

# Healthy Exercise Habits

## Purpose and Effort

You need to get in better shape!

Set yourself a target for your exercise and imagine what you will feel like in your new, 'in-shape' version, once you have achieved your goal. Listen to the module. We have applied methods to instil and upgrade your motivation techniques and staying power to help you proceed.

The hardest step is to make an agreement with yourself to stick to it, to put paid to excuses whenever they arise, and to concentrate on the fact that results come from routine. But you can do it!

## What science tells us...

- Exercise increases the fat metabolism for 24 hours after exercise.
- This is known as 'EPOC' – Excess Post-exercise Oxygen Consumption.
- So, by exercising for just 15 minutes a day you utilise biology with a minimum of effort and maximum effect.
- The best thing to do is to make an absolute agreement with yourself. We recommend you to put on your sports gear every day. Putting it on is a start. Do not accept any excuses you might come up with. Everyone has them, but people who are fit **DON'T LISTEN TO EXCUSES.**

## Exercises

- There are three very important elements for success in implementing new exercise habits:
    1. Making exercise a priority.
    2. Finding something that is fun or challenging for you.
    3. Making your exercise a routine.
    4. It is entirely up to you what you use your 15 minutes a day for. But **put on that sports gear** and be active for 15 minutes a day. Anyone can do it and it yields results.
    5. It is up to you whether you swim, jump, stretch, go Nordic walking, play squash - you name it - but to achieve an effect you should work up a sweat. Increase your heart rate for 15 minutes a day and you will get results.
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1. Exercise is good for your metabolism, it increases the impact of your eating habits on weight loss and health - and, best of all, it does not take very much.
  2. It is not so much what you burn off while exercising that is so important, but the subsequent impact the exercise has on your metabolism.

3. You can make do with 15 minutes a day! That means you will be dedicating just 1% of your day to your health.
4. 1% ! Go for it! Make it a priority and make it fun – 15 minutes every day.