

**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 (1<sup>st</sup> 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**