

Breakthrough Results – Session Three Follow Up

Hello!

Session Three was our “More Efficient Exercise” class. Our main theme in Class Three was if you’re not exercising get started! Even 20 minutes 3 times per week can make a difference. You can start with gentle cardio or even with walking. Even gentle movement for 1 hour a week will make a positive difference. If you are exercising already apply the main ideas from this class to do things more efficiently. These ideas are as follows:

- Cardio is the most important form of exercise. Make time for this above all else. Benefits include:
 - Increased metabolism
 - Reduced inflammation
 - Cardiovascular and other disease prevention
 - Improved energy levels and mood
- Do cardio in intervals. This means vary your pace. Move quickly and get out of breath, then slow down and recover. The attached programs will give you a more concrete idea of how to do this
- If you have the time incorporates resistance training. Benefits of resistance training include:
 - Increased metabolism
 - Strength and performance
 - Increased bone density
 - Deeper sleep
 - Improved energy levels and mood
- If you combine cardio and resistance training, always work out in this order:
 - Warm up for 6-10 minutes with cardio
 - Do resistance training for 20-45 minutes (depending on fitness level)
 - Do cardio for 20 to 40 minutes (depending on fitness level)
- Learn to breathe more deeply! There is no exercise that I know of that is so simple and can contribute so much to your life. Proper breathing delivers all of the same benefits as cardiovascular and resistance exercise and more to boot!

The follow up materials are as follows ☺

- Basic cardio programs for three intensity levels – attached separately
- A basic guide to stretching - online at <http://reevolution.com/html/stretching.htm>
- A guide to improving how you breathe – online at http://reevolution.com/html/breathing_tutorial.htm
- I haven't included a resistance training workout program because there are so many different kinds of programs for different fitness levels and goals. I suggest you avail yourself of the resources at your local gym to learn more about lifting in a way that is right for you. Classes like “Body Pump”, “Sculpt”, or “Chisel” classes that most gyms offer are great places to learn good exercise form. Form is essential. You can also look up exercises on “youtube” to see video of good form.

Thanks, and all the best - Vaughn