

Exercise 101 – Start Here!



THE MANY BENEFITS OF EXERCISE

Exercise reduces your risk of developing dangerous health conditions like heart disease, diabetes, and cancer. If you already suffer from one of these conditions, exercise can improve the way your body copes with the disease!

Regular exercise strengthens your bones and muscles, increases your chances of living longer, and even improves your mental health!

Though nutrition makes a bigger difference when it comes to initial weight loss, exercise can help ensure that you keep the weight off for good. This is because exercise increases your resting metabolic rate, helping you burn more calories throughout the day!

It is estimated that for every pound of muscle added, the body burns an extra 50-90 calories per day. If you add 10 pounds of muscle, your body will burn 52 additional pounds of fat over the course of a year!

TWO EXCELLENT OPTIONS: HIGH-INTENSITY INTERVAL TRAINING AND WHOLE BODY VIBRATION

Here at Platinum Wellness, we recommend that you practice **High-Intensity Interval Training (HIIT)** for 20 minutes a day, three times each week (Mon/Wed/Fri).

HIIT training involves short bursts of running (about 30 seconds) intermixed with periods of slow walking (1-2 minutes).

Though this only adds up to one hour each week, the high-intensity sessions will dramatically increase your production of fat-burning hormones and help you lose weight throughout the week! You can exercise at a high intensity in many different ways. You can go running outside, use a treadmill, or pedal on an elliptical machine. You don't have to own anything more than a pair of tennis shoes to make it work!

If you don't have time for a workout, you can use **Whole Body Vibration (WBV)** instead! This machine is a time-efficient way to sneak in a workout at any time of the day – it's excellent for those who don't have the time, energy, or motivation to hit the gym regularly. All you have to do is stand on the vibrating platform and let the machine work its magic!

HOW THE SOLUTIONS4 NUTRITIONAL SHAKE CAN MAKE THE MOST OUT OF YOUR WORKOUT:



It saves time, money, and calories. The shake is easy to prepare, much cheaper than a regular meal, and low in calories! It's one of the best tools available in your weight-loss arsenal.



It's an incredible post-workout recovery beverage. After you hit the gym, your body's glycogen and blood sugar levels are running low. Because your muscles are in a highly nutrient receptive state, this is the perfect time for you to drink the super-nutritious shake!



It's exceptionally nutritious. The Nutritional Shake uses grass-fed New Zealand protein with an exceptional omega-3 fatty acid profile. It packs in 20 grams of protein, 8 billion units of probiotics, 5 different digestive enzymes, and 36 other essential nutrients.