

# Weight Loss & Wellness

## STEP 7

### EXERCISE & WATER





*We don't stop exercising when we get old. We get old when we stop exercising.*

*-Dr. Matthew Kulka*

## Importance of Exercise

Exercise is one of the most important things you can do to promote a healthy lifestyle. Certain types of exercise can even burn calories long after you leave the gym!

Our bodies were made to move. The sad fact is a lot of people don't get the daily exercise they need to stay healthy.

While all exercise can be beneficial, you don't need to spend hours a day in the gym. Experts agree just 30 minutes a day can have a dramatic impact on your health, sleep quality, blood pressure and much more.

Strive to move for at least 30 minutes each day. It can be as simple as walking, jogging, house cleaning, gardening, literally anything that makes you move during that time.

### Exercise & Wellness: The Benefits of Exercise

- Reduces Stress and Cortisol
- Improves cognition, memory, thinking, learning, and judgment
- Promotes wellness (reduces the risk of depression and anxiety and improves overall mood)
- Reduces risk of diabetes and metabolic syndrome
- Reduces risk of multiple cancers, including lung, colon, and breast cancer
- Reduces insomnia, improves the quality of sleep
- Reduces risk of heart disease and stroke
- Improves blood pressure
- Improves balance and strengthens bones
- Proven to extend lifespan

Next: Exercise and Weight Loss ►





# Exercise and Weight Loss

## The Facts - Exercise alone isn't enough

So many people who have come to me upset about their weight loss results complain that exercise has not helped them lose weight. In my personal experience, exercise is about 10-20% of the weight loss pie. In fact, the day after you exercise, your body will lower its metabolism by up to 30% of its normal BMR to conserve energy.

So while exercise is good for burning calories, its impact on weight loss is more important in how it affects our mood and other physical processes in the body.

## Exercise & Weightloss tips

- Move for at least 30 minutes each day.
- Consider hiring a personal trainer to help you understand your current level of fitness, and a program that is right for your weightloss goals and ability level.
- Use the buddy system! Grab a friend or two to go with you.
- Make sure to stay hydrated before, during, and after your workout.
- Plan your day around your exercise. Don't plan your exercise around your day.
- Consistency is key!
- Don't overeat. You can easily eat back the calories burned in a workout.

Start exercising every day to enjoy better sleep and mood, lower blood pressure, and many other benefits. Studies show that the intensity of exercise doesn't impact your well-being, so you can still enjoy these benefits even if you go for a walk instead of hitting the gym. Aim for at least 7,000-10,000 steps daily.

Next: The Importance of Water ►



# Importance of Water

Drink an adequate amount of water every day. Sixty-four ounces is the average general recommendation that gets thrown around.

How much you should drink depends on gender, weight, size, and activity level. Less water intake may be required in those who derive a significant amount of their diet from fruits and veggies. Why? Fruits and vegetables have significantly more water than processed starches and meats.

A rule of thumb is that if your urine is clear or straw color, you are consuming an adequate amount. If your urine is very concentrated, dark yellow, or foul-smelling, then likely not.

Drinking too much water can be detrimental to certain medical conditions. Overdrinking water, even in a healthy person, can also be dangerous and lead to water-intoxication. Please check with your medical provider to ensure that you are consuming the correct amount of water.

## Staying Hydrated is Important

- Prevents constipation.
- Aids digestion.
- Supports kidneys health.
- Improves mood.
- Helps you lose weight.
- Boosts the immune system.
- Prevents headaches.
- Prevents cramps and sprains.
- Regulates body temperature.





# Your Seventh Steps

- Exercise Everyday.
- Daily exercise can provide several benefits that aid in weight loss. Try taking at least 7,000-10,000 walking steps a day.
- Drink Water Before Meals.
- Drinking two cups of water before meals requires you to eat less to feel full.
- Eat More Plant-Based Foods.
- Plant-based foods can be an excellent source of water and help you feel full while eating, so you eat less.



# Reviewing Your Steps

## Step 6

- Increase protein intake from natural foods.
- Vegetables, Whole grains, Nuts, Seeds, and Fish.

## Step 5

- Choose healthy unsaturated fats - Polyunsaturated and Monounsaturated.
- Avoid unhealthy saturated and trans fats.
- Continue to read nutritional labels.

## Step 4

- Eat more plant-based foods - Complex Carbs.
- Eat less processed carbs - Simple Carbs.
- Read all nutritional labels.
- Keep “added sugars” as close to zero as possible.

## Step 3

- Calculate your personal Metabolic Rate.
- Consume 300 fewer calories to create a caloric deficit = Daily Caloric Goal.
- Strive to move your body for 30 minutes everyday.
- Adjust your daily caloric goal for physical activity.

## Step 2

- Being prepared.
- Plan all meals and snacks at least one day ahead.
- Plan today what you will eat tomorrow.

## Step 1

- Stay on track with Time-restricted eating.
- Leave at least 3-4 hours from dinner until lying down to sleep.
- No snacks after dinner. Not even fruit or veggies. Water is ok.
- Eat for 10-12 hours per day. Fast for 12-14 hours overnight.

## Remember

- Keep wearing your green wrist band for motivation.
- This is a process. It takes time to adjust to new things. Be patient.
- Consistency is key. Do your best to stay on track each and every day.