

The image features two glass jars filled with a bright yellow liquid, likely lemonade. Each jar is garnished with several slices of fresh lemons and sprigs of green mint leaves. Two striped paper straws, one with red and white stripes and the other with green and white stripes, are inserted into each jar. The jars are set on a white surface, and a green and white striped napkin is visible in the background. A large, semi-transparent yellow circle is overlaid on the bottom half of the image, containing text.

week 4

EXERCISE

*transformation
guide*

REVITALIZE YOUR BODY: TRANSFORMATION

Too often, our health and weight-loss goals are sabotaged because we are not exercising or not exercising optimally. Over the past three weeks, we have talked about the bio-Individuality of your life as it relates to the food you eat and how you relax. Now, we are going to address how to exercise.

There is no one way to exercise that is right for everyone and will guarantee the perfect body. When you find the type of exercise that gets your heart pumping, improves your circulation, and releases the endorphins that make you feel happy and energized, all while having fun...THIS is when you achieve success and reach your goals.

WHY EXERCISE IS KEY?



The Mayo Clinic talks about seven important reasons to exercise here:

<http://www.mayoclinic.com/health/exercise/HQ01676>

1. **CONTROLS YOUR WEIGHT**, which means finally having the body you want and feeling great in it! I want you to think back to the goals you set in week 1. Whatever your health goals were, finding the right exercise regime for you will help you achieve them. A regular fitness routine will not only help you obtain the body you visualize, but make you feel stronger and more confident.
2. **EXERCISE DECREASES THE RISK OF DISEASE AND HEALTH CONDITIONS.** Exercise has been proven to balance blood sugar, reduce “bad” cholesterol, improve cardiovascular health, boost circulation, and decrease food cravings.
3. **EXERCISE IMPROVES THE HEALTH OF YOUR MIND.** If you have been searching for the perfect remedy to combat anxiety or depression, then look no further. Exercise stimulates endorphins, which reduce depression and promote that happy feeling.
4. **EXERCISE GIVES YOU ENERGY.** Regular exercise boosts your energy levels. You may feel tired after a good workout, but you are delivering oxygen to your tissues, resulting in more energy, because you have more oxygen flowing through your veins. By increasing the oxygen levels in your body, you also improve your digestion and the assimilation of nutrients.
5. **EXERCISE AND SLEEP.** Studies show that by flooding your body with more oxygen and releasing toxicity as you sweat, you can improve the quality of your sleep.
6. **EXERCISE AND HORMONES.** Exercise releases unwanted toxicity and supports your liver. By reducing the toxic load in your body, your hormones can work more efficiently, resulting in fewer mood swings and a better sex life.

7. **EXERCISE DOES NOT HAVE TO BE BORING.** During this week, you will see all the different types of exercise you can do to promote health, happiness, and have fun while working out. Remember that exercising is vital to your health and will help you reach and maintain your goals over the long term.

COMMON MISTAKES PEOPLE MAKE WHILE TRYING A NEW EXERCISE PLAN

1. Many people do not eat enough protein or fats or drink enough water, which leads to raised cortisol or digestive upset that can hamper your weight-loss efforts and overall health. This can also lead to injuries, so **make sure you are nourished when you exercise.** By restricting your calories, you slow down your metabolic rate, which is the opposite of what you are trying to accomplish.
2. Many people stick to the same workout for months or even years. Your body needs a variety of training, so we are going to cover all of the different exercises you can do. It is just like an antibiotic, which stops working if taken for too long. The same principle applies to your exercise routine -- **your body develops a resistance if you don't switch it up.** So, let's shake up your exercise routine, and you will notice the difference in your body.
3. Some people are scared that they will put on too much muscle, think they are too old or out of shape to work out, or simply do not enjoy exercising. Finding the ideal workout for you as an individual is key, but you must commit to success. Just as we committed to your health goals in week 1, **we are ditching the excuses, because you deserve to reap all the rewards of exercise.**

4. **Determine how active you are daily and how much food your body needs**, not in calories but how much energy you need to feel satisfied, nourished, and happy while working out. We are all different, so understanding this will be key for long-lasting results. I suggest a high-quality and nutrient-dense snack post-workout, such as a healthy protein ball or bar, a smoothie, Greek yogurt, or a handful of almonds. Remember, you just did something positive for your body by working out, so the foods you choose after your workout should give you energy, rather than weighing you down and hampering your weight-loss efforts.

EXERCISE OPTIONS FOR YOU

THERE ARE SO MANY FUN OPTIONS!
CHECKMARK YOUR TOP 3 FAVORITES,
AND CIRCLE AT LEAST TWO YOU'VE
NEVER DONE THAT YOU'D LIKE TO TRY IN
THE NEXT 10 DAYS. WHAT DO YOU HAVE
TO LOSE BESIDES EXCESS POUNDS AND
YOUR INHIBITIONS?

- Very brisk walking
- Listen to a book on tape or your favorite soundtrack, just keep your pace up
- Try using Nordic walking poles to add a workout for your arms
- Jogging or running
- Listen to a pump-me-up playlist to get your groove on
- Vary your route or terrain to help keep it interesting (stay safe!)
- Bike riding, indoors or out
- Wear your helmet outside!
- Spinning (class at most gyms)
- This is an intense calorie burner
- Yoga Classes (gym or studio)
- Vinyasa flow or hot yoga are both good for cardio
- Yoga can build strength, particularly when you hold poses for longer
- Some styles of yoga are particularly good for stretching out the muscle fibers
- It's all about the breath!
- Mandy Ingber's at-home yoga video (she's Jennifer Aniston's teacher)
- [Click here to get her video](#)
- Pilates classes and videos
- Both mat and "reformer" machine classes are great for building long, lean muscles
- Zumba fitness dance classes
- Latin cardio dance aerobics and routines, found at most gyms
- Dancing of any kind
- Cardio dance, ballet, hip-hop, modern, African, Latin, or any other type
- A barre workout (Bella Barre, Pure Barre, etc.)
- Belly dancing
- Anything by Tracy Anderson (she's Gwyneth Paltrow's teacher)

- The Tracy Anderson Method Metamorphosis is one of my favorites
- Weight lifting and resistance training (weight training classes are great!)
- Plyometric training (e.g. box jumping, burpies, planks)
- Willpower and Grace class at 24 Hour Fitness is a great example
- Jumping rope
- Hula hooping
- Swimming
- Hiking
- Being in nature and walking at a steady rhythm can be very meditative
- Skiing or snowboarding
- Snowshoeing
- Water skiing, wake boarding, or surfing, if you're near water
- Kettle bell workouts (one of my favorites!)
- See the examples in Tim Ferriss' –"The 4-hour Body"
- Running stairs at an arena or track field
- P90x (more masculine) or Chalean (more feminine) from Beach Body
- Crossfit routines – www.crossfit.com

BALANCING YOUR WORKOUTS

Well-balanced workout regimens include different types of exercise to help you avoid injury and develop or maintain overall physical fitness. Try to include the key principles of interval training, resistance work, and flexibility into your workouts. With this program, you will not only boost your metabolism, but also continue to burn calories for 12-48 hours after you've finished working out. *How cool is that?*

WHAT IS INTERVAL TRAINING?

Interval training is simply alternating bursts of intense activity with intervals of lighter activity.

Changing up your workouts and alternating higher intensities with recovery periods will make your workouts more interesting, while helping you burn more calories in shorter workouts. I am all about being efficient! You don't need a ton of time to get a good workout.

Walking: If you're in good shape, you might incorporate short bursts of jogging into your regular brisk walks. If you're less fit, you might alternate leisurely walking with periods of faster walking.

RESISTANCE WORK

A complete workout plan should include resistance training.

Resistance training involves activities that use weights, machines, resistance bands, or even body weight to work out the muscles. It is also known as strength training or weight training.

When you do resistance training, you break down muscle fibers, which take energy to rebuild. When these muscle fibers have been rebuilt they are stronger, tighter, firmer, and now take more energy to maintain. Thus you benefit from a higher metabolism all day long. Simple, yet so effective!

INTERESTING FACT: 1 lb. of muscle burns about 50 calories a day
 1 lb. of fat burns 4 calories a day

BENEFITS OF RESISTANCE TRAINING

You don't have to lift weights to incorporate resistance training into your workouts. Body weight exercises can help you stay fit at home or on the road, with little or no equipment. Here are a few of the best body weight exercises for maintaining muscle strength and endurance:

- Push-ups
- Squats
- Lunges
- Jumping jacks
- Burpees
- Plank

FLEXIBILITY

Flexibility can be defined as the ability of your joints and body parts to execute their full range of motion. Flexibility is required in all your day-to-day activities, including walking, bending, lifting, carrying groceries, etc. The best way to maintain flexibility is to stretch regularly, either on your own or in a yoga class.

Practicing yoga is a terrific way to complement your exercise routine to improve flexibility. Yoga involves your mental and physical capabilities, developing a balance of energy between the body and the mind, as well as increasing flexibility, muscle tone, and lung capacity!

A good all-around schedule could look like: 2-3 cardio sessions per week (i.e., interval training, running, cycling, Zumba), 2 resistance training sessions per week (i.e., body weight work, weight lifting, boot camp, or TRX), and 1-2 mind/body classes (i.e., yoga, Pilates or barre workout).

Beginners should strive for three workouts per week, 20-30 minutes per session. Experienced, very active adults could have a goal of 6 workouts per week, 40-60 minutes per session. It is very important to include a rest day in each week to give your body a chance to recuperate and re-energize.

Enlist a friend. It's more fun and you become more accountable if you have a workout buddy. When you hit a hard day, just put on your sneakers and tell yourself you will do ten minutes. Next thing you know, your endorphins will have kicked in and you can do another 10 minutes! If you can't find a friend to work out with, you can download an app that tracks your progress.

Getting some form of exercise in daily is essential. As the day progresses, it seems easier and easier to make excuses for why we can't exercise. Building in time to exercise will not only help you cope better with stress, but will also help you feel better about yourself and keep you on track with your health and fitness goals.

WORKING OUT TO SUPPORT HEALTHY DETOXIFICATION

CAN I STILL WORKOUT?

THE ANSWER IS YES, IF YOU HAVE THE ENERGY TO DO SO WITHOUT DEPLETING YOURSELF.

Some people have endless energy when following a clean eating program, an elimination diet, a detox, or changing the food they typically eat. I call this the 'detox high'. For others, a detox does not initially leave them feeling as energized. Keep in mind that a detox can cause some dehydration, so make sure you are drinking enough water. Try adding $\frac{1}{8}$ teaspoon high-quality sea salt and stevia or honey to 20 ounces of water to combat feelings of dehydration or drink 8 oz. of coconut water.

Exercise is beneficial to the detox process. Light exercise, like yoga or stretching, helps you to focus your mind and increase physical and mental flexibility. Cardiovascular exercise, if you're up to it, induces sweating, which releases toxins through the skin.

The main thing I want you to do is **LISTEN** to your **BODY**. If you are detoxing and not feeling well, then I would suggest just taking a walk and doing some light stretches. If you have an abundance of energy, then I would recommend doing at least 30 minutes of cardio and adding in a full-body workout.

Here is a basic plan that will allow you to increase oxygen, which is important for the daily cleansing process of the body, aiding disease prevention:

- Perform light stretching exercises, like the yoga poses below and sun salutations, when you wake. Focus your mind on cleansing any negative thoughts or feelings you are having. Energize and focus yourself for the day ahead.
- Jot down any thoughts or feelings that arose during your stretching exercises. Reflect for a few minutes. Cleansing the mind is as important as cleansing the body during a detox because stress releases harmful toxins.
- Take a 30-minute walk around lunchtime. Enjoy and take in your surroundings.
- Spend 30 minutes doing any cardiovascular exercise of your choice before dinner. Running, swimming, and biking are all great exercises to do at this time. Break a sweat during your routine to stimulate the release of toxins through sweat. Drink lots of water.
- Bathe with 1 cup of Epsom salts to soothe the muscles and clean toxins from the skin that were released during exercise. Rinse under cool water.

Source: www.yogajournal.com

YOGA POSES TO SUPPORT HEALTHY DETOXIFICATION

MARICHIYASANA 3 (MARICHI'S TWIST)



MARTY SCONDUTO

HEALTH BENEFITS: Squeezes the abdominal organs and stimulates digestion and elimination.

Sit up tall with your legs straight. Bend your right knee and bring the sole of your right foot to the floor just in front of your right sitting bone. Rest your right hand on the floor behind your back for support.

Reach your left hand up so strongly that your ribcage lifts up. Rotate your torso to the right and bring your left elbow to the outside of your right knee. Stay for 5 deep breaths, gradually and gently using the sensation of your left elbow pressing into your right leg to encourage your torso to twist further to the right.

Either look behind you, over your right shoulder, or straight ahead, depending on what feels best to your neck. Repeat on the other side.

DOWNWARD DOG



HEALTH BENEFITS: Getting the heart higher than the head reverses the pull of gravity and aids in the circulation of blood and lymph. Also gently tones the abdomen, which stimulates digestion.

FOLLOW THESE INSTRUCTIONS: Start on your hands and knees with the entire surface of your palms pressing into the floor and your toes tucked under. Slowly lift the knees and straighten the legs.

Press equally into the hands and feet and lift your sitting bones up as you move the thighs back. Allow the head to hang. Stay for 5–10 deep breaths.

LEGS UP THE WALL



HEALTH BENEFITS: ENCOURAGES CIRCULATION OF BLOOD AND LYMPH FROM THE FEET AND LEGS.

Bathes the abdomen in fresh blood, stimulating the digestive organs. Soothes the nervous system, allowing your body to shift its attention from warding off stress to daily bodily functions, including detoxification.

FOLLOW THESE INSTRUCTIONS: Sit in front of a wall with your right hip and shoulder touching the wall. Bend your knees and roll onto your left side, so your feet and seat are touching the wall. Roll onto your back and extend your legs so that they rest on the wall. Either rest your hands on your belly or let your arms lie on the floor, palms up. Stay for at least 10 deep breaths.

PROTEIN TO SUPPORT YOUR WORKOUT

As discussed in week 2, it is extremely important to eat enough protein to prevent muscle loss. If you are a very active person, I suggest that your protein intake be 1.1 grams per pound of body weight.

Because protein sources will be used for energy, it is important to pick the right protein for your body. Protein is essential for your metabolism, weight-loss, and maintaining overall health.

WHEN IT COMES TO ANIMAL-BASED PROTEIN, IDEAL SOURCES ARE:

- Grass-fed meats
- Free-range chicken
- Free-range eggs
- Wild caught fish
- Organic raw milk or kefir
- High quality whey

WHEN IT COMES TO VEGETARIAN PROTEIN, IDEAL SOURCES ARE:

- All kinds of vegetables, cooked and raw
- Vegetable sprouts
- All kinds of fruits, usually raw
- Beans and other legumes: lentils, chickpeas, black beans, pinto beans, and adzuki beans
- Non-glutinous grains, such as quinoa, buckwheat, brown rice
- Ezekiel bread
- Other grains and seeds: millet, quinoa, flaxseed, hempseed, chia seeds
- Hummus
- Nuts, nut milks, nut butters: almonds, cashews, walnuts, almond milk, hazelnut milk, peanut butter, almond butter, sunflower seed butter
- Oils: grapeseed, olive, coconut, flaxseed (unheated), hemp (unheated)
- Raw honey (as workout fuel, not an all-purpose sweetener)
- Protein powder: Vega, Sun Warrior, hemp, pea protein
- Soy products (limited): tofu, tempeh
- Non-Dairy Cheese, such as Daiya or almond milk cheese
- Eggs (limited, non-vegan)

SIMPLE SNACKS AFTER A WORKOUT

- 1 banana with 1 tablespoon almond butter
- Favorite protein ball recipe, such as your Healthy Protein Balls
- Greek yogurt, kefir (dairy or non-dairy) with berries and walnuts
- Trail mix
- Hummus and raw vegetables
- Coconut water smoothie
- Rice cake with almond butter and honey and a coconut water
- Tuna or turkey slices with 1/2 avocado wrapped in lettuce
- Hard-boiled egg and raw vegetable sticks
- Cottage cheese or coconut milk yogurt with pine nuts and gluten-free granola (2 tablespoons)

IDEAL HEALTHY FATS

- Coconut oil
- Avocado
- Dairy fats, such as grass-fed butter or ghee
- Olive oil
- Nuts
- Seeds

SUPPLEMENTS

I am not a doctor or a nutritionist, but I do know what has worked for my unique body. I take a multi-vitamin, fish oil, Vitamin D, and a probiotic daily.

The body's waste and filtering system is designed to keep up with most toxic substances that are out there. But it has become harder to get rid of those toxins because our world is full of pollution, chemicals, processed foods, and treated water, all of which cause toxicity that put a strain on the body's natural detoxification systems. So, even with a good diet, sometimes good-quality supplements are beneficial to help the body run optimally.

FINAL THOUGHTS

I am so honored and proud to have walked this journey with you. I know you have changed not only your body, but you have worked hard to shift the way you look at life. So often, we can eat all the “right” foods but we may not be healthy in our thoughts, which depletes our life force.

I encourage you to use what you have learned in your 28-day program to approach your dietary choices and your life with confidence. This is a new set of tools that will last you a lifetime. Pat yourself on the back and give yourself a huge hug.

Continue to use your journal, your food diary, and visualize the life you want and deserve. If you have followed the suggestions, hopefully by now you are operating from a place of internal cleanliness and mental clarity, so that you can tap into your intuition and soar!

Please keep me posted on your progress on the forum so we can all rejoice in your successes!

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