

Smart Exercise

What is SMART Exercise?

Now that you are into PHASE 3 and stabilizing your fabulous results achieved in PHASE 2, we want you 'up the ante' a little with your exercise! In particular introducing or reintroducing weight resistance exercise to build lean muscle that burns calories for LIFE!

Naturally our philosophy is to workout SMART. This means EXERCISE Less! No, it's not a typo ... exercise less and lose more weight? It seems unbelievable, you exercise SMARTER – not LONGER – your metabolism will improve. In fact, you'll learn on your *SMART Diet* journey that too much exercise can slow down your weight loss efforts! The way to exercise smarter is to combine strength and cardiovascular exercise together using intervals of higher intensity training. (HIT) It's simply a matter of alternating high levels of exertion with lower levels.

Just 20 MINUTES A DAY

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Our *SMART Workouts* target key areas of the body in only 20 minutes. The goal is to increase the rate at which you burn calories, not just while you exercise. That's right, researchers discovered that once you start this program, you'll continue burning FAT even if you are sitting on a couch with your feet up, watching TV.

EXERCISE LESS and LOSE MORE

Exercise is the key to permanent weight loss and for overall health and wellness. It's important to realize that our *SMART Exercise Plan* is only 20 minutes. However, it is a high intensity workout. Backed by scientific

research, high intensity exercise for shorter periods of time burns a greater amount of fat compared to lower, longer periods of exercise. It also speeds up your metabolism for a longer time post workout. More bang for your buck! Why? Because your body is using more energy to repair the muscles used during the intense training.

Now don't let the words 'High Intensity' freak you out! We will be offering variations and modifications for those of you that are 'allergic to exercise' or are a little out of condition or may have a pre existing condition that limits you. The objective is get moving and to stay moving on a daily basis.

A study at Laval University in Quebec, published in a journal called METABOLISM in 1994, showed that high-intensity exercise burned off significantly more body fat than steady paced endurance exercise. The researchers came up with this calculation: Each calorie you burn during high-intensity exercise strips off NINE TIMES more fat than a calorie burned during steady-pace exercise.

The Key to successful workout program is PROGRESSION

The fundamental problem with many exercises programs that offer 30 minute circuit workouts is that there's no progression – you do the same exercises in the same way every time, without moving on to more challenging routines. These programs are fine for absolute beginners, since they're simple! But after a few weeks or months of the exact same workouts, you'll hit a plateau.

- 1. Your exercise time varies.**
- 2. Your rest period between exercises decreases.**
- 3. The exercises themselves become more challenging with a variety of combinations.**

After completion of our program you can either create your own workouts, or you can have us continue to coach you in your own home with new workouts delivered each month via newsletter and our SMART DIET CLUB.

Burn 3 times the FAT in HALF THE TIME!

Each SMART WORKOUT that a maximum of 20 minutes and features combinations of total body exercises. You won't find just straight bicep curls here ... we MAXIMISE your TIME and EFFORT to give you MAXIMUM results in MINIMUM TIME!

However, just because some of workouts are short and relatively straight forward you shouldn't assume they're going to be easy!! If the workout calls for you to do pushups for 20 seconds, for example, then you need to do as many pushups as possible in those 20 seconds. The deeper you get into the program and the more your conditioning improves, the more repetitions you should be able to do in one set.

Do some of the exercises continuously for the entire time allotted. But even if you to stop halfway through to catch a breath, it's still important to keep trying. You'll need a watch or a stopwatch to make sure you time the work and rest intervals correctly.

No Harsh Exercise Means...No Matter your Age, you can do this program

Ideally you'll want to do the workouts first thing in the morning, before life gets in the way. Plus, you'll feel a sense of accomplishment when you start your day with an invigorating workout. If you don't have enough time in your schedule to accommodate that, just set your alarm clock 15 minutes earlier. Struggling with that...start with 10 Minutes!! This is all about YOU!

WHAT YOU'LL NEED

You can do lots of these exercises with no equipment at all – all you need is 10 feet of open space! Ideally outside...but in cooler weather inside is fine!

You will require two sets of dumbbells... from 1kg to 4kg for lower levels and 5 – 7kg (depending on where your starting point). You can also just grab some water bottles and fill them with sand. A Resistance Band with Handles and Fit ball will also help ... but isn't necessary! Oh....and a good pair of 'walking' OR 'cross training shoes' ... and A GREAT ATTITUDE! J

WHY EXERCISE?

1. Exercise raises your metabolism every time you do it
2. Exercise is good for you
3. Exercise helps maintain valuable muscle
4. Exercise increases insulin sensitivity
5. Exercise increases fat-burning enzymes and hormones
6. Exercise releases Endorphins ... that makes us ‘feel great’ and reduces STRESS!

MUSCLE – YOUR SECRET WEAPON

Your secret weapon in the war against fat is MUSCLE! Muscle has been deemed a ‘metabolic furnace’ because muscle is active tissue. It may be hard to adjust your mindset at first because muscle weighs more than fat, however for long-term success it is essential to build and maintain lean muscle. Losing weight is easy, but trying to lose fat without sacrificing muscle takes commitment and hard work!

A Kilo of Muscle burns 50 Calories... a Kilo of FAT burns only 5 Calories

Ever wondered why the scales don’t show much of an increase over the years but your clothes just seem to be getting bigger? That’s because FAT takes up more volume...but MUSCLE weighs more!

Here’s the scoop girls....

After the age of 20 Women genetically lose 2.3 kilos of Muscle every DECADE if they are not doing any weight resistance exercise! Now do the math!! Every decade we lose 2 kgs of Muscle = 100 Calories we no longer burn EVERY DAY!!

Add on another decade and we are 40 and now we have lost 4 kgs of Muscle = 200 Calories we are no longer burning up! So now we are nearing 50 and we’ve lost another 2 kgs of muscle...that makes 6 kgs @ 300 calories a day we are no longer able to metabolize! This is enough to add on 3kg of FAT a

year!! Hence how the weight just creeps up on us and as we age it becomes harder to get it off!

Starting to get the BIGGER PICTURE! Not only MUST we do weight resistance exercise to improve our bone density as we age...but also to fire up our METABOLISM!!

And that's it! You don't need a \$5000 treadmill or elliptical trainer, nor do you have to clear out space for a complete home gym. There's nothing wrong with that ... but for your SMART Exercise you won't be needing them.

That said, I can't emphasize enough the importance of rest between workouts. Perform your weight resistance exercises only every other day and rest an entire day once a week. As for the other days in between your *SMART Workout*, you will be following our *SMART Walking* that takes 20-30 minutes maximum.

What is SMART Walking?

With our **SMART Walking** plan you will burn 3 times more calories than on "regular" walking programs, and in HALF the TIME! The goal is to get moving every day – the right way!

Unleash the Fat-Burning POWER of SMART Walking 3 times more effective than "regular walking"

If you are already walking, SMART Walking will show you how to get better results from every step you take and lose fat like never before.

Are you walking now but NOT seeing RESULTS? Here's why:

Walking is great because it's easy and comfortable to do. And when you start, you see good results. But after a while, you hit a plateau where you can't seem to shed any more kilos? Right? Why does this happen? It's because your muscles have adapted to the work load and become more efficient.

SMART Walking uses interval training and other tricks to ‘fool’ your muscles so they are constantly adapting to new situations. The results? You burn more fat in less time!

If you’ve never walked, SMART Walking will help you discover the amazing health benefits of walking:

- including increased energy
- improved heart health
- strengthened immunity
- reduced joint pain
- a sharper mind
- and a better night’s sleep.

Naturally...if you are a seasoned runner we will up the ante and you can jump straight into our SMART Cardio plan. The choice is yours.

We have designed a 3 week SMART Exercise Plans that will help you tone up and look and feel fit and fabulous ... and it only takes 20 Minutes tops per day!

GET READY! GO!!