

Moderate Fitness Level: Weight Loss/ Health Goal

<i>**Focus on RESETS and Recovery</i>						
1	2	3	4	5	6	7
<p><u>AM</u> 1-2x FASTING RESETS or 10-20 min walking</p> <p>**Exercise warm up 5 minutes 10-30 minutes of Interval Style Workout</p> <p><u>PM</u> 1-2 x RESET at the end of Day</p>	<p><u>AM</u> 1-2x FASTING RESETS or 10- 20 min Walking</p> <p>Optional Exercise: 20 -60 minutes of Yoga or 20-40 minutes of FUN exercise/ Gardening/ Low Intensity/ Dancing/</p> <p><u>PM</u> Fascial Massage, Gua Sha (scraping), 1-2 Body Parts or rolling Refer to Fascia Chapter</p>	<p><u>AM</u> 1-2 x FASTING RESETS, or 10-20 min Walking</p> <p>**Exercise: Moderate Intensity (no weights) 20-40 min Easy Run/ Bike/ Swim/ Dance/ Hike/ Row</p> <p><u>PM</u> 1-2x RESET at end of day</p>	<p><u>AM</u> 1 x FASTING RESETS or 10-20 min Walking</p> <p>**optional 20-60 minutes of FUN or low intensity exercise/ ** Gentle stretching will be hugely beneficial in a sauna</p> <p><u>PM</u> 1x RESET at end of day</p>	<p><u>AM</u> <u>1 -2 x FASTING RESETS</u>, or 10- 20 min Walking</p> <p>** Exercise Warm up 5 minutes -10 - 30 minutes of Interval Style Workout</p> <p><u>PM</u> Foam rolling Full Body Refer to Fascia Chapter</p>	<p><u>AM</u> <u>1 -2 x FASTING RESETS</u>, or 10- 20 min Walking</p> <p>Hike or another Fun Exercise</p> <p><u>PM</u> 1x RESET at end of day</p>	<p>Rest With Stretching</p>

Moderate Exercise Plan for Weight Loss/ Muscle Tone

What constitutes strenuous exercise? You can measure this in 2 ways.

1. **Your perceived exertion** = How you feel

It is strenuous if you are breathing heavily, sweating quickly into the workout, and you can't say more than a few words before feeling out of breath.

It is moderate when you can talk but not sing, you sweat about 10 minutes in, and you can maintain the pace for longer amounts of time.

2. **Heart Rate**

Measuring your Heart Rate is a great indicator of exertion and can help you to keep it all in the correct range.

If you have a heart rate monitor, here is how to determine your range from the Mayo Clinic.

To use this method, you first have to figure out your maximum heart rate — the upper limit of what your cardiovascular system can handle during physical activity.

The basic way to calculate your maximum heart rate is to subtract your age from 220. For example, if you're 45 years old, subtract 45 from 220 to get a maximum heart rate of 175. This is the maximum number of times your heart should beat per minute during exercise.

Once you know your maximum heart rate, you can calculate your desired target heart rate zone — the level at which your heart is being exercised and conditioned but not overworked.

Easy exercise intensity: less than 50 percent of your maximum heart rate

Moderate exercise intensity: 50 to about 70 percent of your maximum heart rate

Vigorous exercise intensity: 70 to about 85 percent of your maximum heart rate

Moderate Exercise Plan for Weight Loss/ Muscle Tone

***2 Minute Resets** daily activity are the most important part of your program to rev up your metabolism.

***Fascial Massage** is vital (refer to Fascia chapter) Stuck fascia needs to be released to help lower cortisol (stress) levels

***2 Minute Reset for Weight Loss** - Watch on Youtube and find one for your pain, or for Weight Loss, or one that addresses certain injuries that you have. If you have an Interval Style Workout day, make sure you are selecting the easier work option in these RESETS on those days

***Fasting Reset** - a 2 Minute Reset done in the morning before consuming any food/ coffee/ tea/ calories - Do drink water

***Optional Exercise-** to be done by those that have extra time and want a little more. Because we are reducing calories, too much exercise will delay or work against getting good results. If your only goal is better health and don't need the weight loss, than the optional exercise listed will be hugely beneficial.

***No 2-a-days** - The only time you should be adding extra exercise is though 2 minute resets.

***This is not all or nothing.** you are never starting over by missing a day. If you miss your exercise day, still try to hit a couple 2 minute resets.

Moderate Exercise Plan for Weight Loss/ Muscle Tone

Interval Style Workout - Intervals comes in many shapes and sizes, but the idea is that you work for a certain period of time, rest, repeat. The exercise can be running, biking, swimming, aerobics, lifting weights for endurance (lighter weight), body weight exercises like push ups and squats, etc. I prefer to combine strength with running because it helps motivate me the most. The best exercise for you is going to be whatever motivates you. If you know you like to be social or accountable to a coach or instructor, find a class.

This is the time that you can push your body to higher fitness levels.

If you are just beginning, you can take breaks in between sets

Here is an example

Run for 1 minute at 70% of effort. Walk for 20 sec. Do Push ups for 30 sec then squats for 30 sec. Rest for 1 minute . Repeat this for 10-30 minutes.

Listen to your body. Our goal is not to cause severe tiredness, we are not pushing to our limit. If you are ever in the 180 or above range, it should be for a very short period. We are slowly raising our Lactic Acid Threshold, and then we are recovering.

I do Personal Exercise Plans for people on my shop page - If you need further help, this would be a great idea for you.

Exercise Rules

1. **We don't start over** - Missing a few days or a week does not take away from what you have achieved.
2. **We focus on fitness/ health goals over weight loss.** Having a physical or health goal is much more rewarding and motivating.
3. **Something is better than nothing!** Doing a few push ups or lunges is much better than doing nothing that day.
4. **Recovery is key.** Our body can only build if we give it sleep, good nutrition, and low intensity exercise or rest.
5. **Use your downtime.** Stretch in front of the tv. Do squats while waiting for food to cook. Park far away in a parking lot. Wake up and do a set of push ups or a RESET right out of bed.
6. **More exercise does not mean better results.**
7. **Progress is everything.** We are trying to create life habits. Celebrate any victory.