

# **EXERCISE GUIDE**

— **FOR** —

# **BUSY PEOPLE**

**Finally Have Time  
To Lose Weight & Look Great!**



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**Finally Have Time to Lose  
Weight & Look Great!**

**By:**

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# INTRODUCTION

Fit exercise into your busy schedule? That's as absurd as saying that there are eight days in a week!

First, you've never exercised before or engaged regularly in a sport; second, you've never been into the fitness crowd and have had meager time for such pursuits, and third, you're far too busy to even think of exercise.

In other words, **YOU'RE JUST NOT INTO IT.**

Of course your friends talk about it and rave about the latest fitness craze, but you've seen it too often: some of them are on the "on-again-off-again" treadmill / stair master mania, and you wonder why they haven't shred the fat that they're desperately still trying to hide.

Seeing what your friends go through and not seeing any results, you cling to the notion that your total lack of interest is justified.

You're not the least bit inclined to engage in these circus-like contortions or do those mindless freestyle strokes in the water. That would only encroach into your already busy schedule of juggling family, home and career. These three combined – husband/children/work are your exercise.

Yup, we've got a problem.

That mindset is like a seething volcano that's about to erupt. If you stubbornly cling to the notion that the "fat to trim" concept is merely a

myth and a figment of the imagination of a handful of oddballs, your health could be going into “eruption mode” soon, like a restless volcano.

Have you looked at your body lately? Have you taken stock of your overall physical well-being?

Before tackling the idea of fitting exercise into your busy schedule, it might be better if we start with the concepts of self-assessment and then familiarize ourselves with the disease-prevention aspect of exercise.

Once you’ve accepted the fact that your body needs overhauling, and that exercise is good for your health – then we can talk about some of the ways that you can include exercise into your roller-coaster existence.

This ebook in your hands right now (or on your screen!) is your **KEY** to fitting exercise into your life. And rest assured, this ebook already assumes that you’re a busy person with a life to lead; and that’s why the tips in here are **specifically designed to fit in with your busy lifestyle!**

To keep things organized and simple, this ebook is broken down into five easy sections:

**Section 1:** Assessing Physical Damage  
And Accepting the Importance of Exercise

**Section 2:** No Matter How Busy you Are, there are Ways you  
can Exercise

**Section 3:** Busy Traveler? You can Fit Exercise into your Trips

**Section 4:** Exercise Aids To Go

**Section 5:** Information / Resources for the Hurried and Harried

Read them in order, or if you wish, focus on the section that is most relevant to you right now. Regardless of how you choose to read this ebook, you can be confident of one thing: once you apply the advice within these pages, your busy life will include something new and important: exercise!

# Section 1: Assessing Physical Damage and Accepting the Importance of Exercise

Do you think of your body the way you think of your car? When a few lucky individuals acquire a sports car that boasts of the best automotive engineering available today, watch them read the maintenance manuals religiously.

They take their car for inspection even if it purrs like a kitten and take it for repairs as soon as something does not feel right. And they're very concerned.

That car is their most prized possession, a symbol of all the long and hard hours they put on the job so they could finally acquire it. It cost an arm and a leg, so taking care of it is logically, their # 1 priority.

But how important is the *person* that drives that car? Shouldn't that person – shouldn't **you** – be the #1 priority?

## ***Lifespan and Physical Appearance***

The average life span of men and women is 80 years, give or take a few years. The painful truth is, a significant number of men and women look and feel 80 before they even make it to the first half of their life! You spot the tell-tale signs from their physical appearance:

- × sagging dry skin
- × unsightly posture
- × uneven and unsteady walk (they need to drag around those heavy pounds)
- × aching joints
- × sporting the “I’m not happy because I look terrible” look

Now, if their appearance is *this* bad, imagine what the inside machinery is like! Most likely, it’s even worse:

- × clogged vessels
- × inefficient heart
- × *mounds* of sugar and fat parked in or around vital organs
- × Conditions such as diabetes, nervous tension, high blood pressure and cardiovascular disease that are **silently brewing**.

If fitness authorities had it their way, they’d create legislation to make exercise mandatory as soon as a baby leaves the cradle, not during the teenage years when obesity is likely to strike.

But fitness shouldn't be associated with any age limit. You can start at 10 or at 30 – even at 50 and 60 – the idea being that fitness should not be seen as the cure for a condition that's already come about. As the saying goes, don't wait for illness to strike.

## ***Assessing How Fit You Are***

Brad King and Dr. Michael Schmidt in “*Bio Age, Ten Steps to a Younger You*” (Macmillan, Canada, 2001) have devised a questionnaire for assessing physical damage to a body as a result of no exercise. We will borrow some of their guidelines, which we will summarize here:

Start with the question, “**How do I look?**” Do any of these answers apply to you?

- Am I overweight, looking like an apple or pear?
- Do I have a spare tire around my waist?
- Has my skin become excessively dry, almost paper-thin?

Next, ask: “**How do I feel?**”

- Do my joints hurt before or after any physical exertion?
- Am I constantly worried and anxious?
- Do I feel tired and sluggish most of the time?
- Do I suffer from mood swings?

Last question, “**How am I doing?**”

Are simple walking and climbing stairs difficult?

- Do I have problems concentrating?
- Is running impossible for me now?

- Am I unable to sit straight, preferring to slouch or stoop my shoulders?<sup>1</sup>

You've completed your basic assessment. Note, however, that other exercise or fitness gurus will have their own parameters or indices for assessing your body's overall state and one isn't better than the other.

As long as they include all dimensions of the self – physical, psychological and mental – they are as valid as the next person's assessment charts.

### ***Turning You into a Fitness Buff!***

After going through the assessment phase, you're probably experiencing what some people fondly call a "rude awakening".

If you're not mentally prepared to accept exercise, please *don't* force yourself. Just be familiar with its benefits and when you're wholeheartedly disposed towards giving it a crack in the can, proceed slowly. "Slowly but surely" is the exercise cult's favorite slogan.

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<sup>1</sup> Brad J. King & Dr. Michael A. Schmidt. Bio Age – Ten Steps to a Younger You. Macmillan, Canada. 2001.

## ***Slowly but Surely...***

In fact “slowly but surely” was probably what motivated Denise Austin to come up with her popular one-minute exercises (more on this in a later section).<sup>2</sup> She had two types of people in mind when she designed the one-minute movements:

1. Uninitiated
2. People on the go.

It’s a *quickie* society we live in; we want everything quick – **especially exercise!** – and many converts would be willing to include it in their routine for the sake of health, if there were a quick way to get in, and certainly a quick to get out.

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<sup>2</sup> Denise Austin (with Jerome Agel as producer). Denise Austin’s 1-Minute Exercises. Vintage Books/Random House. New York. 1987.

## ***Benefits of Exercise***

If you make exercise part of your day, Denise Austin believes you'll already experience some noticeable benefits. These include:

- ✓ Waking up in the morning feeling refreshed
- ✓ Walking with a sprightly gait
- ✓ Having energy left at the end of the day
- ✓ Feeling more optimistic about recreation
- ✓ Sleeping more soundly at night

## ***MORE Benefits of Exercise!***

The benefits above are general. Let's examine the more specific benefits of exercise on specific parts of the human anatomy, as described by Goldberg and Elliot:

- ✓ **Exercise prevents heart disease!**

The average ratio of total cholesterol to HDL cholesterol (good cholesterol) is about 4.5. If this ratio doubles or reaches 7, you double your chances of developing coronary heart disease. You reduce that risk by as much as 50% if your ratio is 3 or lower.

The lowdown on cholesterol: not all cholesterol is bad. You have the good one (HDL-1 and HDL-2), the not so bad one (VLDL) and the harmful one

(LDL). To get your ratios, divide the total amount of your cholesterol by your amount of HDL. The lower the ratio you have, the better.<sup>3</sup>

✓ **Exercise prevents osteoporosis!**

Ponder the statistics: 28 million Americans have osteoporosis and of this number, 80% are women. Only ¼ of this 80% know they have the condition and only half are being treated. The annual osteoporosis bill to the United States is \$14 billion.

Studies have shown that sufficient amounts of calcium and regular exercise build strong bones. While genetics play a major role in developing the risks of osteoporosis, individuals can control some factors that will help prevent the problem.

Peak bone mass is attained in your 20's. Starting an exercise program while still young, even if you live in the fast lane, will help you avoid this bone disease.

✓ **Exercise prevents diabetes!**

People are still debating how much exercise an individual needs, but for people with type 2 diabetes, exercising three or more times a week improves fitness and blood sugar levels. If you have type 2 diabetes and are overweight, exercise done with the following parameters would be of

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<sup>3</sup> Dr. Lynn Goldberg and Dr. Diane Elliot. The Healing Power of Exercise. John Wiley & Sons. New York. 2000.

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