

Module 4 Worksheet

Move your body and keep that thermostat set at the right level!

Exercise is a key component to accelerating, achieving and maintaining permanent weight loss.

Make a realistic list of your weekly activities and see where you might fit 30 minutes to an hour of exercise in 3-4 times a week. Don't confine yourself to just exercising at the gym - how about dancing or taking up gardening, yoga or chasing those grandkids around for an hour? When you exercise for at least 30 minutes a day, you increase your metabolism rate for the following 24 hours...So Get Moving!

My list of fun activities to get moving:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10

If you think that you still don't have time to exercise, do the following:

- Park at the end of the parking lot and walk to where you are going.
- Take the stairs whenever possible.
- During television commercials...lift hand weights...do sit-ups...do leg lifts!
- Buy a Wii or other game system...they have fun, challenging workouts and games for the whole family and the best part is that you do it in the privacy of your own home.
- Do rigorous yard work.
- Take a brisk walk around the block after dinner and keep adding distance.
- Buy a pedometer and wear it everyday...10,000 steps a day is the goal.
- Build more muscle. The more muscle you have, the more calories you burn, regardless of any other factor.
- Drink at least eight 8-ounce glasses of water a day.