

**YOUR EXERCISE PROGRAM:
MAXIMIZE RESULTS, MINIMIZE INJURIES**

MAXIMIZE RESULTS

What are your goals?

- 1. Lose bodyfat?**
- 2. Gain/tone muscle?**
- 3. Increase cardiovascular fitness?**

Losing bodyfat

Losing bodyfat is 90% diet, 10% exercise

The best exercise program in the world will not offset a poor diet.

WEIGHT LOSS DIETARY BASICS:

Eat less calories than you burn

3500 calories = 1 lb. of fat

Minimize Insulin Response

Eat frequent small meals

Eliminate sugar (incl. fruit sugar), flour

“Quality” protein at each feeding (lean meats/fish, omega-3 eggs, protein powders)

Eat only complex carbs (veggies, quinoa, brown rice)

Healthy oils in moderation (1st cold pressed, extra virgin olive oil)

Avoid omega-6 + trans fats (including dairy)

Avoid processed foods

Stay hydrated

EXERCISE BASICS:

Have a Plan, Have a Schedule, Get a Partner!

3 aerobics classes per week

3 weight training sessions per week

Work on core strength (don't forget lower back) and flexibility (yoga, pilates)

Aerobics Basics:

Try to find activities you enjoy

Need to be at least 30 minutes for effective fat burning

Interval training stimulates mitochondria production

Weight Training Basics:

Best: Multi-joint exercises, moving through space, using major muscle groups (Deadlifts, squats, Pull-ups, Rows, Lunges, etc.)

Worst: Isolation exercises (usually involving machines)

AVOIDING INJURIES:

Most Common Injuries: Sprains/strains, tendonitis

Most Common Serious Injuries:

Lower Back

Shoulder (Rotator Cuff)

How to Avoid Most Injuries:

Start Slowly! Give your body a chance to repair, rebuild, and adapt!

Get enough sleep

Concentrate on strengthening your core (including lower back!)

Use high repetitions initially (15-20 reps)

Stretch target muscles in between sets

Do yoga

Get periodic chiropractic checkups

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