

### **Setting your intentions**

Losing weight is a very difficult process that takes time and effort especially in order to see results. There is somewhat of an art to it, being able to mix it up to make sure you aren't making things boring and mundane, if you're an overachiever the goal should be not going overboard. When most people begin an exercise routine they tend to go all out in the first few weeks then end up burning out half way through the program. Instead of going balls to the wall you should take your time and find out what you like the best, what your body reacts to the most. Before you begin you must first learn and understand yourself. Questions you should ask yourself is what makes you gain weight? One thing I have learned from personal experience is that your body can be more reactive to a particular type of food or particular type of nutrient like carbs, fat, and even protein. Learning those things will help you understand what you can and can't have and how much of something you can have without going overboard. The key is to use moderation, That should be common sense but really think about it, how many things are truly harmful to our overall health that are used in moderation.

### **Equipment and tempo**

You will need access to a track, a clear road, or treadmill. One of the easiest and most effective ways to lose weight is to use High Intensity Interval Training. There are a few different ways to do this. The first would be going from one station to another in succession. Usually you need anywhere between 4-5 different stations and or exercises the more variety you can provide the better your overall results will be. (Using compound movements is the most effective resistance training to someone who is trying to lose or maintain weight). After you complete all

exercises, you should take 1-2 mins to recover, if you feel like you are ready before your rest time is up then go ahead and jump back into it. In total the actual workout should last only 15-20 minutes, because you run through the circuit 3 times but depending on how long you rest it could take up to 25 mins. As your body adapts to the stress you continually put on it via exercise you'll notice that it takes less time to recover in between sets, at that point you can start taking less and less time in between sets or adding more volume, both methods will insure that you continue to see results and not plateau.

### **Precautions before getting started**

Most people have been contemplating an exercise program for a long time before actually getting started on one. There are many factors to determine how hard you can workout. If one has two or more risk factors they should seek a medical doctor opinion about starting an exercise regiment. Although exercise is good for just about everyone, it can cause more harm than good with some conditions. That being said there is usually some form of exercise that almost anyone can participate in. The goal is to have full exercise adherence in all populations.

### **My philosophy about exercise**

Since the beginning of our species we would hunt all day long to hunt and gather food. Ever since the evolution of technology people have become less and less active which has in turn caused a rise in diseases that could have otherwise been prevented with proper diet and exercise. By exercising on a regular basis we give our bodies its best chance at fighting all these new diseases. Going on a run or to the gym for an hour is our modern day version of the hunt that our ancestors have done for so long so make sure you go "hunting" on a regular basis.

By following this guide and workout program you should experience results and be able to eat good food and enjoy life. Exercises shouldn't be a chore it should be a time to get to know yourself, release anger, think, connect to your body, enhance your health but whatever it is to you, ultimately it should bring you joy and happiness to being doing so much good for you body. Being consistent is most likely going to be your greatest challenge. Things come up and you get tired without warning. But the ability to get up and go workout will change you. Another thing people tend to overlook is listening to their bodies. If you are dead tired, take a break but don't use soreness as an excuse not to go because you can still workout when you are sore, it only takes your muscles 24-48 hours to recover after an intense workout.