



Metabolic Code[®]
unlock your healthiest you

Exercise

Myths, Truth and Realities

Weight Loss - Week 11





Exercise

Most of us know exercise has many benefits and helps us look and feel better. Exercise is always part of the discussion when it comes to weight loss.

Many people just flat out don't like to exercise, and so they don't. But that means we have to be far stricter with diet, and without exercise, you truly will not achieve fully optimal health. On the other hand, some people exercise a lot so that they don't have to think quite as much about eating healthy. This often gives a false sense of being healthy, when the foods you are eating can in fact be eroding your health, even though you are exercising.



DIET RESTORES YOU & GIVE YOU ENERGY TO WORKOUT

A lot of people don't exercise because they are simply too fatigued to do so. This is where dietary supplements targeted to your individual needs, along with diet changes, can start to restore you and give you enough energy that you will feel you CAN exercise. When you accomplish healthier eating while managing metabolic influencers such as stress, and then finally manage to become more active on a regular basis, the results can be truly magical.

So far, you've been learning to eat healthier and supporting your health with supplements. Are you feeling ready for some exercise? Or if you are already exercising, are you doing it at a level that will not risk injuries?





Let's address a few ground rules that will help you to engage exercise in a healthy productive manner:



RULE 1

Start slow if exercise is new to you.

One of the biggest mistakes people make with exercise is trying to do too much too fast, and before they know it, they have injured themselves, sometimes affecting ability to exercise permanently. It is important to do activities that will work with your current state of fitness. If you have exercised very little to date, start with simple walking and gentle stretching plans to avoid injury. When you are ready to expend, you might try consulting with a fitness trainer to develop your ability to do exercises you are interested in trying.

RULE 2

Match exercise to your situation.

This goes along with Rule 1. If your knees are loaded with arthritis then running is not for you, but you can do water exercise. If you have a shoulder problem then learn how to work around it; you can actually work to strengthen it with the right exercises. For challenges such as these, a good fitness trainer can be invaluable.

RULE 3

Find a form of physical activity you ENJOY.

Yes, enjoy. The only beneficial exercise, is exercise that we do regularly. If you hate treadmills or running, you'll eventually stop doing it. The choices are many: Pilates, yoga, kickboxing, rollerblading, dance class, kettlebells, martial arts, hiking, swim or water aerobics, and Zumba just to name a few. Simply explore until you find something you like and that can be done at a level appropriate for you.

Some of the most encouraging recent news on exercise is that even 10 minutes of moderate activity being done twice a day, can make a big difference for your health. Another newer bit of news is that just standing more throughout the day will start to lower health risks. If you have a desk job, look into a standing desk; it engages your leg and core muscles more during the day. Ask yourself, "How can I explore exercise and find something I truly enjoy?"





And in case you need more motivation, here are just some of the **Benefits of Exercise:**



Calorie burn during and even after exercise.

Walking briskly for an hour can lead to continued calorie burning for 2- 3 hours after exercise. Higher intensity interval training can lead to up to 30 hours of increased caloric burn.

Improved insulin sensitivity

– with this less insulin is needed after meals and your body can be in “fat-burning” mode more throughout the day. When we have better insulin sensitivity it goes on to improve management of blood sugar, cholesterol levels, blood pressure and waist size, helping to prevent Heart Disease, Diabetes, and risk for Stroke.

Improved bone density

– weight bearing exercise is one of the best ways to prevent getting osteoporosis as you get older.

Improved stress management

– which in turn leads to less cravings and better mood and sleep.

A healthier brain

– exercise improves circulation to the brain. Exercise also stimulates the production of a protein called “brain derived neurotropic factor” (BDNF) that makes the brain more resilient to the effects of stress.