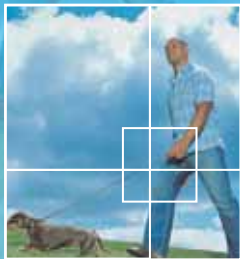


Your Guide to Exercise



Welcome To Your Guide To Exercise

Do you know you need to exercise but you don't know where to start?

Does exercise sound like too much hard work?

Ever wondered why people exercise 60-120 minutes a day and don't get results?

Welcome to the answer! Your guide to exercise is your key to success. In this booklet you will learn how to achieve incredible results in a time frame that even the busiest person can manage. Transform your body and your life with a simple 10-week program. Welcome to a realistic approach to exercise that your Practitioner has recommended for you.



Quick Start Program

– Fast Track Your Way To Health

This booklet has been designed to give you all the background information you need to plan your exercise program. However if you just want to get started, turn to page 14 and you will be ready to begin in just a few minutes!

Before you start:

Whilst exercise is generally a positive for health, people with certain health conditions should exercise with caution (e.g. heart disease). If you have not exercised for a long time, or you are not confident with your ability to conduct an exercise routine, please ensure you have been assessed by your Health Practitioner before starting this program.

Table of Contents

Why Should I Exercise?.....	5
Goal Setting – What Do You Want From Your Program? ...	9
Time Management – The Time Is Now.....	11
The Two Types Of Exercise – Resistance And Aerobic ...	14
Resistance Training – Time To Tone Up.....	16
Aerobic Exercise – Lets Burn Fat!	19
How Does Aerobic Exercise Burn Fat?	21
Personalise Your Intensity – Assessing Your Ability	23
Step-Up Intensity – Quality Not Quantity.....	25
Kick-Start Your 10-week Exercise Program	27
Your 10-week Exercise Planner.....	28
Your 10-week Progress Monitor.....	32

Appendix

A: How To Use Weights – The Secret To Success	36
B: Callisthenics	39
C: Tips For Staying On Track	43
D: Answer To Commonly Asked Questions	47
Notes	49

Why Should I Exercise?

**“You don’t have to take exercise seriously,
just regularly”**

Everyone knows how dangerous smoking is for your health, do you know that physical inactivity is almost as bad? Inactivity or lack of exercise, is second only to cigarette smoking as a major contributor to chronic diseases such as heart disease, cancer and obesity.¹ Fortunately if you start now you can enjoy the countless benefits that regular physical activity provides.

Table 1: Exercise reduces your risk of...

- | | |
|------------------|--------------------------|
| • Mental illness | • Stroke |
| • Obesity | • Cardiovascular disease |
| • Hypertension | • Injury |
| • Colon cancer | • Diabetes |
| • Breast cancer | • Early death |
| • Osteoporosis | |



“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

Exercise is an effective way to reduce your risk of the major killers in Australia, chronic disease. In 2002 Cardiovascular Disease alone claimed the lives of 50,294 Australians and remains the leading cause of death.⁴ Exercise is essential for a long, healthy and happy life.

If you are still unsure why you should exercise here are some good reasons:

1. **It helps promote weight loss** and maintenance of ideal body weight.
2. **It decreases cardiovascular risk** by making your heart pump more efficiently.
3. **It improves circulation.**
4. **It improves muscular tone.**
5. **It reduces stress.**
6. **It protects against some cancers.** Regular physical activity reduces the risk of developing colon cancer and may also help prevent breast and lung cancers.
7. **Exercise fights flab.** This doesn't just mean that you are going to look good. Weight gain during adult years may lead to obesity, which increases your risk of developing endometrial, kidney, breast, colon and gallbladder cancers as well as diabetes , hypertension and heart disease. More muscle equals a more active metabolism. A higher metabolic rate helps lesson the chance for weight gain and obesity throughout life. Also, fun and active outings decrease boredom and time available for extra snacking or grazing at home.

8. **It lowers your blood sugar.** This is especially important if you have diabetes.
9. **It reduces the risk of heart disease.** Aerobic exercise (exercise that gets you breathing such as running, brisk walking, swimming or biking) strengthens the heart and blood vessels, increases HDL (“good”) cholesterol and lowers triglyceride levels.
10. **It helps lift mood.** Thanks to chemicals released in the brain during exercise, you may find feelings of anxiety, depression and mental stress melt away during a workout. These same body chemicals may even reduce pain and induce feelings of happiness and wellbeing. Greatest improvements seem to come after weeks of regular exercise, so stick with it!
11. **It lowers blood pressure.** Physical activity can reduce blood pressure that’s already high and prevent high blood pressure in the first place.
12. **It boosts your immune system.** Regular, moderate activity benefits the immune system, this may mean fewer colds, viruses and infections.
13. **It reduces your risk of developing diabetes.** Exercise improves your body’s ability to use the insulin it makes, lessening your chance of developing Type II (adult-onset) diabetes. If you have Type II diabetes, exercise can benefit your condition and may decrease the amount of medication you need.
14. **Helps maintain bones and joints.** Weight-bearing exercise can help prevent osteoporosis, while a sedentary lifestyle promotes bone loss. Physical activity is important for keeping joints and muscles strong, along with promoting flexibility and balance.

15. **It boosts self-esteem.** Meeting a challenge, improving health, looking better, feeling stronger, meeting new people... regular physical activity can increase your self-esteem in many ways. You can do it!
16. **It is fun!** If exercise seems like hard work, you just haven't found the right activity. Step aerobics or abdominal crunches may not be your style, so try a morning walk, head down to the pool for a dip or take a spin around town on your bike. This manual provides lots of fun exercise ideas!

Goal Setting – What Do You Want From Your Program?

“Many people fail in life, not for lack of ability or brains or even courage but simply because they have never organised their energies around a goal.” - Elbert Hubbard

Identify your personal goal and make it clear and measurable (e.g. to exercise daily for ½ hour). Commit your goal to paper; otherwise it is just a thought or dream.

Your goals need to be:

- Specific
- Realistic
- Positive
- Measurable, and
- In the present tense

Some examples of excellent goals are:

- I am going swimming 3 days a week
- I attend yoga classes every Tuesday
- This year I am attending a gym 3 days a week
- To lose weight I am walking daily
- I am going to lose 10kg by Christmas this year

Place your goal somewhere you can read it daily like on the refrigerator or a door in your house. Read your goal daily and take action to fulfil it.

If you want to lose fat, gain muscle or improve other areas of your health you can use the 10-Week Progress Monitor on pages 32-35. Simply place your goals on the table and monitor your progress each week. If you need assistance with this exercise speak to your Practitioner. Learning how to manage your time is the best way to fulfil your goal.

Time Management – The Time Is Now

“A man who dares to waste one hour of time has not discovered the value of life.” – Charles Darwin

- Make seven copies of table 2 on page 12, one for each day of the week. Write down each of your daily general activities and their corresponding times using your time management table. Do this from when you wake to when you retire to bed for each day of the week.

Rate your activities on importance (1 = low, 10 = high). Then decide how important getting fit, improving your health, having more energy and preventing a range of illnesses is to you. Give it a number.

Next, go through your list and start crossing out activities of low value until you have made enough time for just 30-minutes of exercise on a regular basis. This may change depending on the day of the week.

Once you have identified the 30-minute time slot, write the time into **Your Exercise Time Planner** below. Assign one day to no activity; fill in the box with the word **REST** - you need a day of no scheduled activity. This is very important - resting is one of the fundamental keys to your success.

“Sometimes the most urgent and vital thing you can possibly do is take a complete rest.”

- Ashleigh Brilliant

Table 3: Your Exercise Time Planner

Day:	Monday	Tuesday
Time:		
Day:	Wednesday	Thursday
Time:		
Day:	Friday	Saturday
Time:		
Day:	Sunday	
Time:		

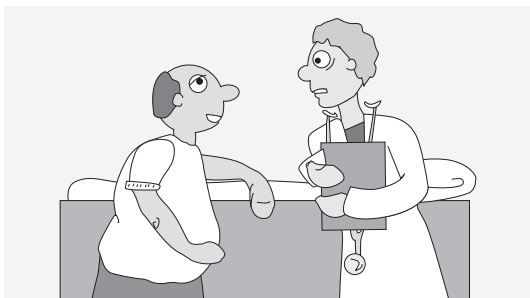
Once complete, transfer the times and their corresponding days of the week into your 10-Week Exercise Planner on page 28.

The Two Types Of Exercise – Resistance And Aerobic

To get maximum benefit from your exercise program it is necessary to combine the two different types of exercise, aerobic and resistance exercise (see table 4). Combining these two types of exercise will ensure that you get maximum health benefit from your program.

Table 4: The two types of exercise

Type of exercise:	Aerobic	Resistance exercise
Example activities:	Brisk walking Jogging Swimming Bicycle riding	Weights Tube train Yoga Pilates
Unique benefits:	<ul style="list-style-type: none">• Cardiovascular health• Fat loss• Weight maintenance	<ul style="list-style-type: none">• Increases lean muscle• Reduces risk of osteoporosis• Improves mental health




“Pulling open a bag of potato chips... would that be considered as ‘aerobic’ or ‘resistance’ exercise?”




Resistance Training – Time To Tone Up

Resistance training is any exercise that places a challenging load on the muscles. It is generally done at a lower heart rate and for short periods of high intensity.

Resistance training promotes the formation of lean muscle mass. More lean muscle means a greater ability to burn fat and contributes to a toned and trim physique.

It is important to choose an activity that you think you will stick with. Find an activity that feels right for you. The following table lists your best options. If you start an activity and decide it is not suitable, you can always change. Once you have chosen your activity turn to the corresponding page.

Activity	Details
<p data-bbox="135 904 236 940">Weights</p> 	<p data-bbox="329 904 919 1272">Weight training is one of the best ways to create a lean toned body. There are now thousands of gyms, fitness centres and women's health centres in Australia. These centres provide state of the art weight training equipment. Another benefit of gyms is personal supervision from staff who can create a program and ensure you are exercising safely. (For the secret of successful weight training read page 36)</p>

<p>Tube Train</p>	<p>The Tube Train exercise system is a fun, simple to use, fully portable device that you can use anywhere, including the comfort of your own home. Tube train is the perfect option for those not interested in gyms. The Tube Train comes with a booklet and motivating workout video. Speak to your Practitioner about purchasing one.</p>
	
<p>Callisthenics</p>	<p>Within this booklet you will find some basic exercises. These exercises need no additional aids (no setup costs), and can be conducted in your own home. (Exercises can be found on page 39)</p>
	
<p>Pilates</p>	<p>Pilates was developed in the 1920's by the physical trainer, Joseph H. Pilates. Pilates is an exercise system focused on improving flexibility and strength for the total body without building bulk. Instruction videos are available through all good book stores. Pilate's classes are available in most towns and cities.</p>
	
<p>Yoga</p>	<p>Yoga has been in existence for more than 5,000 years. The exercises or postures of Yoga stretch and strengthen the body. Instruction videos are available through all good book stores. Yoga classes are available in most towns and cities.</p>

How does resistance exercise build muscle?


When you place a load on the muscle (e.g. lift weights) you create microscopic tears in the muscle fibre. This then stimulates the repair of the muscle, with the body adapting to produce a slightly larger muscle when repaired. The two secrets to resistance training are to push your muscles enough that they will grow (high intensity) and then rest them for long enough to repair (3-4 days).





Aerobic Exercise – Lets Burn Fat!

Aerobic exercise is primarily designed to elevate the heart rate, for at least 30 minutes at a time. The secret to effective aerobic exercise is to vary the intensity of the exercise from moderate to high, during your workout. Aerobic exercise will improve your cardiovascular health and general wellbeing. Regular cardiovascular exercise is the best way to maintain a healthy body weight.



Choose an activity – what suits you best?

Activity	Details
<p data-bbox="114 1030 197 1064">Walking</p> 	<p data-bbox="322 1030 899 1275">If you are currently not doing any exercise or are coming back from a long time off, walking is a great way to start. Walks can be taken at any time of the day on any kind of terrain. You may prefer a quick walk first thing in the morning or a nice after-dinner walk. Comfortable walking or running shoes should be worn to support your feet and protect your knees and back.</p>

<p>Running</p> 	<p>Running is a great exercise that can be incorporated into any routine and can be done by people of any fitness level. Running doesn't require much equipment -- just a good pair of running shoes, and maybe a supportive sports bra -- and can be done almost anywhere. Just put one foot in front of the other and go.</p>
<p>Swimming</p> 	<p>Swimming is a great activity. It tones your entire body while providing an excellent cardiovascular workout; it strengthens your heart muscle and improves delivery of oxygen to your brain. Swimming is also a relaxing activity. Find your local pool, it may be a public bath or in a private fitness club, either way there should be one close to where you live. All you need is a towel, some goggles and a pair of bathers.</p>
<p>Cycling</p> 	<p>Cycling is a fantastic way to build high levels of fitness. The beauty of cycling is that it is not only a great way to exercise but also an extremely enjoyable pastime. Cycling doesn't place heavy pressure on your joints, so it is a great long-term activity. Buy a bike or alternatively you can head down to your closest fitness centre to use one of their stationary cycles. A stationary cycle is a fixed position cycle; these allow you to do things like listen to a discman while you are riding.</p>
<p>Team sport</p> 	<p>Getting involved in sport is a great way to become active. Team sports are motivating and excellent if you have a competitive side. Your options are limitless – soccer, netball, football, basketball are all great choices. Remember, you don't have to be an athlete to play sport. Anyone can play.</p>

How Does Aerobic Exercise Burn Fat?

When you exercise you burn more calories plus as an additional bonus you also raise your metabolism for the rest of the day. As a general guide, regardless of the exercise you choose, the intensity should be high enough that you can still talk, but only just (a bit difficult to measure if you choose swimming!).

Optimising the benefits of exercise

The targeted application of nutritional aids is a powerful way to maximise the benefits of regular exercise. The administration of specific nutrients in conjunction with exercise has been shown to assist a number of key areas.

Table 5 (page 22) outlines the key supplements for improving exercise performance, what their actions are and when they are best used.

Table 5: Key Supplements

	MyoBolic	Endura	Endura Opti
Action	Muscle growth and power	Rehydration	Recovery and muscle growth
When	BEFORE exercise	DURING exercise	AFTER exercise
Dosage	One serve 2 min before exercise	1-2 scoops mixed into a 750 ml water bottle. Drink a full bottle every 45 minutes.	3 scoops mixed into a 750 ml water bottle within 1 hour of finishing exercise.
Feature Ingredients	<ul style="list-style-type: none"> • HMB • Glutamine • Creatine 	<ul style="list-style-type: none"> • Meta Mag™ magnesium • Pure crystalline fructose • Branched chain glucose polymers • Electrolytes (potassium, sodium) 	<ul style="list-style-type: none"> • Meta Mag™ magnesium • Hydrolysed lactalbumin • Medium chain triglycerides • Pure crystalline fructose • Branched chain glucose polymers • Vitamins and minerals • Electrolytes (potassium, sodium)
Key Benefits	<ul style="list-style-type: none"> • Beneficial for body composition 	<ul style="list-style-type: none"> • Rehydration • Prevention and treatment of cramping, aches and muscular spasm • An effective form of magnesium 	<ul style="list-style-type: none"> • High quality protein • Increases energy and aids in fueling muscles during prolonged exercise • Assists recovery from exercise • Promotes muscle gain

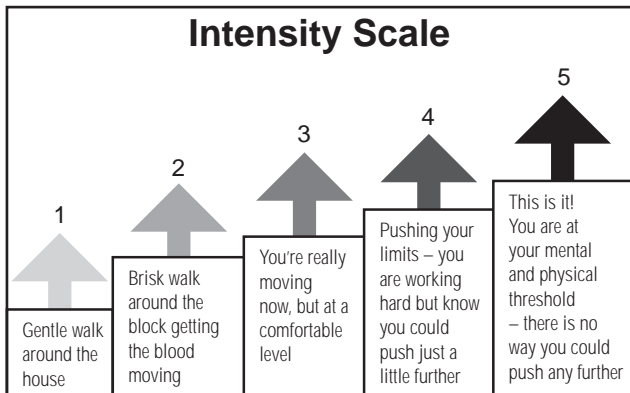
Personalise Your Intensity

– Assessing Your Ability

Everyone's ability varies. You will find your ability will improve considerably with time. For these reasons your program intensity is tailored to your own level of personal ability. There is no "one size fits all."

The best way to identify your own intensity level is by following this simple two-step process.

Step 1: Use a mental one to five scale, one being equivalent to a walk to your refrigerator, and five being so intense you could not possibly physically or mentally push yourself any further (see diagram).



Step 2: Constantly be aware of this scale when you are exercising. This is very important.

Ask yourself:

- What level of intensity am I at right now?
- Could I push myself any further?
- Do I feel like I could work harder?

”Nobody’s a natural. You work hard to get good and then work hard to get better” - Paul Coffey

Measuring your intensity level is fundamental to the success of your program. It will be used to determine the intensity of both your resistance and aerobic training. Your intensity scale is used in the step-up intensity program described next. When you “step-up” your intensity you get better results with less exercise because you are improving the quality of your workout. Sounds good doesn’t it?

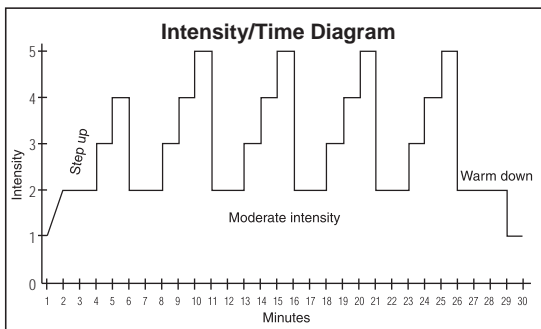
Step-Up Intensity – Quality Not Quantity

Stepping up your intensity is the key to getting ahead with your program. Through this simple, easy to apply technique you will see dramatic improvements in a very short period of time.

Stepping up your intensity could also be described as pushing yourself a little further each time.

Lets say you are walking on a treadmill at level 2 intensity. You are moving at a brisk, comfortable level and can feel you body working. This is a moderate level of activity.

If you step this up to a level 4-5 you are pushing yourself to your limit – this is a high level of activity. To get the most from your program you need to integrate these two levels, moderate and high level intensity. Here's how it works:



Using this technique you will get maximum benefits in a minimum amount of time. The step up technique is the best way to accelerate advances in your physical fitness.

Example Step-Up Workout

- Start out at level 2 (this is individual and for you level 2 may be a walk or a reasonably quick jog). Work at this intensity for 3-4 minutes, feel your breathing and heart rate start to increase.
- Lift your intensity to level 3 for a minute, feel your muscles really warming up.
- Lift your intensity to level 4 for one minute.
- Go back to level 2-3 for 1-2 minutes.
- Lift your intensity again for a minute to level 4.
- Lift your intensity to level 5 for a minute.
- Go back to level 2-3 for 1-2 minutes.
- Lift your intensity again for a minute to level 4.
- Lift your intensity again to level 5 for a minute.
- Go back to level 2-3 for 1-2 minutes.
- Lift your intensity again for a minute to level 4.
- Lift your intensity again to level 5 for a minute.
- Go back to level 2-3 for 1-2 minutes.
- Lift your intensity again for a minute to level 4.
- Lift your intensity again to level 5 for a minute.
- Warm down and go back to level 2 for 2 minutes.

Kick-Start Your 10-week Exercise Program

Once you have read the previous examples of resistance and aerobic exercise choose which ones best suit you. Next, write the activities into your 10-Week Exercise Planner on page 28. Now you are ready to go! Stay focused on your goals.

“I’ve found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.” - Brian Tracy

Your 10-Week Exercise Planner -

Day:	1.	2.	3.
Week 1			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Upper body	
Week 2			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Lower body	
Week 3			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Upper body	
Week 4			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Lower body	
Week 5			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Upper body	

Weeks 1-5

4.	5.	6.
Resistance	Aerobic	Resistance
Lower body		Upper body
Resistance	Aerobic	Resistance
Upper body		Lower body
Resistance	Aerobic	Resistance
Lower body		Upper body
Resistance	Aerobic	Resistance
Upper body		Lower body
Resistance	Aerobic	Resistance
Lower body		Upper body

WHAT DO I DO ON DAY SEVEN? RELAX!

Your 10-Week Exercise Planner -

Day:	1.	2.	3.
Week 6			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Upper body	
Week 7			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Lower body	
Week 8			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Upper body	
Week 9			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Lower body	
Week 10			
Time of day			
Type of activity	Aerobic	Resistance	Aerobic
Chosen activity			
If weights		Upper body	

Weeks 6-10

4.	5.	6.
Resistance	Aerobic	Resistance
Lower body		Upper body
Resistance	Aerobic	Resistance
Upper body		Lower body
Resistance	Aerobic	Resistance
Lower body		Upper body
Resistance	Aerobic	Resistance
Upper body		Lower body
Resistance	Aerobic	Resistance
Lower body		Upper body

WHAT DO I DO ON DAY SEVEN? RELAX!

Your 10-Week Progress Monitor -

Progress marker	Baseline Reading	Target goal	1 st week
Body fat % of ideal			
Muscle % of ideal			
Waist centimetres			
Hip centimetres			
Waist to hip ratio			
Blood pressure			
Total Cholesterol			
HDL/ LDL ratio			
Triglycerides			
Blood sugar level			
Mood 1-10			
Sleep 1-10			
Energy 1-10			

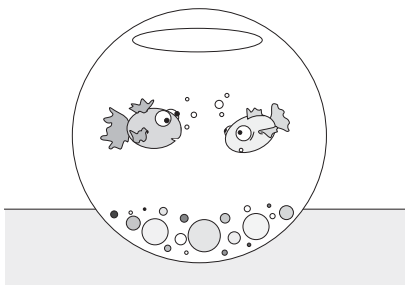
Your 10-Week Progress Monitor -

Progress marker	Target goal	6 th week	7 th week
Body fat % of ideal			
Muscle % of ideal			
Waist centimetres			
Hip centimetres			
Waist to hip ratio			
Blood pressure			
Total Cholesterol			
HDL/ LDL ratio			
Triglycerides			
Blood sugar level			
Mood 1-10			
Sleep 1-10			
Energy 1-10			

Appendix A

How To Use Weights – The Secret To Success

Some people who use weights get bored quickly and lose interest because they are not seeing results. Why? You are about to learn the secret to creating a lean, toned body.



“Swimming isn’t enough. Our veterinarian says we also have to pump iron three times a week!”

The most important part of weight training is rest. That’s right, you cannot grow muscle if you don’t rest. Weight training acts just like a light switch – when you lift a heavy weight it switches on muscle growth. But do we keep on switching the switch when the light is on? No, you leave the light on. If you keep on lifting weights without leaving “the light on” or having a rest you won’t grow muscle and your work is wasted.

The next secret is quality not quantity. Weights need to be challenging. Increasing the weight you lift with each set will dramatically accelerate your muscle gain. By increasing your weights with each set you will reduce the quantity and improve the quality of your workout. With each set of weights the weight should increase and the number of repetitions should decrease. A simple four-step process can achieve this, and here is how it's done:



Adjust the weight to achieve the following for each body part.

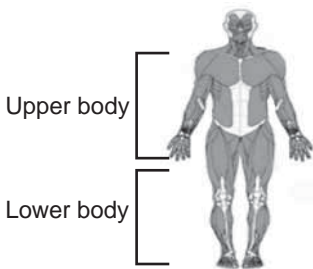
Set 1 – 14 repetitions – comfortable

Set 2 – 10 repetitions – challenging

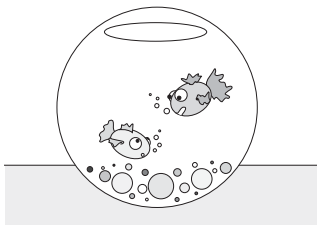
Set 3 – 8 repetitions – difficult

Set 4 – 5-6 repetitions – major effort required

Your program splits resistance training into two groups each week – upper and lower body. Most fitness centres will have equipment that details which muscle groups they target, and instructors that can show you how to use the equipment.



Your program will alternate upper-body and lower-body so that you don't over-work yourself. Alternating upper and lower body will ensure you do an optimal workout with time for recovery. Adequate recovery is essential. If you don't give your body time to recover you won't enjoy the benefits of your work.



“To avoid overtraining, fitness experts say you shouldn't swim more than 3 or 4 times a week.”

Weights Summary:

- Rest is the most important part of weight training
- Quality not quantity is the key
- Alternate upper and lower body

Appendix B

Callisthenics

Have your Practitioner mark the appropriate exercises and program for you. These exercises are to be performed three days a week.



Glutius Maximus, Quadriceps

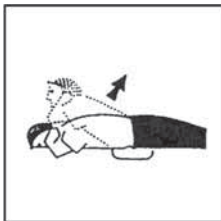


ARCH-UP

Lie flat on your back with knees bent, feet flat on ground. With hands at sides, lift buttocks up off the ground until body is straight.



Low Back Extensions

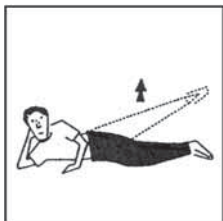


BACK EXTENSION

Lie on your stomach with large pillow under abdomen. Place hands behind head and lift chest off the ground. Do not hyper-extend.



Glutius Medius/Minimus, Quadratus Lumborum

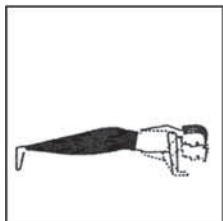


SIDE LEG LIFT

Lie on side. Lift the top leg upwards 1½-2 feet. Keep leg straight or bend knee slightly.



Pectoralis Major, Triceps

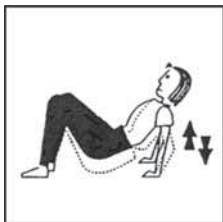


PUSH-UP

Lie flat on stomach with legs and back straight, resting on toes. Hand shoulder width apart, palms flat on ground, push until arms are extended. Alternatively, do push-ups with knees on the ground.



Triceps



DIP

Sit on ground with knees bent, hands facing forward beside buttocks. Push up until arms are fully extended.

Abdominals



STOMACH CURL

Lie flat on back with knees bent. Hold arms out in front, across chest or behind head. Keep head back, tilt pelvis and raise shoulder blades off ground.

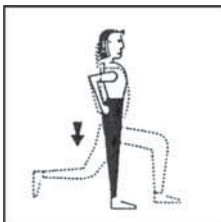
Glutius Maximus, Hamstrings, Quadriceps



SQUAT

Stand with feet shoulder width apart. Keep back straight and bend knees (squat down), buttocks approaching the ground.

Glutius Maximus, Hamstrings, Quadriceps



LUNGE

Stand with one foot a few steps in front of the other. Bend the front knee until the back knee touches the ground.

Appendix C

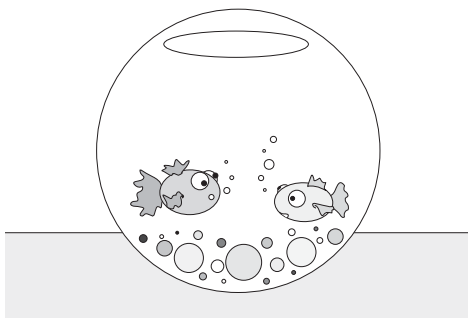
Tips For Staying On Track

At times you may not be able to follow the plan completely (e.g. holidays, travel, work engagements etc.), this doesn't mean you have to give up. The following are some ways to stay motivated.

1. Acknowledge that you're probably going to miss some workouts and plan now to work around it. Schedule different times or substitute another activity, even if it's at home.
2. Enlist the help of a family member or friend to help keep you on track with healthy habits during the holidays. Choose someone who can provide not only encouragement, but a good example as well.
3. Often people slip during holidays. Remember that balance, variety and moderation apply to holiday celebrations as well as to most other things in life, so don't be too hard on yourself if you slip up. Keep your good intentions, and enjoy the holidays.
4. If you get tired of the same old thing day in and day out, give yourself some change. No one said you had to walk the same route each morning, or bike day in and day out. Keep things varied and don't get stuck in a routine. You'll find you'll look forward to different scenery and changes in activity. By working different muscle groups, your body will be happier too.

5. Grab some friends with the same exercise interests. Having people to workout with is a sure bet for motivation. You'll keep each other going and be less likely to quit early.
6. If walking or jogging's your thing, bring along the dog or strap your kid into a jogging stroller. If they count on you for their daily dosage of fresh air, you'll have an added reason to get out there.
7. Set goals you know you can follow through with. Choose activities you know you can do and do well. If you find yourself constantly frustrated with your workout, chances are it's time to rework your strategy and find a better fit.
8. Being active still counts, even if it's not a proper workout. Walk to the store. Choose stairs over elevators. Walk during your lunch hour. Designate an "active" day where you don't have to go to the gym, but make a conscious effort to exert some energy. You will feel good for being active, and will have given yourself a break from your normal regimen.
9. Keeping a log to show your improvement will help you see how well you're doing and can help you set new goals. If you feel like you've been doing the same thing for ages, set a new challenge and track your progress. Having some workout "homework" could help you become more diligent.

10. If you find exercise is torture, give yourself a reward for getting through it. Whether you exercise for 4 days in a row, or jog an extra kilometre--if you're happy with your performance, give yourself a prize! This could be a day trip to the movies, a new pair of jeans...make yourself happy because you deserve it!
11. If you hate the thought of going out to "exercise," find something you do like. Start a volleyball league at work. Learn to play tennis. You'll have fun and, guess what? You'll be exercising!
12. If you feel good in your workout clothes, chances are you'll want to show 'em off! Buy yourself some outfits that make you feel good, things you WANT to put on. No one said you had to workout in grimy t-shirts.
13. Pull up a stationary bike in front of the TV. Listen to your favourite tunes on your headphones. Enjoy books on tape. Having other things to concentrate on can make a big difference in helping time go by.
14. Write yourself a letter. Write a letter as if you were in the future one year from now. In the letter include all of the things you are going to achieve within that period. Commend yourself on your accomplishments. Visualise what it would be like to achieve exactly what you want. Try to feel what it would be like.
15. Personal trainers are an excellent way to stay motivated. Contact a qualified trainer in your area. Look for accredited qualifications in exercise science.



“I pay you five pebbles a session to be my personal trainer, *but all we ever do is swim!?*”

If at first you don't succeed...

There's no limit to the number of chances you get to start exercising again. If you give up or skip week after week, try again. Once you finish that daily workout, you'll be glad you did.

”It is not your aptitude, but your attitude, that determines your altitude.” - Zig Ziglar

Appendix D

Answers To Commonly Asked Questions

Q: I thought weight training was only for body builders?

A: People of all ages can benefit from weight training, to improve strength and metabolism.

Q: If women lift weights won't they get "bulky"?

A: No. Resistance exercise creates lean toned bodies.

Q: Isn't aerobics better for shaping up than resistance exercise?

A: You need a combination of both to transform your physique.

Q: I am really enjoying exercise, what if I want to exercise more than 30 minutes?

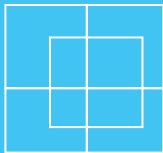
A: If you would like to do more than 30 minutes that is OK, you will only benefit more. However, it is best to stick to 30 minutes during the first few months of your program, especially if you are a beginner. There is no need to overdo it.

Q: *When you are exercising should you only drink water when you are thirsty?*

A: If you left your water intake up to your thirst you would only drink one third of what you need. Speak to your Practitioner about a rehydration formula with electrolytes.

Q: *Can nutritional supplements help me exercise?*

A: Yes. There is a lot of evidence to show that certain supplements may be able to help you. Speak to your Healthcare Practitioner about the best supplements for what you want to achieve. Professional advice is always the best advice.



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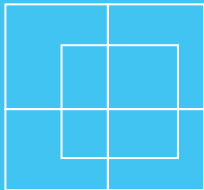
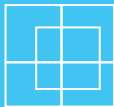
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