

Learning to Love Exercise

Exercise is an easier habit to develop than eating healthy and therefore you want to start your journey to a new healthy you by learning to love exercise. Exercise should become something you do because you love how it makes you feel and that should be your focus. Feeling good both during and after you exercise, by starting easy and gradually increasing intensity, will reinforce it. Doing too much too soon and experiencing soreness and pain will not. Your body is designed to exercise and enjoy the results of your physical labor. It is understandable that it is difficult to be motivated to exercise if you are out of shape and have always found exercise to be a struggle.

I suck at Exercise!

It's essential that you put aside any preconceived opinions about exercise or your ability to exercise. You must also put aside any frustrations at what level you are currently at. If you can only walk a block, start there and add a block each week. It's very natural for folks who are very out of shape and can only walk a block or have weak muscles to give up on themselves. *"Why would I want to go to the gym and show everyone how pathetic I am?"* is a common thought of many people keeping them stuck in their condition. Or even if they believe in their ability to start exercise, they see the 50, 75 or more pounds of extra weight as being a mountain so huge, why even try?

However, now that you are well aware of and familiar with your Mind Chatter, you have the ability to choose differently and keep moving and keep lifting allowing your body to change and improve.

This is another good reason to hire a trainer—so you have someone with you at the gym your first few weeks that helps you to see initial results that become the spark that starts your transformation!

To live in a healthy body, no matter where you are, start there. Next month and next year will be here whether you start exercising or not. Just think where you could have been today had



you started exercising one year ago? So one year from today, let's ask that same question and find out!

Top 3 Reasons why strength training is the MOST important part of your program:

- 1. Increases your metabolism.** More muscle = a higher BMR (the amount of calories your body burns). Strength training can increase your BMR by up to 25% or 500 additional calories per day! **Strength training turns your body into a 24/7 calorie burning machine!**
- 2. Decreases muscle lost during weight loss.** When you create a calorie deficit to lose fat, your body also naturally breaks down your muscle for energy needs. Strength training stops this effect that can GREATLY impact your BMR. **Muscle loss is the #1 reason losing weight from dieting and aerobic exercise alone is almost never successful in the long-run.** A decreasing BMR makes it necessary to eat less and less or exercise more and more to stay the same weight! An impossible downward spiral!
- 3. Decreases stress and makes YOU strong!** When you feel stressed or any other negative emotion, it makes it very hard to stick with a weight loss plan. From strength training, you not only strengthen your body, you also strengthen your personality! You strengthen your self-image, your character and you develop a powerful sense of "I can do it!" Strength training makes you feel confident and strong!



The impact of muscle on your metabolism:

Fact: Eating a low-calorie diet that causes weight loss also causes muscle catabolism. Up to 40% of bodyweight lost is catabolized muscle!

Muscle "catabolism" is your body breaking down your muscles for its own energy needs.

Example: A person loses 40lb. by walking, biking and dieting (no strength training). $40 \times 40\% = 16$ pounds of muscle. Each pound of muscle burns about 50 calories per day so $50 \times 16 = 800$ calories!

This person who lost 16 pounds of muscle is now burning about 800 less calories per day!

This is an enormous number of metabolism calories to lose! This is the equivalent of running for more than one hour and walking for more than 2 hours!

***Muscle is your “best friend” when it comes to weight loss!
Strength training minimizes muscle catabolism and maximizes
fat catabolism during your weight loss!***

ASSIGNMENT:

Now that you understand the natural effect of muscle catabolism and the subsequent plummet of one’s metabolism, can you see why your past weight loss attempts that did NOT include strength training were not effective?

Write about your new understanding of strength training and why it is the core essential foundation of any weight loss program.

Strength Training Principles

1. **Principle of Overload.** To adapt and get stronger, the muscle must be challenged to do more than it is used to.
2. **Principle of Progression.** To create overload, you must over time progressively increase weights lifted, repetitions or sets.



These two principals can be summarized in the simple statement:

“You gotta push yourself”. However in the beginning, you don’t want to push yourself too much because you’ll likely experience pain and soreness and cause a negative reinforcement of exercise.

Keeping track of what you’re doing (weights, sets and reps) allows you to gradually and consistently try to make improvements. During your first year of weight training you should make incredible improvements. Most beginners should be able to double, triple or even quadruple what they began with in terms of weight lifted. I always enjoy when people come up to me and say with a sparkle in their eye: “Look Dave, I started this machine with only 50 pounds and now I can do 145!” These are the folks that kept track, kept with it and now love it! Anyone can do the same!

Strength Training Myths

There are a number of myths still floating around out there about strength training and lifting weights that are scaring some people away from strength training and thus scaring them away from results.

1. **Women will get “bulky” if they lift weights.** Overeating makes you bulky. Women do not have enough testosterone to build muscle bulk. Women should be more concerned with maintaining their muscle while losing fat!
2. **“I won’t be able to lose weight if I lift weights” fear.** You don’t want to lose muscle just to make the scale go down. Muscle makes your body a calorie-burning machine! If you are eating for fat-loss, you will lose fat weight. The goal is to lose mostly fat, not muscle.
3. **Women should lift light easy weights with higher repetitions.** This comes from the “I don’t want to build bulk” myth. Light easy weights violate the law of overload. If you don’t overload the muscle, it won’t change...it doesn’t need to.

4. **Women don't need to push themselves as much as men do.** Actually, women need to push themselves MORE than men do because they have less of the hormones that cause muscle development.
5. **You must strength train at least 3 days a week to get any results.** Actually even one good challenging strength workout per week can have a large impact on the amount of muscle retained during weight-loss and your BMR.
6. **Spot reduction myth.** Exercising a certain muscle does not burn fat covering that muscle. Your body doesn't work that way. A Total Body program that works all your muscles is the best for injury prevention, good health and the absolute best to maximally increase your BMR.

ASSIGNMENT:

Were any of these myths holding you back from strength training? Write down your thoughts and past beliefs:

If you still feel yourself believing any of these myths, do a Google search and learn more about it. Write here the myth and what you learned:

Emotional Benefits of Strength Training

As you have learned, standing up to your Mind Chatter and standing up for yourself takes strength. When you feel physically strong, you feel like a strong person inside and out! When you feel like you're spinning your wheels with the rest of your life, the weights in the gym always show your progress and accomplishment. Also by physically pushing yourself, you create a contrast that brings out your ability to relax. As an experiment, as you're sitting, take a deep breath in and flex all your muscles for a count of 5 seconds. Then relax and let the air out and breathe normally. Take note of what you experience after this.

You will experience a wave of relaxation!

Tensing up your muscles elicits the relaxation response. It teaches your brain to relax! Without this helpful physical contrast in your life, it's common to only feel relaxed before bed—and some folks can't get their body and brain to relax then either! Strength training is a natural sleep and stress aid.



Strength Training Skills Checklist:

- Understands the importance of muscle and metabolism
- Understands the many physical and emotional benefits of strength training
- Enjoys pushing/challenging themselves
- Feels comfortable in the gym strength training on their own
- Knows how to create and follow own strength training programs
 - basic strength machines basic circuit advanced _____
- Has developed a weekly routine that includes ____ days of strength training

Aerobic Exercise

When most people think of weight loss they think of aerobic exercise. No double about it, you burn more calories exercising aerobically than you do strength training, so the allure of aerobic exercise for weight loss is addicting. However as you just learned, aerobic exercise leads to muscle catabolism and without strength training to reverse this effect, you'll end up doing more and more aerobic exercise to get the results you want. I know some people who do 2 hours of aerobic exercise EVERY DAY just to maintain their weight! Who wants or can do that? Furthermore, I can always tell an "aerobics only" exerciser by the look of their body. They always have weak or bony looking upper bodies. Whereas people that have a balanced exercise approach have healthy and strong looking arms and shoulders. They look stronger.

Aerobic activity is all about consistency and developing a daily routine habit. Exercising every morning for 10 minutes is FAR better than exercising 2 days after work for 60 minutes.

Aerobic Training Principles

- 1. Consistency.** Aerobic exercise must be done daily to enable weight loss and weight maintenance. This is done by establishing an at-home and in-gym routine. At home you should invest in some form of exercise equipment for bad weather or early mornings or late nights in which you don't want to exercise outside. Include outside exercise like walking and riding bike. This kind of exercise is the best for your total wellness because the fresh air and the companionship of doing it with friends or family is an added positive reinforcer.



As an example, here is my daily aerobic routine:

- 4:30am ride bike for 12 min while reading from inspirational books.
- 12noon ride bike for 10 min and read newspaper at the gym after workout
- Afternoon or after dinner (time varies) go for 20 minute outside jog, bike ride or ride bike in the basement while watching TV or reading a book.

For me this routine is easy to do. It's become totally automatic in my life. I allow myself to skip the AM bike ride on weekends, but my brain is so programmed to do it, I still

often do it on weekends. **The key to permanent weight loss is getting into a similar routine that you just automatically do without one ounce of willpower.**

2. **Intensity.** Just like you want to push yourself with your strength training, you also want to push yourself with your aerobic training. The key is enjoyment so don't over-push yourself. When I'm outside exercising I want to enjoy the air and the sounds I can find on the bike trail near my house. I still push myself, but not to such a point where I lose my enjoyment. When I am inside riding the bike I have to keep my intensity at a moderate level to be able to watch TV or read a book. You should find that similar balance between challenging yourself and enjoying yourself. An easy way to add intensity that I use is to sprint the last part of your time exercising. If I go for a jog, I usually sprint the last 100 yards or so. If on the bike this might be the last 300 yards. This equates to the last 30 seconds to minute of what I am doing. This stimulates your cardiovascular system to improve and gives you that awesome contrast of relaxation when you finish! As strange as this may seem, over time you get addicted to that contrast that comes from pushing yourself. This is a very good addiction to catch!



Use the Law of reinforcement to develop a routine you enjoy doing and it will become automatic.

How to reinforce aerobic exercise

1. **Keep it moderate and progress slowly but surely.** Focus first on building up your time and then go for more intensity.
2. **Do other things that you enjoy while exercising**
 - a. Read a book or newspaper
 - b. Watch the news or other TV programs you enjoy
 - c. Listen to music or motivational authors

3. **Split it up.** I bike 10 minutes as soon as I wake, 10 minutes after my noon strength workout and then 10-20 minutes in the afternoon or PM. I'm getting 30-40 minutes of aerobic exercise when I might not find that time or want to do it in one block elsewhere in my schedule.
4. **Commit only to starting.** Everyone initially struggles with motivation before the habit is established. If you don't feel like it, don't think about doing the entire workout, just think about starting and tell yourself you can stop whenever you feel like it. What you will find is that once you get going, your mindset will change and you'll usually want to finish the entire workout.

Quick Lesson on how your body works: Glycogen is stored glucose or blood sugar. After your cells have taken in all the glucose they need, any additional glucose in your blood is converted to glycogen and stored in your liver and muscles to be converted back to glucose when your cells need it later. Glycogen is stored "fuel" for your body. This is how your body keeps going for hours without any food. If your glycogen "tanks" are low, any excess carbs you eat just goes to fill your glycogen tanks and does not get converted to body fat. This is another benefit of more muscle. More muscle means more glycogen storage tanks and thus more places for your body to store excess carbs rather than convert them to fat on your body!

Best times to do aerobic training

1. **Before bed or after your dinner.** Going to bed in a low blood sugar state allows you to burn fat all night long. Nothing could be easier than going to bed hungry and falling asleep and not being conscious of any hunger for 7-8 hours! So depleting your blood sugar and glycogen or burning up the calories you ate for dinner is an *extremely* effective strategy for weight loss success. Please understand that exercise before bed won't create weight loss if your old habit is to eat 1,000 calories for dinner and another 500 in snacks after. You'll need to start a new habit of eating under 500 calories from dinner to bedtime for noticeable results. After dinner exercise also effectively takes your mind off eating and taking a shower after exercise relaxes your body and gets it ready for a good night of sleep. Toss in 20-30min of reading in bed and you won't be able to keep your eyes open. Wake early and go get on your exercise bike for 10-15 min and you have the most effective exercise routine for living life in a healthy body!



- 2. As soon as you wake in the AM.** This is when you've gone 8-12 hours without eating so your blood sugar and glycogen levels are low, meaning you will be tapping into more fat for fuel. Also, aerobic exercise 1st thing in the morning jump-starts your metabolism much earlier than would normally occur. This is also a time almost everyone has free.
- 3. After your strength workout.** Strength training burns up your blood sugar and glycogen so doing aerobics after strength training is similar to doing aerobic exercise after you wake—you'll tap into more fat and make your time more effective.

Do it more than once a day!

Each time you do aerobics you get a boost in your metabolism for anywhere from 30 minutes to several hours depending on your intensity. This **"boosting effect"** is very powerful and I would say 3 short sessions of say 10 minutes is DOUBLE the metabolism boosting effect of one session of the same 30 minute total time! Once you get into a routine of doing aerobics in the morning and in the evening and then if you can during the day, it will become easy to keep it up. 10-15 minutes is so easy—getting your brain into the routine is where the initial work is.

What two or three times a day could I do aerobics?

1. _____
2. _____
3. _____

What do I need to do to accomplish this?

(Example: Buy a bike for my basement and get a TV down there to watch the news in AM. Bring exercise shoes, shirt and deodorant to work)

Home Gym

Here's what I recommend for a home gym: one really good exercise bike. You can add in a mat for stretching and a TV to watch. Don't invest in weights unless you have a large budget and live more than 30 minutes from a gym.

I have a Cybex Cyclone upright bike in my basement and I love it! (see picture) This is a commercial grade bike so in our home it will last 10 year or more without any maintenance. Treadmills on the other hand eventually become maintenance nightmares. Once your deck wears out, you have to tear the machine apart and spend \$500 in parts. If you need to hire someone to come do it, it could be closer to \$1,000. A good commercial bike sells new for \$2,000-\$3,000. You can get them used on Ebay for \$1,000. If you buy your bike from a retail store ask if it is "commercial grade" and expect to pay \$1,000 for a good quality bike. If you think that is a bit pricey, think about the cost of the car you drive or your annual cell phone bill! Spending a grand or more on a good exercise bike you like and use for 10 or more years is a small and smart investment in you!



How to make your aerobics routine an automatic habit!



1. Commit to easy time periods. Start by committing to doing only 5 minutes each time. You want to get your brain used to just doing it, then adding time will be easy AFTER just doing it becomes a routine. Who can't find time to go for a 5 minute jog after dinner? Who can't find time to ride the exercise bike for 5 minutes before you shower in the AM? Who can't find time to walk the steps at work for 5 minutes? Make it super-easy and you will get into the habit of doing it. **You'll be amazed at how FAST it becomes your routine if you keep it super-easy until the habit is established!**

2. Keep track of your progress. Nothing motivates a person more than seeing improvement. It goes back to how we were programmed as kids to seek praise for our accomplishments ("Look Mommy I tied my shoes!"). A great investment is a GPS watch that tells you how far you went, your average speed and a bunch of



other stats. There are also smart phone apps that show you similar data. Do fun things like add up how many miles you walked in the month. This impressive info will feed your need to feel accomplishment and fuel your motivation!

- 3. **Challenge yourself and have fun.** Entering a 5K race (3.1 miles) is something almost anyone can do. Committing to such a challenge gives you another reason to stick with your exercise plan. And after you complete your challenge, you'll feel an incredible sense of accomplishment that will further reinforce your love for exercise!



Aerobic Exercise Skills Check list:

Loves to exercise daily at home

Uses _____ for inside aerobic exercise

When?

Does _____ for outside aerobic exercise

When?

What changes, purchases or things have you done to make exercise more important in your life? (Example: I bought a bike, new running shoes or I entered a 5K race)

ASSIGNMENT:

Did you hear any Mind Chatter when learning the importance of developing a routine of daily aerobic exercise done in short periods 2 or 3 times a day? (“I don’t want to get up early”, “I’m too busy with kid’s homework, cleaning the house and everything else after dinner” “I’m too tired in the evening” “I can’t get sweaty at work”)

Write out that Mind Chatter and your conscious responses here:

Did you hear any Mind Chatter when you thought about spending over a thousand on an exercise bike for your daily home use? (“I don’t know how to use ebay”, “I can’t afford that”, “I wouldn’t know how to get a TV in my basement”, etc.)

Write out that Mind Chatter and your conscious responses here: