

Darlene Nicholson's

Weight Loss Success University

The Real Life Health and Fitness for Real People

No-Fail Fitness:

**Fitness Industry Insider Reveals
THE 2 SECRET INGREDIENTS
That MUST Be In YOUR Workout
In Order for You
To Lose Weight...**

And keep it off!



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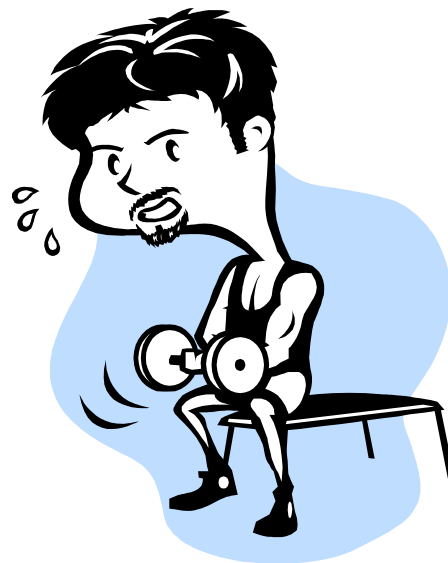
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SPECIAL NOTE BEFORE YOU START

Before You Start.

Before you start ANY new fitness program you need to check with the ol' doc first. Really, I know we fitness folks always say this but it's true. Many times we think we can just jump right in but many medications can cause your heart rate to skyrocket. This can put you at risk for all kinds of problems, including heart attack. If you are pregnant or just had your baby please get approval and guidelines from your OB/GYN before introducing exercise. PLEASE, please consult your doctor before starting any exercise program.



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CHAPTER 1

Why Exercise?

The main value of exercise is not to burn calories, but to maintain muscle mass (protect the muscle from being burned) and to build muscle mass. Muscle is a metabolically active tissue. The more muscle you have, the higher your capacity for burning off fat and the faster your weight loss. This because fat is the major source of fuel burned by muscle during sustained aerobic exercise. Also, the more muscle you have, the greater your protection against weight gain.

Special Note for the Ladies...

Ladies, I know what your thinking..."I don't want to bulk up and gain muscle." This is the biggest misconception there is regarding weight-bearing exercise! You will not bulk up from weight training, it's just not genetically going to happen, unless you eat an incredible amount of food, take

supplements that support muscle gain, and lift extremely heavy weights. Most women will gain a toned and beautifully sculpted body from weight training. Just ask Madonna, Demi Moore, Halle Berry and most of Hollywood. Those results don't lie! Plus I'm living proof.

Another reason to exercise is to expand your energy needs so you pull more fat from your fat stores. Here's how it works:

- Eat a low-fat (I said LOW not Non-Fat) diet and add less fat to the fat stores
- Eat a diet high in fiber. High fiber carbs fill you up so you eat less. Also, think...take it in, get it out!
- Exercising increases your energy needs and increases the amount of fat you withdraw from your fat stores

So, now you understand that you NEED to exercise...but...what do you do to get the most results for your efforts?

Let's start with Cardio...

CHAPTER 2

Cardiovascular Exercise:



Ya gotta have it!

Aerobic means “with oxygen”. Aerobic exercise is any physical activity done for an extended period of time that forces your cardiovascular system (heart, lungs and blood vessels) to increase the amount of oxygen and blood circulating through your body so you’re benefiting even when you are at rest. By increasing your cardiovascular fitness level, you are increasing the rate in which your body burns calories.



How often do I need to do it?

30 min/day x 3times weekly is good place to start but for weight loss you could require more depending on metabolism. The first 20 minutes your body burns mostly carbohydrate. After that, the body burns mostly fat. So the longer you exercise aerobically over 20 minutes, the more you will burn.

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Having said that, I must also mention that too much cardio or aerobic exercise can work against you. When you do aerobic exercise the body first burns food that you eat, then fat stores and then muscle. If you are doing too much cardio your body will basically eat its own muscle. And the less muscle you have the slower your metabolism will be.

I heard a story by another trainer that really sums this point up. This trainer had a client that was doing very well and starting to really get in shape. She had a very balanced weight training and aerobic plan that was helping her reach her weight loss goal. After a while the client was baffled as to why she was no longer losing weight and was not feeling as energetic as before. After her trainer asked a few questions he found that she had increased her cardio to two 60 minute sessions a day! The only people who train this way are seasoned athletes that eat a very specific diet to support such a plan. Her body was basically eating its own muscle, preventing her from losing weight and not to mention really messing up her metabolism. Once she returned to her original plan she continued her weight loss and felt much better.

Moral of this story...more is not always better!



How do I know if I am working out long enough and hard enough?

For weight loss, duration and intensity are two very important words.

Duration refers to how long you are exercising and intensity refers to how hard you are working. When it comes to weight loss, the more aerobic exercise the better (don't go crazy). In my opinion the key is the quality of

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the time spent doing the exercise that is most important. You will lose more fat walking at various intensities for 30 minutes than running as fast as you can for 10 or at a low intensity for an hour. You may start out walking for 30 minutes but over the next couple of months introduce speed walking or jogging to your sessions. There is something to be said about not letting your self get in the “cardio rut”. Let me tell you a couple of stories to prove my point.

At my gym there is a gal who is the queen on the cardio step machine. Several times a week, you will see her stepping away for at least an hour per workout. She gets on, leans over the arm rails and steps away at the same moderate speed every time. For over two years I watched this gal step...and step...and step. She never changed her routine, intensity or duration and in the process never changed HER SHAPE! She was the same 20-30 pounds over weight as she was the first time I saw her two years prior. I suggested she add intervals to her workout which would put bursts of challenge in her routine and change the type of machine she used at least three times a week. It was going to take her out of the hum drum and into challenge and RESULTS. Sure enough, she started to shed the pounds and make her workouts fun again.

Lessons learned- mix it up and always be challenging your self!

Let me tell you one more story...

It was Thanksgiving time and mom was preparing the big ham. As she was preparing it the young daughter asked “Mom, why do you cut the end off the ham?” She stopped and thought about it, “Well, I guess it’s because that’s

the way my mom always did it”. “But why?” the daughter replied. “Let’s call Grandma and find out”. They called Grandma and she said “Well, that’s the way my mother always did it”. So they called Great-grandma. “Great-Grandma, why did you always cut the end off your ham?” “My pan was too small so I had to cut the end off so it would fit!”

We are creatures of habit. Don’t get stuck in the workout rut. If your exercise routine is not getting you results you need, change it up! Don’t be a victim of hours on the treadmill at the same slow speed. Throw in a fast minute here and there or increase/decrease the incline every few minutes. KEEP IT FRESH! Look below for a great interval workout.

THE ZONE- Target Heart Rate

To count as aerobic exercise, you need to keep your heart rate in a “**target training range**” or what some people call “THE ZONE”. In order to find out what your “zone” range is you need to calculate your Maximum Heart Rate, or MHR. This is the number of times your heart can contract in one minute.

Max heart rate

220- age = max heart rate (MHR)

Now, multiply your MHR by 65% and 85%. This is your target or training range.

MHR x .65= minimum training heart rate

MHR x .85= maximum training heart rate

Ex. 35 year old, MHR = 185 beats per minute

Target training range 120-157 beats per minute

You want to keep your heart rate in this training range to get the most out of your cardiovascular workouts. Don't waste away, hanging over the machine, doing the same old "hum drum" workout. Get the most out of your precious time!

QUICK TIP: Write this range on your gym water bottle (the plastic reusable kind). That way you'll never forget what your goal is!

How to measure your heart rate.

The first time you try this I recommend you sit in a chair for a full 2 minutes. Find your pulse using your first two fingers. The best way to do this is to put your two fingers behind your ear and sweep downward to the side of the neck. You can also feel your wrist but it's not as easy to find. Using a watch or clock count the number of beats for 10 seconds. Multiply that number by 6 and you have your Resting Heart Rate. Use this same technique (don't sit down) while exercising to measure if you are IN THE ZONE.

I wouldn't recommend using the heart rate monitors built into cardiovascular equipment like treadmills and elliptical machines. I'm not sure if I have ever gotten a good reading from one of these things! I would recommend you investing in a heart rate monitor. This will really help you monitor if you are in the ZONE.

Perceived Exertion

Another way to measure how hard you are working is measuring your perceived exertion (PE). This is a quick way to rate the quality and intensity of your exercise and stay in tune with your body. When we first start an

exercise routine we often feel like we are spent after the first 5 minutes. We need to slowly increase our stamina and therefore will increase our level of perceived exertion. Soon we will be able to exercise for 10 minutes, then 15 and so on. It's about slow, controlled progress.

BUT HERE'S THE KICKER!

You have to work! And work **HARD!** Too many times I see people just strolling along on the treadmill talking to their neighbor. That's not cardiovascular exercise, that's social hour. I can tell they are not in their **ZONE**. Heck, they aren't even on the playing field!

"But exercise isn't fun and I need to meet my friend so I can take my mind off the fact I'm working out". Sorry to tell ya this but who said exercise is always supposed to be fun! Don't waste your time doing so-so workouts. Wouldn't you like to spend less time in the gym and get more results from your workouts? Then make the most of every second you are there. Quality workouts!

Ok, back to perceived exertion.

PE is on a scale from 1-10. The **ZONE** is around 7-8. Let me spell it out for you...

- Level 1- Totally at rest. Like reading a book.
- Level 2- Maybe putting your clothes on.
- Level 3- Very easy walking like when you get up to walk to the kitchen.
- Level 4- Very light stroll around the block. Normal breathing.
- Level 5- This is your warm up pace. You are aware of your breathing but not breathing heavily.
- Level 6- Now you're starting to work. You are nice and warmed up.

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- Level 7- This is your good cardio base level. You are ready, at work, starting to feel slight fatigue and breathing deeply.
- Level 8- Shhheww! Now we're working! This is vigorous exercise and you can really feel it burn! Hang in there this is where we make progress!
- Level 9- You probably shouldn't stay at this level for long. This is very, very vigorous exercise and you should only experience it for a short time.
- Level 10- Wooh nelly! Slow down! You should never be at this level. Are you crazy?

Here's the deal with the PE scale. You are going to want to cheat yourself at first.

Everything is going to feel like a level 9. Let's face it, most of us are out of shape and pushing ourselves to work hard is not at the top of our lists. It will take several sessions to figure out how to manage this scale but you can do it! You really want to master the art of getting in and staying at level 7-8.

This is your ZONE! If you want to change your body into a fat burning, calorie eating machine you need to get in and stay in this ZONE.

Remember...your level 7-8 is very different than your friend's level 7-8.

You cannot compare PE scales!



What form of cardio is most effective?

The one you actually will do! The best of exercise to decrease fat stores is steady, rhythmic, and continuous, i.e. aerobic exercise. There are some forms of cardio that are more effective than others. To break it down to the ridiculous...here's a list from best cardio burn to activities that should be a supplement to your regular exercise. You want to stay at the top of the list:

SUPER CHOICES

Power walking

Lap Swimming (continuous)

Jogging

Aerobic dance/ class

Stair climbing (actual climbing or simulation machine not step machine)

Elliptical machine

GREAT CHOICES

Stair stepping

Stationary Bike (the upright one)

Recumbent bike (the low seat one)

Rowing machine

Spinning

Cross country ski machine or Arc trainer

GOOD CHOICES

Roller blades

Outdoor biking- recreational

Recreational Sports

Dancing, gardening, house cleaning

INTENSITY

Now that we know *what* exercises to do, now we need to talk about *how* to do them. Intensity is extremely important when it comes to getting the most calorie and fat burn during exercise. Besides don't you want to get the most bang for your effort...I know I do.

Tips:

Don't just get on the treadmill and walk at the same moderate pace the whole time. Remember your training heart rate range!!!! Try this routine to mix thing up a bit:

30 Minute Interval Workout

Level is your perceived exertion scale of 1-10. 1=easiest and 10=hardest
To make the intensity level higher you can increase speed, resistance or incline.

Warm-up 5 minutes

Minute	Level
1	5 (yeeehhaw, here we go)
2	6 (I'm feelin' it now)
3	7 (hangin' in there)
4	8 (uuughhh)
5	5 (shew, slow it down)
6	6 (here we go again)
7	7 (I can do it)
8	8 (oh yea!)
9	5 (repeat)
10	6
11	7
12	8
13	5 (repeat)
14	6
15	7
16	8
17	5 (almost done)
18	6 (home stretch)
19	7 (hangin' in)
20	8 (I rock!)

21 9 (this is the big daddy, “I can do anything for 1 minute)

Cool-down 5 minutes

TIPS TO REMEMBER:

- 30 minutes on the treadmill or bike too hard for you right now? Try 10 minutes walking, 10 minutes biking and 10 minutes on an elliptical glider. MIX IT UP! But don't quit!
- Do the talk test. Can you carry on a complete conversation with your buddy on the machine next to you? You're probably not hitting your target zone. On the other hand, if you can't catch your breath enough to say “call 911” you are most likely at the upper end of your range and need to bring it down a bit.

In addition to weight control, aerobic exercise:

- Improves cardiovascular fitness
- **Lowers** blood pressure
- Relieves insomnia
- Strengthens, tones, and shapes **muscles**
- Shown to reduce risk of some cancers, such as breast cancer

Running 101

So you want to start a running or jogging program. According to the American Council on Exercise you need to start with the following:

1. Check with your doctor first.

2. Purchase a pair of quality running shoes. Don't just go to the discount shoe mart and get the \$20 special. You will save yourself a lot of pain and suffering if you start off with a shoe that meets the needs of "your" foot type. I would recommend going to an athletic shoe specialty store and have them fit you for the right pair of shoes.

3. Pick a place. Find a place to run that is safe and well lit. I would recommend that you rotate 2-3 locations because you never want to run at the same time and place each session. Predators look for victims who have patterns in their schedules. Also, when picking a place to run chose asphalt or dirt over concrete surfaces.

Good Form is Essential

- Keep your head level, avoid bouncing and lean forward slightly from the ankles.
- Keep your shoulders down and relaxed.
- Strike the ground first with your heel, then roll to the ball of the foot, pushing off the toes.

Don't go gangbusters all at once. Pace your self by starting off with 30-45 minutes 3 times a week with days off in between. Stay within 50-85% of your max heart rate.

If you prefer to have a plan ACE recommends the following beginners program.

Week	Minutes	Intensity
1	20	Walk
2	22	Walk

3	22	alternate 30-60 sec jog then 5 min walk
4	24	“
5	24	alternate 30-60 sec jog then 4 min walk
6	26	“
7	26	alternate 30-60 sec jog then 3 min walk
8	28	“
9	28	alternate 30-60 sec jog then 2 min walk
10	30	“
11	30	jog 2 minutes then walk 1 minute
12+	30	keep this progression

Remember running isn't for everyone. If you don't like it, don't do it.

Walking is great also.

Quick Tip: Cardio sessions giving you the yawns? Try checking out books on tape from your local library. Might just be the thing to get you back on track.

MY BIG FAT EXCUSE CORNER

I have heard it all before my friends. Sometimes we will find every reason to justify why we shouldn't exercise when we should be looking for solutions that will help us to fit it in instead. Here are a few...see if they strike a nerve.

1. I don't have time to exercise 30 minutes/ 3 x week!

Let's talk time management, priorities and attitude! If you want to make positive changes in your life and improve your health **YOU WILL FIND TIME!** Go to bed earlier so you can get up before work, take the kids and bike or walk after work or dinner, tape your favorite evening TV shows and take the family to the gym instead. Adding exercise to your routine will actually help you sleep better and have more energy. You're not going to be more tired by exercising! You will actually have more energy to get things done, can you imagine?

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Ask yourself these questions:

Do I understand why I need to exercise?

Am I willing to do what is necessary to fit this exercise into my schedule?

What activities or exercise do I enjoy most?

What equipment do I have? Can I get?

Can I go to the mall and walk? At lunch? After work?

Can I ride my bike or walk to work?

Can I get up early and walk or do a video workout?

Can I involve my family in my quest for better health?

Am I ready to make the changes to my lifestyle that I know I need in order to achieve better health?

“You will never “find” time for anything. If you want time you must make it.”

Charles Buxton

2. *I can't exercise, I have a bad _____.* (fill in the blank with knee, ankle, foot, back...brain).

Do you really? Or did you 5 years ago? Absolutely, consult with your doctor before starting any exercise routine BUT don't just assume the injury or problem you had years ago means you can't exercise today. I have clients that had serious back problems improve significantly from a gradual and safe exercise routine. As they got stronger, so did their back. They ended up improving their quality of life significantly. Don't let yourself fall into the “I CAN'T” rut.

3. *I don't like exercise. I can just lose weight with out it!*

You can lose weight if you don't exercise, but it will be slower and less permanent than if you add aerobic exercise. By not exercising you will lose muscle, your fat-burning tissue. This will slow down your weight loss and make it more difficult to maintain. Plus, exercise isn't all about the weight loss! It's good for your lungs, heart, blood pressure, cholesterol, sleep, mood...I can go on and on. It's good for you and makes you feel good and strong.

Now, let's move on to the next MUST HAVE element of your exercise plan...strength training...

CHAPTER 3

Strength Training:



Ya gotta have this too!

Strength training is anaerobic exercise. Or exercise done in short, intense bursts that works your body without requiring much oxygen. So, when you lift weights you are trying to reshape your muscles from flab to tone and fab. Basically, you working the muscle against some form of resistance in order to break it down and rebuild it stronger and leaner.

When it comes to weight training you need to know a couple of basic terms.

Repetition- the number of times you lift a weight or complete an exercise

Set- a group of repetitions of the same exercise performed without stopping.



I do cardio all the time. Do I really need to train with weights?

Absolutely! Weight training strengthens your body and allows you to perform better during cardio sessions, which will help you burn more fat. Muscles are calorie burners and weight controllers so build them up and be a real loser...*weight loser* that is!



How often do I need to strength train?

According to the American Council on Exercise, 2-3 times a week is plenty. But for those we need to lose a significant amount of weight or those who desire BIG results a bit more quickly...3-4 may necessary. Consult with a certified trainer to start off slowly and to find out how to develop the right routine for you and your goals.



How much weight and how many reps should I do?

I recommend you start your lifting routine with 12-15 reps per set. There are many techniques that incorporate heavier weights at lower reps but stick to the basics right now. Start with a low weight that you know you can lift. Continue increasing the weight until you reach a weight that makes you feel fatigued after 10-12 reps. Keep a lifting log and chart your progress. As you get stronger you will need to increase your weight. Always be asking your self “did I feel the burn on those last few reps?” If not, increase your weight.



Do I have to lift using just machines or hand weights?

There are many different machines and gadgets you can use in your strength training routine. Here are just a few:

- Gym type machines- Nautilus, Cybex, Hammer Strength, Life
- Exercise bands or tubing
- Hand weights, bar bells and medicine balls
- Cable machines and towers

I find the most effective strength training routines are done right at home with a set of hand weights and maybe an exercise band. If you have a routine you can do at home you won't have any excuse! If you have a gym membership you can have a member of the fitness staff give you an orientation on the equipment or just schedule a personal training session. This will help you feel much more comfortable in the gym and make sure you understand proper form on the machines.



How do I know what exercises to do?

There are a few rules to remember when weight training:

1. Warm-up for at least 5-10 minutes at a low intensity. This will increase blood flow and reduce chance of injury.
2. Make sure you are doing exercises that get all of the main muscle groups, not focusing only on legs or only on arms. You must have balance to avoid injury and build a strong and lean body all around.

A trainer can help you develop the right set of exercises but to start keep it simple. Focus on:

Upper Body

Chest

Back

Biceps

Triceps

Shoulders

Lower Body

Quadriceps

Hamstrings

Calves

Glutes

Core

Abs

Low Back

3. Use proper form. I don't know how many times I have seen someone at the gym lifting weights that are entirely too heavy for them. They are swinging around every which way trying to lift it and completely disregarding form. They would gain so much more out of the movement if they would lower their weight and maintain proper form.

4. Breathe! Geeze, stop holding your breath already! Holding your breath during exercise can put unnecessary pressure on your heart and increase blood pressure. Just remember to exhale on the exertion and inhale on the release.
5. Start off with low weights. One of the biggest mistakes I see with those new to weight training is that they lift too heavy, too soon. There's nothing like muscles so sore you can't move for a week to send you back to the couch and TV.
6. Get your rest. Your body must have rest in order for your muscles to repair and recover. Lack of rest will only slow your progress and weaken your immune system.



“But I do crunches every day and still have a big belly!”

There is no such thing as spot reduction! AND YOU CAN QUOTE ME ON THAT! If your goal is to get your belly under control you must have a clean diet and most importantly DO YOUR CARDIO! You need to burn that layer of fat off that is in front of your abs. Eat right, do cardio and weight train and you will see your belly go from Pilsbury Dough Boy to The Rock in due time.

Things to remember when working the abdominals or “CORE”:

Core means torso stabilization and involves your tummy and back working together. The muscles that make up this region are the:

- Rectus abdominis

- External obliques
- Internal Obliques
- Transverse Abdominis

I tell you this because if you just do traditional old hands behind the head crunches you are missing many other muscles in the core area. You **MUST** mix it up...upper abs, lower abs, obliques (side abs).

A Quick Note About The Abdominals and Core:

- Never pull on the neck
- When holding hands behind head keep elbows angled outward and not crowding the head.
- Don't jerk or go too fast. Take your time and get the most out of each repetition.
- Perform the movement slowly and controlled.

Other Important Forms of Exercise That Everyone MUST Try!



Now, cardio revs your system, burns fat and calories and is incredibly good for your lungs and heart. Strength training builds lean muscle tissue, helping the fat burn process and makes you look darn good! There's a couple of more forms of exercise that I won't lump into either cardio or strength...they are kind of cross-breeds that combine stretch, relaxation and strength all together. I think everyone should at least try these and add them once or twice a week to their routine.

First...

Yoga

Yoga can be a four letter word to some people. I have suggested it to many of my clients only to get an eye roll or "you gotta be crazy woman".

Truth is, most people fear it because they only know it as the pretzel-like positions made fun of on TV sitcoms. There are many forms of yoga, look for gentle styles such as Kripalu, Viniyoga, or Integral Yoga. Bikram, Ashtanga, and Power Yoga are generally too vigorous for beginners and inflexible people. If you are weary of the eastern philosophy and meditative practices of some yoga classes not to worry. You can find many yoga type fitness classes offered at local gyms and YMCA's that are philosophy-free but still very calming and true to the movements.

Many of my clients ask me about the "hot yoga" classes that are all the rage right now. I decided to try one out before I would give my opinion. Wow, what a workout! However, I would not recommend it for everyone. Most hot yoga studios will screen you before you sign up but if you are on ANY kind of heart or blood pressure medication I would speak with your physician

first. I'm a pretty fit gal and my heart rate was sky high through the entire class. Obviously, pregnant women, children and the elderly should not do this type of yoga but I would suggest looking for heat free special classes geared towards these particular groups. Overall, I did enjoy the "hot yoga" and felt energized, peaceful, stretched and really sweaty when it was over. Fun stuff.

Quick references: www.yogafinder.com or www.yogajournal.com.

Just remember, you won't feel all that great about some of the more difficult balancing type movements at first. Just give it a few sessions and your body will amaze you with how it lengthens and stretches. Your balance will slowly improve and don't be surprised if your back feels better, mind clearer and tension less severe.

Pilates

I LOVE PILATES! Mostly because it helped me finally get those last few inches off my tummy and has been a key part of my recovering from a very serious back injury.

If you're not familiar with Pilates here's a brief explanation of what it is...

Pilates (pronounced pah- LAH- teez) was actually invented 80 years ago by German Immigrant Joseph Pilates. It was a technique originally developed for dancers to help with deep body conditioning and injury rehabilitation. It consists of exercises designed to stretch, strengthen, and balance the body without adding bulk or stressing the joints. Thanks to Hollywood and celebrities such as Madonna, Demi Moore, Jennifer Aniston, Halle Berry

and Julia Roberts, Pilates is now “all the rage” and can be found in most cities across the US.

Pilates Benefits:

1. Longer, leaner muscles
2. Improves postural problems
3. Increases core strength and stability
4. Helps prevent injury
5. Heightens body awareness
6. No-impact (easy on joints)
7. Improves performance in sports / dance and other activities
8. Improves balance, coordination, circulation

Pilates targets the stomach, low back, hips and butt areas. When strength and flexibility is achieved in these core muscles, it creates better muscle control, a flatter stomach, tighter butt and stronger back. By taking the time to achieve this balance we are able to perform better in other areas of our exercise program such as walking, running, swimming and weight lifting, as well as, sports like golf, tennis, basketball and football.

The most important thing about Pilates is understanding the core concepts and movements. You can find Pilates DVD's at any local store or library or you can enroll in a local class at a gym or fitness center. However, I recommend that you get this FREE DVD “Pilates Made Easy: The Basics”

which will teach you everything you need to know about this fun and energizing form of exercise.

I like this particular DVD because I TEACH IT! Yep, it's me taking you step by step through the basic Pilates ideas and movements. If you go to www.free-pilates.dvd.com you can get your FREE copy and get on your way to a new lean tone body! Doesn't get any better than FREE!

GETTIN' DOWN TO BUSINESS

Now you are ready to dive into an exercise and nutrition plan. Yeeehhhaawww! And YES, I said plan. You must have a plan of attack and KNOW without a shadow of doubt that you are eating and burning to lose.

Both exercise and proper eating must be in the picture in order to achieve better health and weight loss. You cannot do one and not the other. If you think you are only going to change your diet and not exercise or vice versa you will not be changing your lifestyle. All you are doing is putting a band-aid on a wound that needs stitches. You are still in the diet, quick-fix mentality. No one said you have to go run a marathon or never eat again. We are talking baby steps and gradual change that is "do-able" and realistic.

www.healthygrocerystoretour.com

I realize you may need some help creating this plan so I want to point you towards one of my very best tools for teaching you exactly what to eat, how to make it tasty and most importantly how to fit it all into your life. It's called my The Healthy Grocery Store Tour and if you truly want to make your weight battles and "dieting" a thing of the past you simply MUST get your hands on this program. Go to www.healthygrocerystoretour.com and check it out.

Whatever you decide to do from this point on will determine if you spend another day feeling bad about your health and weight OR if you finally break through the wall that has kept you from the lifestyle and body you truly want. Good luck to you on this journey.

Best of Health,

A handwritten signature in black ink that reads "Darlene Nicholson". The signature is written in a cursive, flowing style.