

# TogetheriCan

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September

## MOTION – A HABIT OF HEALTH - EAT (PART 2)

Newton's first Law of Motion – an object at rest tends to stay at rest and an object in motion tends to stay in motion.

A person in the Weight Loss (Phase I) of the program should delay adding Exercise until they reach the Transition Phase of the program. It is not desirable to lower calories (lower energy) and over exert one's self. This can lead to insufficient energy for the immune system and open the body to the possibility of dis-ease.

When we stop moving, we start dying. How rigorously we move depends upon many factors. One of the main factors that should always be considered is our physical health. **Slight Edge** applies - any, all, and every movement we make, makes a difference. This is true whether it is in the NEAT or EAT category.

A healthy Body requires / demands activity in one's daily life. Exercise is important when it comes to fitness and should be part of a person's daily activity. However, *it should not* become the driving force in a person's weight loss program.

Most often when someone mentions, motion or activity, individuals think of Exercise. However, when it comes right down to it, on a scale of 1 to 10, **exercise is at the upper end of movement.**

To be qualified as exercise, what you are doing must last continuously for a minimum of 20 minutes, preferably longer. Working a job that has pauses and breaks is not considered exercise.

Exercise can be broken down into 4 categories: *Random Movement, Stretching, Aerobic, and Muscle building.*

Continuing our list from "NEAT", we will start with (7).

7. **Random Movement** is used to keep our muscles limber and flowing.

8. **Stretching** provides us with flexibility and keeping the joints open.

9. **Aerobic exercise** gives us endurance and stamina. Heart and lung health are extremely important to overall health.

10. **Muscle building** for strength is important, but it also takes more energy to support muscle than it does fat. Therefore, the more muscular the body, the greater the Basal Metabolic Rate (BMR).

For the long term, it is best if we incorporate all of the above when we develop our workout regimen. Leaving any of them out will create some unbalance in our physical state of being. The other thing a person can do is combine the different processes, doing more than one thing at a time.

For starters: Define a simple plan, *what* you are going to do and *when* you are going to do it.

As you begin the Transition Phase, moving from losing weight, to maintaining weight, you will be adding some additional calories back into your regimen. Exercise is a method of expending a few of those added calories.

Start with a walking program. (If you have difficulty walking, try movement in a pool.) Start slow and only do what you can do. What you can do is enough. (**Slight Edge**)

Once you are comfortable with the amount of time and the distance you're doing, increase it slightly. Most fitness experts recommend adding no more than 10% at any one time.

(That means if you are walking a mile and you want to increase it – 10% is only 1/10 of a mile. Not Much.)

Work your way up the ladder until you are walking for at least 30 minutes. Work on your speed so that you can walk a mile in 15 to 20 minutes.

When you have reached 20,000 steps in a (5 days) week, it is time to add some strength training on the other 2 days. Try to put some separation between strength workouts. Core exercises are a good place to start. Holistic Specifics - Core Exercises DVD on Amazon will give you the basics as well as some Egoscue Method of regaining good posture.

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## ***Transformational Change “One Health Habit at a Time.”***

*Michael McCright*

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