**Getting In Gear**

by Michael Washington, PT

To give yourself the best chance at success, it is essential to start with a plan. Don’t over plan.

1. Make a commitment e.g. work out time / week
2. Start with a simple plan
3. include time commitment
4. goal for every work out
5. have a reliable way of measuring work out success... heart rate, calorie burn etc.
6. Remember most likely there will not be enough time in your day to meet all recommended work out requirements, so be sure to prioritize your work out objectives. Be sure to get the most important things done.
7. Change your thinking … from weight loss as a goal to purposeful living, making life style changes that last and keep the weight off.

Most effective way to lose and burn fat

1. Aerobic activity/ exercise   -
2. continuous motion over a reasonable amount of time ( 1 hour is effective amt. of time)
3. rate – 70% max heart rate for your age – keep heart rate constant to burn body fat for 5 – 6 week
4. Resistance training  - 3 x week
5. Energize muscles to burn more fat
6. Increase metabolism to burn more energy –  utilize these muscles to work for you - chest muscles/pectorals - chest press
7. Food habits
8. Moderate intake – don’t do drastic
9. Manage it  - don’t stay away from it – allow yourself some - don’t deny completely
10. We eat emotionally  - Food is emotional – stop feeling guilty over food
11. Be realistic with the amount of calories/ energy needed – don’t limit yourself in calories when your body needs it.
12. There are 2 reasons we need to eat - to get energy and for nutrition.

Build your motivation for change into a long term project, not a short term contest. Make life style changes. Pick a time to work out and fit it into your life to build a habit. Your ultimate goal is to change your thinking and look at yourself differently.

How do you keep it going once you have gotten started?  Never consider stopping… it’s not an option.