also be your largest meal of the day and the only time that you allow yourself to eat a little bit more than you normally would. I recommend that you keep this meal moderate fat, high protein and low carbohydrate.

The above recommendation rules out most conventional breakfast cereals. Nutritionally speaking, most are absolutely useless and you would get just as much benefit from eating the cardboard box they come packed in as you would from eating the cereal itself. If you are going to have a cereal for breakfast make sure you read the “Nutritional Breakdown Information” usually situated on the side of the packet and choose one with low sugar content.

So let me give you some examples of what I consider to be a good, wholesome start to the day.

I always like to start with a glass of water and a glass of fruit juice no matter what else I am having. Then I will follow that with two poached eggs on toast. If I am really hungry or have been working out I will top the eggs with baked beans. A little bit of salt and pepper, and a cup of tea or coffee to finish it off. Or maybe, a small piece of grilled or barbequed lean chicken breast topped with sliced avocado and little bit of grated cheese, slice or two of toast and a cup of tea or coffee.

Or maybe even a hearty meal of bacon and eggs or sausages and eggs. Do not be afraid to include a little bit of fat in your diet. If you are exercising and only eating this type of meal at the beginning of the day, you will have no problems burning it up. Also, your body will be less likely to store that fat than if you eat it at dinnertime before you go to bed.

As I mentioned before, this meal should be moderate fat, high protein and low carbohydrate. Keep these things in mind when making your breakfast choice. Try to give yourself plenty of freedom with your breakfast meal. Really, anything goes at breakfast, feel free to treat yourself to something a little outrageous or to something you would not normally have. Enjoy it!

Now I know this type of breakfast is a little different to what you normally hear from mainstream, but let me be blunt. Mainstream does not work! Next time you are out in public, have a look around, look at Mr. and Mrs. Mainstream; it is not a pretty sight. If you want to be different then you are going to have to do something different and that means stop listening to the media and start looking to the people who have what you want.

Lunch: Your lunch meal should also be a decent-sized meal but it should be kept low fat, high carbohydrate and moderate protein.

Here are some suggestions for the type of food you should be eating for lunch.

Eat plenty of salads and fruits, these are packed with the best type of carbohydrates, they are easy to digest and give you plenty of energy. A little bit of bread is also an okay source of carbohydrate at lunchtime.

Also include a little bit of protein. Maybe a hard-boiled egg, a small can of tuna or salmon (in spring water), or a very small piece of grilled or barbecued skinned chicken or fish. And remember, low fat. If you must use dressings and spreads, choose a low fat dressing for your salad and a low fat spread for you bread.

Dinner: This should be your smallest meal, so aim to go to bed a little hungry. For dinner you should be looking at a meal that is low in fat, with both moderate protein and carbohydrate.

A good bowl of home made soup with a small crusty bread roll is a great choice at dinnertime and also one of my favorites. Include some lean chicken or beef in a water based stock, add plenty of vegetables and throw in some split peas, dried beans and lentils. Cook up a big batch and it should last for a few meals.

Another favorite dinner of mine is to simply grill or barbecue a small piece of lean steak or fish and add a few steamed vegetables. Top the steak with a couple of slices of grilled tomato or the fish with freshly squeezed lemon.

Remember, the real key to dinner is to keep it low fat and small. It is really important to go to bed feeling just a little bit hungry. This may feel funny to start with but you will get used to it.

During the day: If you are working out and exercising regularly it is not uncommon to become a little hungry during the course of the day. But before you reach for a snack, let me make a few suggestions.

Often, that feeling of hunger can be a sign that your body requires fluid. Remember to drink adequate amounts of fluid throughout the day to be sure you do not become dehydrated. And if you are working out, regardless of whether it is hot or cold, you need to be drinking constantly.

A great way to tell if your body is sufficiently hydrated (although a little crude) is to monitor the color of your urine. This will give you a very accurate indication of your hydration levels. Urine that is a dark yellow or brown in color is a sign that you require fluid urgently, while urine that is clear is a good sign that you are adequately hydrated. As I tell my clients, “drink water until you pee clear!”

If you feel that you must snack during the day here are a few things to keep in mind.

It is not a crime to have a snack. If you are genuinely hungry do not feel guilty for wanting a snack. Your body is trying to tell you something, so do not deny what it requires. (Note I used the word ‘requires’, not wants. Always ask yourself what foods are best for my health and well-being.)

Look for foods that are high in energy and take little effort to digest. Fresh fruits and dried fruits are two of my favorites.

Another good snack to consider is low fat yoghurt. Look for natural yoghurt with no artificial flavors or preservatives.

And remember, a snack is just that, a snack. It is not a meal or an opportunity to pig out, so exercise some self-discipline and self control, allocate a small serving for yourself and do not over do it.

5. A Few Final Points

Over the last couple of pages I have tried to give you a number of guidelines you can follow, rather than an exhaustive list of foods that you should or should not eat. What I have found over the past few years is that YOU must become active in your own health and well-being. Simply having someone tell you what you can and cannot eat just does not work. You have to start to listen to what your body requires, use your own common sense when choosing foods and make some decisions for yourself.

As always, try to instigate any changes to your diet over a period of time. Do not do a complete reversal of your daily eating habits because that will be too great a shock to your body. Gradually make small changes over the long term. This way the changes that you do make have a much greater chance of becoming a permanent habit instead of just a passing fad.

Another important point that should not be left unsaid is, try to include as much variety in your diet as possible. Use the guidelines I have mentioned as simply that, a guide. When I have suggested fruits or vegetables make sure you eat a variety of them. Remember there are many more fruits to choose from than the humble old apple or banana. And why not experiment and have some fun with some vegetables that you have never tried before. What about bread? There are many different types other than just white, whole meal and multi-grain. And meat? Do not limit yourself to a piece of steak, there are many different varieties of seafood and fish, try chicken, lamb, pork, ham or even tofu, just for something different.

They say variety is the spice of life, and I agree. Do not live your life without regularly trying something different.

6. The 80 / 20 Rule

Most people have never really asked themselves the question; why do we need to eat? Sure most people will say, “We need to eat to survive” or “because we need energy” or something similar. But the truth is, here in the land of plenty, most people eat for pleasure, simple as that.

While there is nothing primarily wrong with that, it is important that you start to see your diet and your nutritional requirements in a slightly different light. The real purpose of eating is to provide your mind and body with the nutritional requirements for optimum health, vitality and well-being.

So next time you sit down to eat or are planning a meal, consider the 80 / 20 rule. 80 % of your eating should be for the purpose of fuelling your mind and body. The other 20 % of the time, well, just enjoy yourself and live life to the fullest.

CHAPTER 7

Beware of Advertising

You will remember in the last chapter we took a look at the most effective way to structure your eating habits. In a broad sense we looked at what sort of foods and how much you should be eating for breakfast, lunch and dinner, and outlined a few little tricks and helpful hints to get the most from your diet.

Well in this chapter we are going to take your diet one step further. Instead of just looking at the type of foods you should be eating, we are going to take an in-depth look at what is in the food you are eating. We are going to break through the claims made on the outside packaging and really get to the bottom of what is going into your shopping trolley and into your body.

Just because the advertisers use fancy words like ‘diet,’ ‘healthy,’ ‘low fat,’ and the box has a picture of a fit looking couple on it, does not necessarily mean that it really is good for you. So how do you know what is good and what is not so good?

Firstly we will take a look at how to recognize the best type of food for you and your family, looking through the fancy packaging and getting down to the real content of what is actually going into your body. Once you are able to sort the nutritious food from the not so nutritious food and are getting as much goodness and nutrition from your food as possible, we will then be in a position to see if supplements will help you achieve that extra edge. But first, let us get as much nutrition as possible from the food we eat.

As always, I like to give my readers a broad range of guidelines rather than a strict list of do’s and don’ts. It is important that you

start to become responsible for your own health and well-being, rather than just relying on what everybody else is telling you to do. To follow are a few points to consider when you are next out shopping for groceries.

1. Look for Unprocessed Foods

Start to look for foods that are as close to nature as possible. The more foods are processed and packaged, the more they are tampered with before they get to you; the less likely it is they contain all their original goodness and nutrition.

So what is the best source of unprocessed foods? Fresh food of course! Most fresh fruit and vegetables are fairly close to the way nature intended them to be. Try to buy your fresh fruit and vegetables as close to the date you intend to eat them. I find the best place to buy your fruit and vegetables, are from a garden market or from the side of the road. You know those little stalls set up out the front of someone's house. You can be sure that what ever you buy is literally pulled straight from the ground or tree. It has not been snap frozen, sprayed, waxed or injected with ripening agents. It is as close to the way nature intended it as possible.

Same goes for meat, whenever possible buy it fresh (red meat, fish, chicken, etc), and try to buy it as close to the date you intend to eat it. Do not be afraid to ask the person behind the counter if the meat they are selling is free from artificial substances like preservatives, flavors and hormones. Look for meats that have come from animals that are grain fed and hormone free. These types of meats are usually the best.

Buying food this way ensures the maximum amount of goodness and nutrition is still contained within the food. The greater the

procedure to manufacture, process and package the food, the more likely that it loses some of its goodness and nutrition.

2. Reading the Labels

Okay, fresh fruit, vegetables and meats are the easy foods to recognize in their unprocessed form. What about all the other foods that we buy? There are literally thousands of other processed foods that are a little harder to recognize, or are they?

On all packaged foods, whether they are tinned, boxed or wrapped, it is law that a list of ingredients is displayed so that anyone can see, at a glance, what is actually contained within the packaging. This was originally done so that any person with allergies or particular health problems could recognize certain ingredients that were harmful to their health.

How often do you read the list of ingredients in the food that you are eating? By getting into the habit of glancing at the list of ingredients, over time you will start to realize just how much extra “stuff” is included in even the most basic of food products.

Take butter and margarine for instance. Many people choose margarine over butter because a fancy marketing campaign told them that margarine is better. But pick up a tub of margarine and count how many ingredients are contained within. On average you will find anywhere from 10 to 15 different ingredients, some of which you will have problems pronouncing. Others are simply listed as numbers with no way of knowing exactly what they are, as well as a whole range of colors, preservatives and flavors.

Butter, on the other hand, simply has three ingredients, one of them being water and the other two are cream and salt.

Personally, I like to limit my intake of 412, 598, 764 and all the other numbers I come across. If we get back to the first point I made about keeping your food as close to nature as possible, you will realize that all these added preservatives, flavors, colors and numbers do not come from nature. Although it is virtually impossible to remove all of these additives from your food and diet, a conscious effort to at least limit them will go a long way.

Bread is another good example of how easy it is to limit these additives in your diet. Next time you are out shopping take a minute to have a look at the list of ingredients on the different loaves of bread. Some of them are simply packed with flavors, preservatives, bleaches, colors and numbers, while others have only a few. Then take a look at some of the pita and lavish breads and you will find that a few of them have none at all.

Now do not get me wrong here, and do not become all-paranoid about the type of food you are eating. I am not advocating that you move to a commune and start growing and raising all your own food. All I am saying is to be aware of these added ingredients that are so prevalent in most foods these days and start to limit them wherever possible. Personally, without becoming too fanatical, I like to keep my food as close to nature as possible and limit the amount of man-made additives.

To be fair there is no “concrete” evidence of any problems arising from eating excessive amounts of preservatives, colors and flavorings. However lately there has been a lot of research into the effect that certain foods and especially additives have on people’s moods and emotions, with parents often seeking advice from dieticians about a diet for their children. Some are even suggesting a correlation between diet (especially a diet high in additives and preservatives) and the increase in behavioral problems, like ADHD (Attention Deficit Hyperactivity Disorder).

CHAPTER 8

Supplements

Before we get into the very hot topic of supplements I want to take a few lines to go over a number of important points.

Firstly, supplements are just that; supplements. They are meant to assist your current diet and eating habits, not replace good, sound nutrition. It should always be your first priority to get as much nutrition as possible from the food that you eat. Do not look to supplements as being some sort of magic cure for every health problem you encounter.

So how do you get as much from your diet as possible? Start by going back over the last two chapters and follow the guidelines I have already outlined. Remember, fresh food is best and always include lots of variety in your diet. Eat all things in moderation and never eat till you are full. Stay away from those media diets and fad weight loss schemes. Reverse your eating by having a big breakfast, moderate lunch and a small dinner. Drink plenty of water. Be disciplined. Include some exercise to keep your metabolism up and you will be surprised at just how great you will feel.

If you feel you are getting as much nutrition as possible from the food that you are eating, but still seem to be lacking something, then and only then, is it time to look towards supplements. Be aware though, that supplements are a very hot topic and their manufacturers spend millions of dollars trying to convince you that you need what they are selling. There is always going to be the latest, greatest, u-beaut, must have product that someone wants you to buy. Try to see past the sales pitch and look logically at what you need them for.

It is my guess that over 80 percent of all supplements taken go straight through your body, with no real benefit and end up being flushed down the toilet. And these things are too expensive to waste.

Okay, now that we are taking supplements for the right reasons, what do we need to be looking for? The type of supplements you should be taking is the easy part and we will get to that a little further down the track. But first, how and when should we be taking supplements?

Most people assume that simply taking your pills every morning at breakfast is the accepted thing to do. Well it may be the accepted thing to do but it is not always the most beneficial thing to do. You see when your body gets used to having something on a regular daily basis it starts to rely on that pill or potion. And besides, if you are getting most of your nutrients from your food, you should not need to rely on a pill every day.

Think of it this way. I used to know this guy who took two Cold & Flu tablets every day. I asked him why he did this and he told me he took the tablets to stop himself from getting a cold. Sounds logical, but, number 1; they did not actually stop him from getting a cold. A strong, healthy immune system is the only thing that will do that.

...and number 2, the tablets are only effective in fighting against a cold that you have, not a cold that you do not have. So not only was that a waste of money, it also totally defeated the purpose of taking the tablets in the first place. You see, when he did get a cold (and believe me he did get a cold) the tablet was virtually useless because his body had already built up a resistance to them.

Now the same goes for vitamins. Remember, most vitamins go straight down the toilet because they are not needed. They pass straight through your body, putting added pressure on your liver and

kidneys and end up getting flushed out to sea. There is no use just taking vitamins because something might happen in the future or you may become deficient in some mineral a couple of weeks from now.

Now I know this is not what you tend to hear from the mainstream media. Open any men's or women's health magazine and they are full of advertisements giving you the latest statistics on why you must take this or that. Walk into any health food store or large chemist and there you will find plenty of sales people ready to sell you a shopping bag full of 'must-have' goodies. Remember, these people have a vested interest; MONEY. The more you buy the more money they make. The more they can scare you into believing their advertisements, the better for them. And do not be fooled, these guys are good at what they do.

I recently saw a lovely picture of a happy, smiling baby. You know the kind you look at and can not help but think, isn't that cute. Then underneath a subtle message that doctors and nutritionists feel it is important for you to eat this food during pregnancy if you want a healthy baby. It is criminal, the subtle use of guilt and fear, preying on the concerns of pregnant women. And these type of ads work like magic, because you do not even realize it is an ad.

Let me make this point one more time. Most vitamins and mineral supplements go straight through you and get flushed down the toilet. Do not waste your money.

So if most vitamins are a waste of money, how do you know which ones are worth taking? My recommendation is simple, take a top quality multivitamin / mineral supplement, three or four times a week. That is it, just to fill in the gaps in case there is something missing in your diet.

After a while you will get to the point where you will be able to feel when you need to take some extra vitamins. I know that when I find it hard to keep my mind from wandering and I start to get a bit tired during the day that I should take an extra few supplements during the week. But only after asking myself questions like: have I been working harder than usual lately; have I been getting enough sleep; have I been getting enough exercise; have I been eating the right food? All these things are important too. If you feel there is something missing look to all areas of your life before automatically reaching for a bottle of vitamin C. Maybe you feel run-down simply because you are run down.

1. Multivitamins / Mineral Supplement

With so many different brands and types to choose from, how do you know which one to buy? Unfortunately, it is not a simple process, but over time I do believe that I have either used or critiqued most brands of supplements and I feel I have found some of the best products on the market.

Let me first say that I have no vested interest in these products. Whether you choose to purchase this type of product or not makes no difference to me. In a moment I will let you know why I think these are one of the best multivitamins / mineral supplements on the market but first let me tell you what they are called and where you can get them.

The product that I have found to be most helpful is **liquid Colloidal Minerals**.

Why would I recommend this product over another? Well, there are a few reasons but firstly let us look at the content. Most importantly these products contain over 70 key minerals, including iron,

calcium, magnesium, copper and zinc. (Try finding a tablet that contains that many) This ensures you have the best chance of compensating for any deficiencies in your diet. If there is something lacking in your current nutrition, you want a supplement with a large range of vitamins and minerals.

Even more important though, these products contain only natural ingredients and are in a highly absorbable liquid form. There are absolutely no artificial colors, flavors or preservatives added to these products.

So where can you find these colloidal minerals? Most health food shops carry a range of these products. You can also do a search on the internet for colloidal minerals and you will find a number of places where you can purchase them.

One of the best quality forms of colloidal minerals come from Dr. Joel Wallach. He has a range of products you can choose from at his web site.

<http://wallachonline.com/>

2. Other Supplements

Now I must admit there are times when other supplements are very beneficial. But please make an effort to only take other supplements for a specific purpose. Do not go taking anything and everything just because someone else is taking it or because some sales assistant told you to. If you genuinely feel there is a deficiency in your diet, then look for something that caters specifically to that particular deficiency. Do some research, ask plenty of questions and never buy the first thing that is recommended to you. You will be absolutely

amazed at the different advice you will get from people, all claiming to be some sort of authority on what you should be taking.

A good example of using other supplements for a specific purpose can be found with vitamin C. Some people take vitamin C like it is candy, but its greatest benefit comes from using it to fight off the effect of a cold or flu. Another example is Anti oxidants. These can be useful for people who work or live in a smoky or polluted environment.

3. Specifically For Weight Loss

Let us get one thing straight, there is no pill or potion that will make you lose weight or decrease your body fat content. Do not rely on any supplement to do that for you. I have said it before and it is still true, *“achieving your health and weight loss goals comes down to making some long term lifestyle changes to your eating habits and your exercise regimen.”*

With that said there are a few select supplements that will assist you to achieve your weight loss goals if used correctly in conjunction with a sound nutrition program and the correct type of exercise. I will outline the type of exercise you should be doing in the next section and by now you should be getting the idea of what, when and how much you need to eat. So, what can you take to assist your weight (fat) loss goals?

Over the years I have come across a huge range of products, all claiming to decrease body fat. Only a couple of these have I found to live up to the claims they make and work consistently throughout a large range of different people.

These products are a range of amino acids (proteins) and assist the body to convert fat from where it is stored to where it can be used for energy. The components of these products first act to assist the transport of fats in the blood. They then enable body fat to be easily transferred into the mitochondria (a part of every human cell) and burnt as energy.

However, they only work in conjunction with exercise. You can not just take spoonfuls of this stuff and expect it to melt away the fat.

This product is an amino acid called L-Carnitine. The best quality versions come in powder form, which means they are readily absorbed and easily used by the body. They are an extremely high quality product and thus are quite expensive. You can purchase L-Carnitine in tablet form but be warned, I have tried them all and they are inferior in quality and do not produce the same results as the powder form.

You can purchase L-Carnitine from most health food shops and gymnasiums. But remember, it must be in powder form. Do not let a slick sales person convince you to buy the tablet form. You can also search for L-Carnitine on any search engine. Type “L-Carnitine powder” (with the quotes) into the search field and a list of suppliers will come up.

Part III

Exercise & Activity

CHAPTER 9

Physiology & Anatomy

As you well know, diet and nutrition are only half of the improved health and weight loss equation. The other major contributor to improved health and weight loss is planned, regular exercise. In the following few chapters we will take an in-depth look at the three major components that make up an effective exercise program:

1. Cardiovascular Exercise;
2. Strength Training; and
3. Flexibility training.

Before we move onto the specific details of each component it is important that you first understand a few basics about the human body and how it operates.

The following will show you how to get the most out of every bit of exercise you do. No more wasted money on useless exercise machines and no more wasted time at the gym or endless hours trudging up and down the pavement.

1. The Myth

You have probably noticed that a small boom is occurring in the health and fitness industry at the moment. Every fortnight there is a new, whiz bang exercise machine on TV and every other week there is a new, cure-for-all diet that promises the world.

In over fifteen years of either competing professionally as an athlete, working with some of the best coaches and trainers in the world and

helping the average person to achieve their best, I can honestly say that I have never once seen anyone achieve and maintain the results that these so-called miracle cures are offering.

So why do not these diet and exercise programs work? To answer that all you have to do is look at the way these programs are being promoted. These programs are all about fancy marketing and have nothing to do with effective weight loss principles.

All these marketers's do is take an inferior product, a desperate audience and cash in on some well designed advertising hype. These marketers's have no knowledge or experience in effective weight loss principles or any education in exercise physiology. They pay so called experts (doctors & athletes) huge amounts of money to prostitute themselves (sorry endorse), these inferior products, thus adding to the con that you are buying something worthwhile.

Now that you know the health and fitness industry, in general, is nothing more than a marketer's and advertisers dream, you will be better prepared to cut through the hype and look towards the truth. And the first bit of truth you have to realize is that there are no quick fixes, no miracle cures and definitely no shortcuts to effective weight loss and improved health.

Achieving your health and weight loss goals comes down to making some long term lifestyle changes and as I stated earlier, change is hard!

So, where do we go from here? The first thing you need to do is forget the 'just-fifteen-minutes-a-day-is-all-you-need' theory and get down to some basic facts and figures on how your body really works. It is important to have a basic understanding of exercise physiology and anatomy, so to follow is a very brief education on how your body works.

2. Understanding Your Body

Getting the weight loss results you want comes down to understanding some basic functions about your body and how your body copes with and adjusts to various forms of exercise. It really is silly to expect great results from any old sort of exercise when you know nothing about how that exercise affects your body.

Let me give you an example. When an architect wants to build a bridge he consults with an engineer. Why does he do this? You would think that an architect would be fully qualified to build a bridge. Well, when it comes to building bridges the engineer is the expert on the stresses and strains that will affect the bridge and how the bridge will cope under various pressures.

So what does this have to do with exercise? When it comes to designing an exercise program that will be effective and give you the results you are looking for, it is important to know just what type of stresses and strains will be required and how your body will cope under various pressures. To do this effectively you have to know a little bit about how your body (the bridge) works and how it will respond to the type of exercise that you do.

Even today with all that we know about medicine and the treatment of the human body, it is believed that we know less than 10% of how and why the body functions the way it does. People devote their whole life to trying to understand the body better. Doctors study and specialize for decades to become proficient in one tiny area.

So how much do we really need to know before we can start to achieve the results we want?

3. A Basic Education

To follow is a brief overview of how the body uses exercise and activity to breakdown and utilize the food that you put into it.

Your body gets energy from a couple of sources. In simple terms your body gets energy from nutrients known as carbohydrates, proteins and fats. When your body needs to perform a certain task or carry out an activity, these nutrients are broken down by your body's cells to provide the energy it needs.

Your body can get energy from any type of nutrient; however it prefers to get energy from carbohydrates (or glucose). These are the simplest form of energy for your body to breakdown and utilize and that is why your body prefers to get its energy from carbohydrates.

But here is the catch. You can burn up carbohydrates all you want and you will not necessarily lose any weight. So if you want to lose weight you had best make sure that your body is getting its energy from fats. Otherwise, you can do all the exercise you want and never lose an ounce of weight.

I constantly have people coming to me saying that they have been exercising consistently for months. Five to six days a week, 30 to 40 minutes at a time, doing everything that they have been told to do by the so-called TV experts, and after months of hard work their weight is relatively unchanged.

Now it does not take a genius to see that these people have been burning carbohydrates and not fats, but the trick is; how do we get our body to use fat as an energy source instead of carbohydrates?

4. Aerobic V's Anaerobic

Getting the results you want comes down to understanding the distinction between aerobic and anaerobic exercise. (*The word aerobic in this context refers to the type and intensity of exercise that you undertake, which will be explained fully later. In this instance the word aerobic does not refer to aerobics classes undertaken at a gym or at home in front of the TV.*)

Aerobic means “with oxygen” and refers to moderate exercise over an extended period of time. Your aerobic system is your system for endurance and encompasses the heart, lungs and blood vessels. If you activate your aerobic system with proper exercise, you burn fat as your primary fuel source.

On the other hand, anaerobic means “without oxygen” and refers to higher intensity exercise that produces short bursts of power. Anaerobic exercise burns glycogen as its primary fuel, while causing the body to store fat.

Anthony Robbins in his ‘Number 1 National Bestselling Book’ says:

“Properly developing your aerobic system will not only make you a better athlete, it will also burn off the extra fat from your hips, improve your immune system, give you more energy and keep you relatively injury free.”

So where do we start? The first thing you need to do is get your lungs working to their utmost potential and you can do this by taking 10 deep breaths, fully inhaling and fully exhaling, 3 to 5 times a day. Many people take small, shallow breaths, reducing the amount of oxygen in their system. This can affect everything from your energy levels to your ability to think. Make a habit out of using your entire lung capacity.

5. The FITT Principle

The FITT principle is a great way of monitoring your exercise program. The acronym FITT refers to;

- F - Frequency of exercise undertaken,
- I - Intensity of exercise undertaken,
- T - Type of exercise undertaken, &
- T - Time spent exercising.

The recommendations that I am about to give to you are based on 15 years of personal experience. They are very different to what you will have read or seen elsewhere, but remember my promise; I do not base my teachings on what I read, only on what I have proven with practical experience over an extended period of time.

If you apply the FITT principle to what you read from mainstream weight loss advice, the recommendation would be;

- F - 5 to 6 times per week,
- I - Moderate to high,
- T - Just about any old exercise will do, &
- T - Anywhere from 15 to 40 minutes is enough.

The above advice, which is so heavily promoted, is exactly the reason why most people find it hard to lose weight. The recommendation above is a sure-fire recipe for burning glycogen and storing fat.

Where do these figures come from? I can guarantee you that they do not come from any sound physiological research or long term practical experience.

My guess is that the people who are promoting these figures are only interested in making exercise and weight loss sound as easy and simple as possible. They know that if they told you the truth about exercise you would see that their useless exercise machines and fad diets are exactly that; useless. So they go on conning the average person into believing that *“you too can look like this with as little as 15 minutes a day.”*

So what is the recipe? What is the magic formula that will see you shedding excess body fat in a relatively short period of time?

Let me take each of the four FITT principles separately and explain how they work for effective weight loss. Let us start with;

Frequency

After you finish exercising the body goes through a process of rebuilding and repairing itself. It is during this process that the benefits of your exercise will be forthcoming.

If you are exercising on a daily basis (5 to 6 times a week) your body never has a decent chance to realize the benefits and gains from the exercise. What usually happens is that you end up getting tired or injured and just quit. This adds to that yo-yo effect where people exercise religiously for a month or two, see no real improvements (or get tired or injured) and give up. Only to start the whole process again about a month later when they start to feel guilty for not having exercised.

My frequency recommendation: Only exercise 3 to 4 times a week
MAXIMUM!

This may sound strange and a little hard to do at first, (because most people have been brainwashed into believing that they have to exercise everyday) but after a while exercising like this becomes

very enjoyable and something that you can look forward to. Sure beats dragging yourself out the door everyday because you feel guilty about taking a day off every now and then.

Intensity

This is an extremely important aspect of the FITT principle and is probably the hardest factor to monitor. The best way to gauge the intensity of your exercise is to monitor your heart rate. By doing this you will know if you are exercising aerobically (burning fat) or anaerobically (storing fat).

There are a couple of ways to monitor your heart rate but the best way by far is to purchase an exercise heart rate monitor. These can be purchased at most good sports stores and cost from \$50 to \$600. I recommend that you purchase one from the POLAR range of heart rate monitors and the base model for about \$100 is really all you need. These consist of an elastic belt which fits around your chest and a wrist watch that displays your exercise heart rate in beats per minute.

If you do not want to spend the money on a heart rate monitor there are a number of ways whereby you can monitor your heart rate manually.

Firstly, a simple test. When you exercise, can you talk? Your breathing should be steady and audible but not labored. Exercising aerobically should feel pleasurable though tiring. At no time should you get out of breath or feel as though your breathing is out of control.

Another simple way is to count your heart rate over a 15 second period. All you need is a wrist watch which has a 'seconds' display. Feel for your heart beat by either placing your hand over your heart or by feeling for your pulse in your neck or on your wrist. Count the

beats over a 15 second period and then multiply them by 4. This will give you your exercise heart rate in beats per minute.

Now that you know how to monitor your heart rate, what should your heart rate be while you are exercising?

It is extremely important that you maintain an exercise heart rate that will assist in burning fat as your body's primary source of fuel. To follow is a simple formula that will determine your ideal aerobic heart rate.

Firstly, you need to calculate your maximum heart rate. To do this simply subtract your age from 220.

$220 - \text{Your Age} = \text{your maximum heart rate}$

For example, if you are 45 years of age, your maximum heart rate would be 175 beats per minute. ($220 - 45 = 175$)

Now that you have your maximum heart rate you need to calculate 60 to 75 % of that figure.

Minimum heart rate x 60 % = your lower limit
Maximum heart rate x 75 % = your upper limit

In the example above, this persons lower limit would be 105 beats per minute ($175 \times 60 \% = 105$) and their upper limit would be about 132 beats per minute. ($175 \times 75 \% = 131.3$)

This means that the person in the above example should exercise at a heart rate intensity of between 105 and 132 beats per minute.

If you exercise below your lower heart rate limit you will not reach the required intensity to activate your body's fat burning capabilities

and your exercise will be in vain. On the other hand, if you exercise above your upper heart rate limit you will be encouraging your body to burn glycogen as its' primary fuel source and thus again your weight loss efforts will be in vain. You must stay within your upper and lower limits while exercising.

Type

The type of exercise that you should be undertaking is any form of weight bearing activity which uses most of the major muscle groups. The best types of exercise that I recommend are walking and easy jogging. Other good forms of exercise include bike riding, swimming and other water based activities like deep water running.

Time

This is by far the single most important aspect of the FITT principle when it comes to weight loss. It is also the most misrepresented of the four aspects.

If you take any notice of what is being promoted in the health and fitness industry with regard to losing weight through exercise, you will have heard that you need to exercise anywhere from 'just-15-minutes-a-day' to the more traditional approach of 30 to 40 minutes. These figures are nothing more than blatant lies. Let me explain to you why this is so.

I mentioned earlier that your body can use any of the three nutrients (carbohydrates, proteins and fats) to get energy, but it prefers to get its' energy from carbohydrates or glycogen.

When you start to exercise your body immediately starts to burn glycogen for the energy it requires. As mentioned before this is the body's preference. Now if you continue to exercise at a high intensity (above your 75 % upper limit) your body will continue to burn glycogen and store fat.

However, if you continue to exercise within your upper and lower aerobic heart rate limits your body will gradually start to use fat as its' primary source of fuel.

But here is the catch. It takes a considerable amount of time for your body to change from burning glycogen to burning fat. In fact it takes between 15 and 40 minutes for your body to start burning fat. (This figure will depend on your current fitness level. The fitter you are, the faster you will start to burn fat. On the other hand if you are relatively unfit it could take up to 40 minutes for your body to start burning fat.)

What you need to work towards is an exercise session of at least 45 minutes and over time building up to 60 to 75 minutes. However, do not do this all at once, start off slowly and give yourself a few months to build up to 60 to 75 minutes. Remember only 3 or 4 times a week and do not go over your upper limit. This will give your body plenty of time to recover and repair any damaged tissue, thus keeping you injury free.

Now, let us have another look at how the FITT principle should look for effective weight loss.

- F - 3 to 4 times per week maximum,
- I - 60 to 75 % of your maximum heart rate,
- T - Weight bearing exercise (walking or easy jogging), &
- T - Build up gradually to 60 to 75 minutes.

I have been using this formula for over a decade and so far everyone who has applied it correctly and diligently has had considerable success in achieving their desired weight loss goals.

CHAPTER 10

Cardiovascular Exercise

In this chapter we are going to take a close look at two of the best forms of exercise for improving your health and maximizing weight loss. The first being walking and the second is a superb alternative to the regular exercise activities like walking and jogging.

1. Walking

Why is walking considered one of the best forms of exercise for weight loss? There are a number of reasons but the one that appeals to me the most is the fact that walking places very little stress on your bones, ligaments, joints and cartilage. Walking is constantly referred to as a light activity or a low impact activity. Unlike other exercises such as jogging and running where the body experiences tremendous forces from the constant pounding of your feet on the pavement during the running stride, walking produces very little impact at all.

In fact, in a book titled “Precision Walking” by Mark Fenton & Dave McGovern, they give the example of a recent study at the University of Colorado where they compared two groups of exercising women (runners and walkers) over 28 weeks. Both groups exercised four days a week at similar heart rates. Although both groups of women experienced identical improvements in fitness, the walkers suffered vastly fewer injuries.

As you can see from this recent study, this benefit alone can be significant to your weight loss goals and plans. Injuries can be one

of the most annoying and debilitating problems you will face during your weight loss activities.

Imagine setting your goals, drawing up a plan of attack, working that plan for a few weeks and then all of a sudden you are hit with an injury. You were just getting into the swing of things; you were feeling better about yourself for actually doing something positive and were just starting to see the first signs of improvement. Now you need to take time off, put your plans on hold and let that frustrating injury heal.

What does all this do to your goals? It sets them back at least a couple of weeks and at worst a few months. In that time, you have lost all the gains you made and you are back to square one.

A word of caution first! If you have a pre-existing injury or ailment, or maybe you are still suffering from an injury that has not sufficiently healed, you should see a qualified professional to have them look it over.

Your local doctor is probably the obvious choice but not always the best. The average doctor just does not see enough people with exercise related injuries to have the experience necessary to make a good diagnosis. Commonly they will simply give you an anti-inflammatory and tell you to rest, which can be the worst thing you can do.

The best person to see is a qualified physiotherapist or specialist sports doctor. These people have the knowledge and experience to diagnose and treat sports injury effectively.

Okay, enough about injuries. Why else is walking such a good exercise? Walking is a very safe, easy exercise that just about anybody can participate in. And not only is walking a great way to

lose weight, increase your general health and fitness and build lean muscle, but there are a long list of other benefits as well. Regular walking will help to:

- Boost your energy levels;
- Alleviate depression and increase self esteem;
- Strengthen your heart, lungs and respiratory organs;
- Improve blood circulation;
- Lower cholesterol;
- Control blood pressure;
- Improve your immunity;
- Increase your metabolism;
- Relieve stress;
- Improve sleeping habits;
- Prevent bone loss and osteoporosis;
- Control diabetes; and
- Lower the risk of heart disease.

With a long list of benefits like the one above, you can see why walking is such a great, all-round exercise. Although walking is a very safe and simple exercise, there are still some precautions you should take to make sure you get the most out of your exercise. To follow are a number of safety points.

1. Be sure to wear well fitting shoes with a cushioned sole and a firm heel support. If you need help in picking a good pair of walking shoes be sure to visit one of the professional sports shoe stores. They will be able to give you the best advice for your particular needs.
2. Wear appropriate clothes that are comfortable and breathe.
3. Do not walk if you are sick or injured.
4. Try not to walk immediately after a heavy meal.

5. If you live in a hot climate, avoid walking in the heat of the day. If you are walking in warm weather make sure you wear protective sun screen and a broad brimmed hat.
6. Remember to drink plenty of fluids to replace what is lost through perspiration. Water is the best choice to have before, during and after your walking session. Avoid drinking excess amounts of tea, coffee or alcohol.
7. Stop walking if you become breathless or start to feel faint and dizzy. If this becomes a repetitive problem consult your doctor or health care professional.
8. Most importantly, stop walking immediately if you experience a pain in the chest, arms, shoulders or jaw. Consult a doctor as soon as possible.

Although walking is one of the simplest exercises available to anyone at just about any time, there are still a few little tricks and hints which will help you get that little bit more out of your walking. When you do walk it is important to maintain a correct posture or technique. This will help you to avoid injury and muscle strain. Following are a number of points to keep in mind while walking.

1. Keep your shoulders and arms relaxed with your head up.
2. Keep your stomach muscle firm but not too tight. This will help to support your spine.
3. When walking do not lean too far forward. Remember to keep your back straight and your shoulders back.
4. Remember to use your arms but do not swing them wildly.
5. Concentrate on taking long strides rather than short steps, but do not over do it. Do not take steps so big that it becomes awkward or feels uncomfortable.

Walking is undoubtedly one of the best exercises for weight loss. Remember to combine the FITT principle from the last chapter with your walking work outs. Set your target heart rate and build up to

walking for at least 50 minutes to an hour, two times a week. Once you are comfortable with an hour, add a 90 minute walk once a month. Be sure to stick to your target heart rate and you will not believe how quickly the weight will come off.

2. Aquatic Therapy

Okay, as good as walking is, the only drawback I can find is that it can sometimes get a little boring, so here is an alternative.

It is been called everything from deep water running to aqua aerobics and water gymnastics. However it is more than just kicking up and down the local pool or spending some time in a hot, bubbling spa. Used correctly, aquatic therapy is a marvellous tool for both weight loss and assisting in recovery from hard training or serious injury. As you will see the benefits and uses of aquatic therapy are virtually endless.

So what is actually meant when someone talks of deep water running or aquatic therapy? In its broadest sense, aquatic therapy can be any activity that is performed in water. However I like to break these activities into two major areas that relate specifically to sport, exercise, fitness and health.

Firstly, aquatic therapy is any exercises done in water to complement and enhance your regular training and weight loss.

And secondly, aquatic therapy is any activity performed in water to assist in rehabilitation and recovery from hard training or serious injury.

One of the main features of aquatic therapy is that it allows you to exercise without the jarring and jolting experienced when training

on land. It is estimated that body weight is compounded up to five times during the heel strike when running or jogging. This does not occur during deep water or aquatic exercise. The buoyant properties of water mean that you are able to perform exercise without any significant impact at all.

This feature alone makes aquatic therapy stand out from a number of other recovery and rehabilitation exercises. When injured it is extremely difficult to find exercises and activities that allow you to maintain your current level of fitness and do not jeopardize recovery or risk further injury. However, the use of aquatic therapy or deep water exercise puts the body in a near zero gravity environment. Meaning there is virtually no impact or jarring on any of the body's joints, muscles, ligament, tendons or bones.

This is especially important when you have spent time organizing your goals and putting them into a plan of action. The last thing you want to do is have to take time off because of an injury. Even during your normal exercise routine there is always the possibility that small injuries occur during the session. It is these injuries which, if left unattended, can build up over time and lead to major, debilitating injuries that can cost you weeks, if not months, in recovery time. This is where aquatic therapy can assist by helping recovery without any loss to your training schedule.

Another important feature of aquatic therapy is that water increases the resistance experienced while training. The great thing about this increased resistance is that it is variable. Meaning, the faster and harder you work against the water, the greater the resistance you encounter and the harder the work out. So if you are injured or just looking for an easy work out, you can take it slow and gently move your limbs against the water. However, if you want a tough work out, go as hard and as fast as you can, the water will always return an equal resistance.

From the two features mentioned previously you can see that aquatic therapy is a very safe and beneficial form of exercise. As well as a number of cardiovascular and respiratory benefits, aquatic therapy also helps to:

- Increase and maintain muscular flexibility;
- Improve mobility and range of motion;
- Increase muscular strength; and
- Improve coordination, balance and postural alignment.

Other benefits include:

- A high calorie consumption;
- A massaging effect on your muscles;
- The ability to train during very hot weather, (using an outdoor pool or freshwater lake;
- The ability to train during very cold weather, (using an indoor heated pool);
- A great supplement or alternative to regular training;
- Is pleasurable and very relaxing; and
- Because your body is supported by water your heart rate is slightly lower, meaning aquatic therapy is relatively safe for obese individuals, pregnant ladies and those suffering from hypertension and heart disease.

Now that you can see the benefits of aquatic therapy, let us have a look at some of the more practical ways to use aquatic therapy and deep water exercises.

Firstly, what are you going to need? Apart from a pair of bathers and an open expanse of water, the only other thing you need is a float of some sort. There are specially designed float belts and vests that you can buy, but any old life jacket, ski belt or float will do the trick as long as it keeps your head above water. Just make sure it does not interfere with the movement of your arms and legs too much.

Before we move into a sample work out, let us have a look at your body position in the water and a few common mistakes people tend to make. You want to position yourself in a similar posture to that of running on land. Keep your head up and your shoulders back. Your torso should be relatively straight with a very slight forward lean. Do not bend forward at the waist and alternately do not lean back into a sitting position.

In this position you should be free to move your arms and legs in all directions. There are a number of actions you can take. The standard is the running motion. This should be performed as you would run on land. Make sure you have long strides, fully extending your legs, thinking smooth and long. Do not forget your arms; move them back and forth, while keeping your shoulders relaxed.

Or, try cross country skiing. Keep your arms and legs straight and move them back and forth like a cross country skier; or what about over exaggerating your stride, like a runner over hurdlers. The choices are endless, make up some of your own.

A word of caution! Before going straight into a serious work out, spend a couple of sessions just concentrating on your technique and getting comfortable in the water. Once you have mastered this new form of exercise then you can move onto a more structured work out.

***Note:** To help you get started I have included a number of sample workouts and exercise routines in chapter 13.*

CHAPTER 11

Strength Training

In this chapter we are going to focus on the second component of an effective exercise program; strength training. Strength training is also commonly referred to as resistance or weight training, and for the purpose of this chapter we will take it that they all refer to the same thing.

1. What is Strength Training?

Strength training is a form of physical conditioning used to increase your muscles' ability to resist force and is any repetitive activity that exerts a force or resistance against your muscles.

One of the most common mistakes people make when trying to improve their health and lose weight is neglecting this aspect of their exercise program. For too long it has been promoted that aerobic activity, like walking, is all you need for fat loss. This is untrue. Without strength training you run the risk of not only losing fat but also reducing the quality and quantity of lean muscle mass.

Strength training is important for a number of reasons. By adding lean muscle through strength training you will raise your body's metabolic rate, which increases your body's ability to burn body fat. Strength training also increases bone density and tendon and ligament strength. Other benefits of strength training include:

- Improved posture;
- Reduced susceptibility to injury;
- Improved physical appearance;
- Helps control blood pressure;

- Lowers risk of cardiovascular disease;
- Improved balance, mobility and stability;
- Decreased risk of coronary disease;
- Enhanced sporting performance; and
- Reduces stress and anxiety.

2. How to Perform Strength Training?

Another misconception of strength training is that you need to go to a gym or lift heavy weights. While training with weight is a very popular method of incorporating strength training into your exercise regimen, it is not the only method.

Exercises that involve using your own body weight are also a popular form of strength training. Common exercises like push-ups, chin-ups, sit-ups and dips are all great forms of strength training.

Traditionally, strength exercises are referred to in groups of sets and repetitions (reps). 1 rep refers to performing a single exercise once, while a set refers to a group of reps.

For example, 3 sets of 8 reps may refer to doing 8 push-ups in a row, having a short rest, doing another 8 push-ups in a row, having another short rest and then finishing with another 8 push-ups.

3. A Slight Variation - Circuit Training

Another fantastic form of strength training is circuit training. You can use circuit training as part of an injury rehabilitation program, for conditioning elite level athletes, or to assist with weight loss. You can use circuits for just about anything.

I was introduced to circuit training routines by an exceptional sports coach by the name of Col Stewart. Col is one of those rare coaches who can take just about any sport and devise a specific training program that always produces outstanding improvements for his athletes.

Col's circuit training routines are largely responsible for the success of many of his world champion athletes. Including his son, Miles Stewart (World Champion Triathlete), Mick Doohan (World 500cc Motorcycle Champion), and countless others from sports as diverse as roller-skating, squash, and cycling.

So what is Circuit Training? Circuit training consists of a consecutive series of timed exercises performed one after the other with varying amounts of rest between each exercise.

For example, a simple circuit training routine might consist of push-ups, sit-ups, squats, chin-ups and lunges. The routine might be structured as follows and could be continually repeated as many times as is necessary.

- Do as many push-ups as you can in 30 seconds, then rest for 30 seconds.
- Do as many squats as you can in 30 seconds, then rest for 30 seconds.
- Do as many sit-ups as you can in 30 seconds, then rest for 30 seconds.
- Do as many lunges as you can in 30 seconds, then rest for 30 seconds.
- Do as many chin-ups as you can in 30 seconds, then rest for 30 seconds.

What makes Circuit Training so good? The quick pace and constant changing nature of circuit training places a unique type of

stress on your body, which differs from normal exercise activities like weight training and aerobics.

The demands of circuit training tend to prepare the body in a very even, all-round manner. I have found circuit training to be an exceptional form of exercise to aid in the prevention of injury. Circuit training is one of the best ways I have found to condition your entire body (and mind).

There are many other reasons why circuit training is a fantastic form of exercise and what most of these reasons come down to is flexibility. In other words, circuit training is totally customizable to your specific requirements.

- Circuit training can be totally personalized. Whether you are a beginner, or an elite athlete, you can modify your circuit training routine to give you the best possible results.
- A circuit training routine can be modified to give you exactly what you want. Whether you want an all-over body workout, or you just want to work on a specific body area, or you need to work on a particular aspect of your sport, this can all be accommodated.
- Also, you can change the focus of your circuit training routine to emphasize strength, endurance, agility, speed, skill development, weight loss, or any other aspect of your fitness that is important to you.
- Circuit training is time efficient. No wasted time in between sets, it is maximum results in minimum time.
- You can do circuit training just about anywhere. One of my favorite places for doing circuit training is at some of the parks and playground areas near where I live.
- You do not need expensive equipment. You do not even need a gym membership. You can just as easily put together a great circuit training routine at home or in a park. By using your

imagination you can devise all sorts of exercises using things like chairs and tables and even children's outdoor play equipment like swings and monkey bars.

- Another reason I like circuit training so much is that it is great fun to do in pairs or groups. Half the group keeps exercising, while the other half rests and motivates the exercising members of the group.

What types of Circuit Training are available? As mentioned before, circuit training can be totally customized, which means there are an unlimited number of different ways you can structure your circuit training routine. Here are a few examples to give you some idea of the different types available.

1. Timed Circuit

This type of circuit involves working to a set time period for both rest and exercise intervals. For example, a typical timed circuit might involve 30 seconds of exercise and 30 seconds of rest in between each exercise.

2. Competition Circuit

This is similar to a timed circuit but you push yourself to see how many repetitions you can do in the set time period. For example, you may be able to complete 12 push-ups in 30 seconds. The idea is to keep the time period the same, but try to increase the number of repetitions you can do in the set time period.

3. Repetition Circuit

This type of circuit is great if you are working with large groups of people who have different levels of fitness and ability. The idea is that the fittest group might do, say 20 repetitions of each exercise, the intermediate group might only do 15 repetitions, while the beginners do only 10 repetitions of each exercise.

4. Sport Specific or Running Circuit

This type of circuit is best done outside or in a large, open area. Choose exercises that are specific to your particular sport or emphasize an aspect of your sport you would like to improve. Then instead of simply resting between exercises, run easy for 200 or 400 meters. You can even use sprints or fast 400 meter runs as part of your choice of exercises.

Some Important Precautions! Circuit training is a fantastic form of exercise, however the most common problem I find is that people tend to get over excited because of the timed nature of the exercises and push themselves harder than they normally would. This tends to result in sore muscles and joints, and an increased likelihood of injury. Below are two precautions you need to take into consideration.

Firstly, your level of fitness. If you have never done any sort of circuit training before, even if you consider yourself quite fit, start off slowly. The nature of circuit training is quite different to any other form of exercise. It places different demand on the body and mind, and if you are not used to it, it will take a few sessions for your body to adapt to this new form of training. Be patient.

Secondly, your warm-up and cool-down are crucial. Do not ever start a circuit training routine without a thorough warm-up that includes stretching. As mentioned before, circuit training is very different from other forms of exercise. Your body must be prepared for circuit training before you start your session.

Note: To help you get started I have included a number of sample workouts and exercise routines in chapter 13.

CHAPTER 12

Flexibility Training

Flexibility is the final important component of an effective exercise program and refers to the range of movement that exists around a particular joint, that is, how far you can reach, bend and turn. Poor flexibility creates so many problems and can be so damaging it is difficult to understand why more people do not stretch regularly, as this is the best way to improve flexibility.

Flexibility is currently one of the least utilized forms of exercise training and is often the missing link to many people's health and well-being. Do not make the mistake of thinking that something as simple as stretching will not be effective. Stretching is a vital part of any exercise program and should be looked upon as being as important as any other part of your health and well-being.

1. Why You Need to Stretch

Tight, stiff muscles limit our normal range of movement. In some cases, lack of flexibility can be a contributing factor to back and neck pain, while a simple stretching routine could help prevent this. In the extreme, a lack of flexibility can mean it is difficult to even bend down or look over our shoulder.

Tight, stiff muscles interfere with proper muscle action. If the muscles cannot contract and relax efficiently, decreased performance and a lack of muscle movement control will result. Short, tight muscles also cause a dramatic loss of strength and power during physical activity.

In a very small percentage of cases tight, stiff muscles can even have an effect on blood circulation. Good blood circulation is vitally important so that the muscles are able to receive adequate amounts of oxygen and nutrients. If circulation is impaired it can result in increased muscle fatigue and ultimately, the ability to recover from strenuous exercise and the muscles' repair process is impeded.

Any one of these factors can greatly increase the chance of becoming injured. Together they present a package that includes muscular discomfort, loss of performance, an increased risk of injury and a greater likelihood of repeated injury.

2. The Benefits of Stretching

Firstly: Upon undertaking a regular stretching program a number of changes will occur within your body. Firstly, by placing particular parts of your body in certain positions, you are able to increase the length of muscles and tendons. As a result of this a reduction in general muscle tension is achieved and your normal range of movement is increased.

By increasing your range of movement you are increasing the distance your limbs can move before damage occurs to the muscles and tendons. For example, the muscles and tendons in the back of your legs are put under great strain when kicking a football. Therefore, the more flexible and pliable those muscles are, the further your leg can travel forward before a strain or injury occurs to it.

The benefits of an extended range of movement includes: increased comfort; a greater ability to move freely; and a lessening of your susceptibility to muscle and tendon strain injuries.

Secondly: There is a dangerous stretching myth that says, “If you stretch too much you will lose both joint stability and muscle power.” This is totally untrue. By increasing your muscle and tendon length you are increasing the distance over which your muscles are able to contract. This results in a potential increase to your muscles' power and therefore increases your athletic ability, while also leading to an improvement in dynamic balance, or the ability to control your muscles.

Thirdly: We have all experienced what happens when you go for a run or to the gym for the first time in a few months. The following day your muscles are tight, sore, stiff and it is usually hard to even walk down a flight of stairs. This soreness that usually accompanies strenuous physical activity is often referred to as post exercise muscle soreness. This soreness is the result of micro tears, (minute tears within the muscle fibers), blood pooling and accumulated waste products, such as lactic acid. Stretching as part of an effective cool-down helps to alleviate this soreness by lengthening the individual muscle fibers, increasing blood circulation and removing waste products.

Fourthly: Fatigue is a major problem for everyone, especially those who exercise. It results in a decrease in both physical and mental performance. Increased flexibility through stretching can help prevent the effects of fatigue by taking pressure off the working muscles. For every muscle in the body has an opposite or opposing muscle and if the opposing muscles are more flexible, the working muscles do not have to exert as much force against the opposing muscles. Therefore each movement of the working muscles actually takes less effort.

And finally: Any person who experiences the benefits of stretching is certainly more likely to feel good about themselves. This leads to

a confidence and assuredness that helps to enhance physical performance and motivate the individual to participate in exercise.

3. The Rules

As with most activities there are rules and guidelines to ensure that they are safe. Stretching is no exception. Stretching can be extremely dangerous and harmful if done incorrectly. It is vitally important that the following rules be adhered to, both for safety and for maximizing the potential benefits of stretching.

The seven rules are:

1. Never stretch an injury or damaged muscle
2. Warm up prior to stretching
3. Stretch before and after exercise
4. Stretch all major muscles and their opposing muscle groups
5. Stretch gently and slowly (avoid bouncing unless supervised by a professional sports coach)
6. Stretch only to the point of tension
7. Breathe slowly and easily while stretching

4. Further Information

For a comprehensive handbook that covers all aspects of flexibility training and includes over 100 photographs of stretching exercises for every major muscle group in the body, visit;

www.TheStretchingHandbook.com

CHAPTER 13

Putting It All Together

In this final chapter I have included a number of sample workouts and exercise routines to get you started. Remember that these are only a guide and over time you should be able to develop your own routines and training regimen. Feel free to modify or change them in any way you want.

1. Cardiovascular Workouts

Sample Workout #1

- **Warm-up:** Walk, jog, swim or ride easy for 5 to 10 minutes, gradually increasing the speed and intensity of your exercise. Then do a few stretches to loosen up your muscles.
- **Main Set:** Walk, jog, swim or ride continually at your target heart rate for 40 to 75 minutes. (Depending on your current fitness level)
- **Cool Down:** Keep exercising for another 5 or 10 minutes, gradually decreasing the intensity. Finish with a good stretch and you will feel great.

Sample Workout #2

- **Warm-up:** Walk, jog, swim or ride easy for 5 to 10 minutes, gradually increasing the speed and intensity of your exercise. Then do a few stretches to loosen up your muscles.
- **Main Set:** The idea behind this workout is to vary the intensity of your exercise over the course of 40 to 75 minutes. For example, if you are swimming, swim one lap easy and then one lap fast. If you are walking, walk easy for two minutes and then walk fast or jog for two minutes.

- **Cool Down:** Keep exercising for another 5 or 10 minutes, gradually decreasing the intensity. Finish with a good stretch and you will feel great.

Sample Workout #3

- **Warm Up:** Using an aquatic workout, run in the water for 5 to 10 minutes, gradually increasing the speed and intensity. Do a few stretches to loosen up the muscles and finish the warm up with a few short, fast sprints.
- **Main Set:** Alternate between aquatic running and cross country skiing for 3 minutes at a moderate pace then 1 minute at an easy pace. Repeat this 6 to 10 times.
 - **Or:** Run or ski; First 2 minutes easy.
Next 2 minutes moderate.
Next 2 minutes hard.
Next 2 minutes moderate.
Last 2 minutes easy.
Repeat the above 2 to 4 times.
 - **Or:** Run or ski at a moderate intensity for 30 to 40 minutes. Remember to keep your heart rate within your upper and lower aerobic limits while exercising.
- **Cool Down:** Run easy for 10 minutes gradually decreasing the intensity. Finish with a good stretch and you will feel great.

2. Strength Workouts

Sample Workout #1

- **Warm-up:** Walk, jog, or ride easy for 5 to 10 minutes, gradually increasing the speed and intensity of your exercise. Then do a few stretches to loosen up your muscles.
- **Main Set:** Working with your own body weight use a combination of push-ups, chin-ups, dips, sit-ups, crunches,

lunges and squats.

Depending on your fitness level, start with 2 sets of 6 to 8 reps. If you find that too hard use your own judgment as to how many sets and reps you should be doing.

- **Cool Down:** Go for an easy walk for another 5 minutes, gradually decreasing the intensity. Finish with a good stretch and you will feel great.

Sample Workout #2

- **Warm-up:** Walk, jog, or ride easy for 5 to 10 minutes, gradually increasing the speed and intensity of your exercise. You could also use a treadmill or stationery bike. Then do a few stretches to loosen up your muscles.

- **Main Set:** Working with a set of hand held dumbbells use a combination of bicep curls, triceps extensions, dumbbell press, lateral raises, front raises, upright rows, dumbbell fly's, bent rows and dumbbell shrugs.

Depending on your fitness level, start with 2 sets of 6 to 8 reps. If you find that too hard use your own judgment as to how many sets and reps you should be doing.

- **Cool Down:** Go for an easy walk for another 5 minutes, gradually decreasing the intensity. Finish with a good stretch and you will feel great.

Sample Workout #3

- **Warm-up:** Walk, jog, or ride easy for 5 to 10 minutes, gradually increasing the speed and intensity of your exercise. You could also use a treadmill or stationery bike. Then do a few stretches to loosen up your muscles.

- **Main Set:** Working with a set of hand held dumbbells use a combination of dumbbell squats, standing toe raises, seated calf raises, lunges and dumbbell side bends.

Depending on your fitness level, start with 2 sets of 6 to 8

- reps. If you find that too hard use your own judgment as to how many sets and reps you should be doing.
- **Cool Down:** Go for an easy walk for another 5 minutes, gradually decreasing the intensity. Finish with a good stretch and you will feel great.

3. Circuit Training Workouts

It is easy to design your own circuit training routine and the best routine is usually the one you design yourself. The previous information in chapter 11, along with the references below and a little bit of imagination, will help you put together the perfect circuit training routine.

Sample Workout #1

The following circuit training routine comes from [Peak Performance](#) and is great for [strength and stamina](#). Below is an outline of the routine. For a detailed description of all the exercises, visit the link above.

Exercise Sequence:

1. Four count squat thrusts;
2. Push-ups;
3. Scissor step-ups;
4. Abdominal sit backs;
5. Squats to presses;
6. Body weight rows;
7. One leg squats; and
8. Low back stabilizers.

Sample Workout #2

The following two circuit training routines come from [Sports Coach](#). The first is [specifically for runners](#), while the second is a great [all](#)

[over body workout](#). Below is an outline of the routines. For a detailed description of all the exercises, visit the links above.

Exercise Sequence:

1. Run 400 meters;
2. High bench step-ups;
3. Push-ups;
4. Lunges;
5. Hanging scissor with double knee raise;
6. Squats with hops;
7. Prone trunk extensions; and
8. Run 400 meters.

Exercise Sequence:

1. High bench step-ups;
2. Plyometric push-ups;
3. 6 way lunges;
4. Hanging scissor with double knee raise;
5. Squats with hops;
6. Prone trunk extensions;
7. Scissor step-ups;
8. Abdominal sit-backs;
9. Squats to presses;
10. Body weight rows;
11. One leg squats;
12. Low back stabilizers;
13. Squats thrusts;
14. Press-ups; and
15. Burpees.

Sample Workout #3

The following circuit training routine comes from [Fit Advisor](#) and is a great example of [exercises you can do at home](#). Below is an outline of the routine. For a detailed description of all the exercises, visit the link above.

Exercise sequence:

1. Dumbbell chest press;
2. Dumbbell rows;
3. Crunches;
4. Squats;
5. Dumbbell shoulder press;
6. Dumbbell pull over;
7. Oblique crunch;
8. Lunges;
9. Triceps kick backs; and
10. Biceps curl.

4. Combination Workouts

Remember the above workouts are just suggestions. Use your imagination to come up with your own unique exercise routines. One of my favorite exercise sessions involves using a combination of cardiovascular, strength and flexibility workouts in the one session.

About three kilometers from where I live is a great park that has a large playground area that I use for my workouts. To follow is one of my favorite exercise sessions.

- **Warm-up:** Walk easy for 500 meters and then start some easy jogging. After another 500 meters stop and do a few stretches for 4 or 5 minutes.
- **Main Set:** Continue jogging for another 2 kilometers until I get to the park. Throw in a few fast runs on the way to get my heart rate up.

Once at the park I spend another 5 minutes doing a few easy stretches. Then I use the park equipment to do 3 sets of 12 chin ups, 3 sets of 20 dips, 3 sets of 20 push-ups and a whole

heap of abdominal exercises. I then take a seat on the grass and work on my flexibility for another 10 minutes.

Once I am finished there I walk or jog home. Sometimes I throw in a few fast runs, but only if I really feel like it.

- **Cool Down:** About a kilometer from home I start to slow down. I concentrate on taking a few deep breaths and lowering my heart rate. Once I get home I sit on the lounge room floor for another 10 or 15 minutes and do a few more stretches.

The whole workout takes me about 80 to 90 minutes and it is a great way for me to combine all the important exercise components.

CONCLUSION

Before I say goodbye let us take a short recap. We have covered a lot of ground but let us start with the basics.

Remember there are no magic formulas when it comes to improving your health and losing weight, or more specifically fat. Do not get sucked into all the diet scams and celebrity weight loss schemes on the market at the moment. Forget about a fast track or a short cut to weight loss, just stick to the basics and get on with the job. So what are the basics?

Good nutrition!!! Reverse your eating, have a large full breakfast, a healthy, substantial lunch and a small, nutritious dinner. Never eat till you are full and try to include as much variety in your diet as possible. Eat plenty of good quality, lean protein (meat, fish, chicken, eggs, etc.) and plenty of simple carbohydrates (fruit, vegetables, salad, sprouts, legumes, etc.) Try to limit your intake of fat and complex carbohydrates (bread, cereal, grain, pasta, rice, etc.) and include a multi vitamin or mineral supplement every now and again.

Exercise!!! The FITT principle says it all. Only exercise 3 to 4 times a week. Vary the type of exercise to include all three components of an effective exercise regimen and do not forget to keep a track of your goals and improvements.

You can be the person you want to be. Stay healthy, stay positive and I wish you the greatest of success for the future. Thank you!