

HYPNO-BAND EXERCISE TIPS

You have begun your journey to a new lifestyle and have made the commitment to change your relationship with food. Already you will have started to lose weight and are eating less and feeling full more quickly. The problem is that to effectively lose significant amounts of weight, and keep it off, you need to do the thing you have probably been avoiding for a long time.....**EXERCISE!**

Wait a minute! Did they say EXERCISE? I thought my mind did all the work?

Well that is true...up to a point. In order to make the lifestyle and behavioural changes necessary to achieve your goal of losing weight you do need to change the way you think about food and identify the emotional and psychological triggers that lead to over-eating. As you lose weight however, your body will begin to change. Body fat is burnt and is replaced by muscle and as you lose weight you may find that your skin becomes loose and slack. In order to maintain a healthy level of fitness some exercise is necessary. Exercise affects the metabolism and helps you to achieve the optimum calorie burn rate. If you do not exercise then the body stores excess glucose as fat.

The simple truth is that in order to lose weight we need to burn more calories than we consume. Remember, you may have been carrying all that weight around for some time and it has not only had an effect on your general health but also on your muscular and skeletal structure, so exercise is a vital part of successfully losing weight and maintaining that weight loss.

But I'm too fat for exercise!

No you are not. Everyone can exercise in different ways. The problems that overweight people have in relation to exercise, is that they assume they need to join a gym or run marathons! Now, eventually you may join a gym or become a marathon runner but for now what you need is a gentle yet sustained exercise routine. Even those who suffer from side-effects of obesity such as arthritis can do some exercise so there is no excuse! You need to start moving little by little, pushing a little more each day. It's easy to fear the unknown and imagine the task of exercise as complicated and difficult. However, there is no secret to exercise. Our bodies are designed to move.

So how can I exercise?

The first thing to know is that you CAN exercise for 30 minutes a day. It does not need to be a continuous 30 minutes but rather you can split it up into three 10 minute sessions where you can carry out simple exercises that will make a positive difference to your health. You can even exercise while at work or sitting in a chair. As you progress with exercise and begin to see the benefits you will find that it becomes much easier to exercise even more. You will begin to feel better and healthier and as your body releases endorphins, you will be happier too!

So what should I do?

The best form of exercise for those people who are overweight is simply...WALKING. That's right. Take a walk. Allocate time for yourself and get outside and walk for 10 or 15 minutes a day. Don't just stroll along but rather try to walk a little faster than normal. You need to get that heart rate up and start to burn calories. In the beginning just try a short walk every day, then as you progress extend the time of your walk or just walk a little faster. It will become easier as you progress.

Swimming is also a good exercise for the overweight as the buoyancy of the water helps support the body. There is no need to swim lots of lengths but just try to move in the water as you would do if you were exercising normally. Stay in the shallow end of the pool and walk across the pool and back a few times. It all helps and it's fun!

Climbing stairs is a fantastic type of exercise and even if you find that stairs make you out of breath, start slowly. Stand at the bottom of the stairs and step up the first two stairs then step down again. Repeat this five times and do it twice a day. Then after a week of this, climb four stairs and down again several times. Soon you will be at the top of those stairs and finding you are breathing much more easily.

Wall pushes are a simple yet effective way of exercising. Stand facing a wall at about arms length with your feet at shoulder width. Place your hands flat on the wall and then bend your arms until your forehead touches the wall. Push off until your arms are straight. Repeat this 10 times. Can you feel it in the back of your legs and in your arms? This is good!

Arm raises are a great way of toning up those muscles and can be done anywhere. Simply stretch your arms out to the side then slowly raise them above your head and repeat 10 times. As you progress you can add weights to this exercise, even cans of beans will do! Hold the weights (or cans) in your hands and raise your arms above your head then slowly bring them down again. Just don't eat the beans!!

Leg raises are easy to do. If you are standing, raise your right leg up towards your waist with your knee bent. Do this several times then repeat with the left leg. If you are sitting down you can raise your legs alternately several times for the same effect. You can even watch TV at the same time!

As you become fitter you can increase the number of times you do each exercise and soon you will find you can exercise more and for longer periods. You'll be amazed at how quickly your body trains and improves. The key is to slowly progress by adding a bit more activity as you build up your fitness level.

Don't be afraid of getting out of breath. This is a normal response to exercise.

Research shows that simply moving about throughout the day makes a significant difference in calories burned. Walking that message to your neighbour instead of emailing it, or getting up out of your chair to answer the phone or to change the TV channel, it all adds up! Don't think that this could never make a difference. Any activity above what you're currently doing is an improvement and a step in the right direction. Exercise will not only help you feel better but it will improve your health and enhance both the longevity and quality of your life.

So come on! No-one can make the changes for you. Take the responsibility for your own health and do some exercise today!!