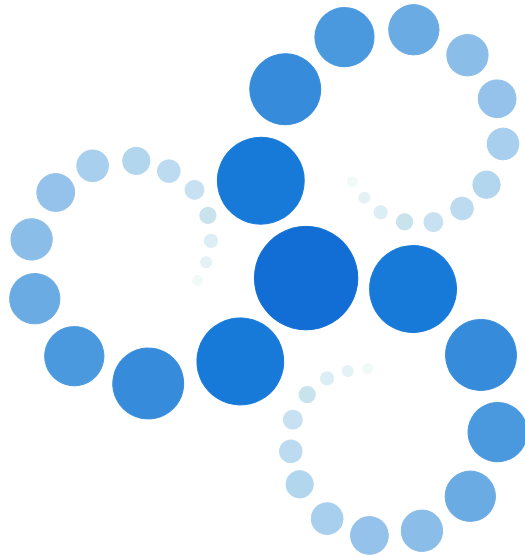


5 Keys To Vibrant Health



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You think you know what to do to feel and look better. You know to exercise and eat a healthy diet, but *what* exercise and *what* should be eaten? How much? How often? These unanswered questions are enough to derail many an attempt to get healthier and more fit. We are bombarded with conflicting and confusing information. It's overwhelming! No wonder so many people give up before they even get started.

Fitness and vibrant health IS possible. This booklet will give you a wealth of information to begin your journey to improved health and fitness.

5 keys to vibrant health are:

- Breathe Deeper
- Drink Water
- Exercise the Right Way
- Eat a Healthy Diet
- Be Accountable to Someone Else

BREATHE DEEPER

Breathing. We all do it and most of the time we don't think about it at all; it's automatic. But are you breathing deeply and fully? There are many benefits to breathing fully. Athletes know that deeper breathing enhances sports performance. Learning how to breathe more fully enhances ANY performance, whether you are a cyclist, a dancer, singer, Administrative Assistant or CEO.

Breathing more fully, **which from now on I will refer to simply as BREATHING**, is associated with relaxation, calmness and lower anxiety. By just learning how to work with the breath, we are easily capable of lowering our heart rate and blood pressure. At the same time, we become less anxious and more relaxed. This certainly enhances our ability to work and play and enjoy life to the fullest! Every aspect of physical and emotional health is positively affected by better breathing. What a simple, inexpensive way to get healthier!

Breathing enhances lung health. Studies show that the health of our lungs is an indicator of our general health. Therefore breathing enhances our general health because it makes our lungs healthier and more effective.

Breathing capacity is like muscle ability: if we don't use it, we lose it. So if we are not actively doing something to keep our breathing system in good shape, we slowly lose our ability to breathe deeper. Lucky for us, this ability can be restored with some basic practice.

Many people have unhealthy breathing habits and may not even know it. In our culture in the United States especially, most of us hold our breath a fair amount during the day or during certain activities. Others of us breathe high up in the chest so our breathing is shallow.

We have two different breathing systems: one is automatic and the other is not. It's a good thing we have an automatic breathing system; it keeps many of us alive! Here, we are learning to wake up and activate the other system which is

under our control. It is this non-automatic breathing system that allows us to breathe much more deeply and fully, and this is where the benefits of breathing come from.

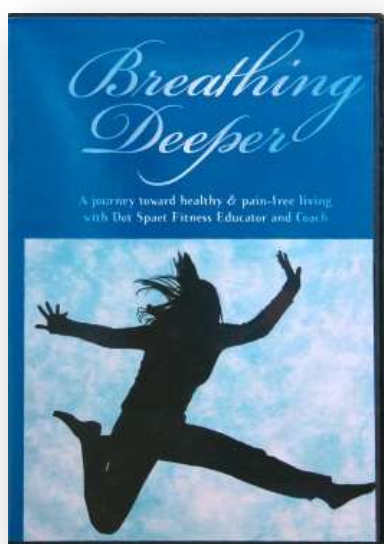
Breathing is responsible for helping us rid our bodies of toxins. When we do not breathe fully, we keep those toxins inside recirculating throughout our bodies, helping us stay sick or at the very least, not at our best. Research shows that shallow breathers get cancer more often.

Believe it or not, people who breathe optimally rarely or never get sick – in addition to enjoying longer life spans!

Breath carries oxygen throughout our bodies, bringing nutrients to all our cells. If we are not breathing deeply enough, our cells starve. Some of the results of our cells starving are pain and disease.

Breathing pure oxygen under certain specific circumstances enhances a body's ability to heal itself naturally. Injury repair is speeded up by sending more oxygen to inflamed or painful sites.

Try it now. Sit up tall and take a deep breath through the nose. Let it out slowly through your nose or mouth. When you are ready for your next breath, sip the air in slowly, then let it out slowly. This is the beginning of deeper breathing. Try it for a few minutes and see how great and relaxed you can feel!



The CD ***Breathing Deeper*** has clear, step-by-step instructions. Gain the health benefits of breathing fully; available at fitnessbydot.com/products.htm . Can be listened to while driving.

DRINK WATER

Our bodies are approximately 70 percent water. It is important to keep your body well hydrated so that it functions properly.

Sometimes when we think we are hungry, we really are just thirsty.

Water keeps all of our processes working well. It helps flush the body of extra salt and toxins. One way to know if you are drinking enough water is by the color of your urine. It shouldn't be cloudy, it should be crystal clear, and it should have very little color. If it's a deep brownish or yellowish, that means that your urine is too concentrated, and that all of the salts that it's trying to flush are not getting out.

Picture California in the fall when there has been no rain and the streams are full of algae and murky; the water is not clear, but is brown and sludgy. This is how the body is when it doesn't have enough water; it's sluggish. It isn't getting cleaned out.

After the Spring rains, the water is flowing and it's crystal clear. You can see to the bottom and there is no algae or sludge. You want to dip your hands in and drink. This is how you want the inside of your body to feel. Taking more water in your body is like a Spring stream.

Tips for drinking water:

- Fill four 16 oz bottles with water and leave on the counter, or use two quart bottles. Know that this is your daily allotment. The recommended allotment is $\frac{1}{2}$ your body weight in ounces. For a person who weighs 150 lbs: half of 150 is 75, so the allotment is 75 oz, or about 9 glasses of water. 8 is certainly a good amount to shoot for because many of us don't even drink that much, but the truth is that that's really not up to the recommendation. The only disadvantage of drinking extra water is that you

have to pee a little more until your body gets used to the new norm. Initially when you start drinking more water it feels like you are in the bathroom every minute, but truthfully then your body gets used to, “oh, this is my water allotment” and your body adjusts. I’ve had clients tell me this; they didn’t believe me and they didn’t want to be in the bathroom all the time, but the body gets used to it.

- Try putting a little lemon juice or fresh lemon in the water to help alkalize the body.
- The caffeine in coffee is dehydrating. If you have a cup of coffee, know that you need to drink a glass of water to counteract the dehydrating properties of the coffee.

EXERCISE THE RIGHT WAY

Exercise has four components: stretching to stay flexible, resistance training for strength, core conditioning for trunk support, and endurance for cardio health.

The absolute best exercise is the one that you will continue to do consistently. Consistency is the key! Even 5 minutes every day will give you benefit, more than if you work out once per week for an hour.

Following are examples of moves for each component to help get you started.

Stretching for Flexibility:



Hamstrings

Points to remember:

- Lie on back, knees bent, both feet on the floor
- Bring one leg in, say right, and up into the air
- Chin tucked
- Top knee straight
- Easy, don't pull too hard on top leg
- Can use a strap if desired
- Relax shoulders
- Hold for 6 breaths or pain whichever comes first
- Repeat on other side

What this targets:

- Back of the thigh (hamstring) of the upper leg

Here is a great overall stretch for your back, including stretching the obliques, the muscles on your sides at your waist. It is called **Knees Over**.

Knees over stretch for obliques and back health



Points to remember:

- Lie on back, knees bent, feet flat on floor
- Both shoulders stay flat on the floor
- Inhale, tighten abs, move knees to the side on the exhale, relax
- Knees go only as far as they can with both shoulders flat
- Can put a pillow under the knees so they can relax
- Hold for 6 breaths or pain whichever comes first
- Inhale, tighten abs, exhale and move knees back to center
- Repeat on other side

IF the knees already go all the way to the floor and this is too easy:

- Come back up
- Cross one knee over the other, say right over left
- Send the knees down to the left side on the exhale same as above
- When the left knee is on top, knees go over to the right
- Both shoulders stay flat!
- Hold each side for 6 breaths or pain whichever comes first

What this targets:

- This helps stretch the low back. If you are going to do only one stretch to loosen up your low back, this is a good one to start with.

Core Conditioning:

A great exercise for core conditioning is Plank, what I like to call, “Core”. Core works the deep abdominal muscles. You will find, in time, this move gets easier, but it is *always* work!

Core on Knees



Core on Feet



Points to remember:

- Start on belly
- Position bent elbows directly beneath the shoulders
- Tight belly
- Tight butt
- Go onto knees
- Cross ankles
- Lift hips
- Body is in a complete straight line like a slant board
- Hold as long as you can without any back pain
- If any back pain, try tucking the butt tighter and pulling the belly in tighter
- Continue to breathe while holding the belly tight
- Relax shoulders

After you can hold this position for 1 minute with no pain:

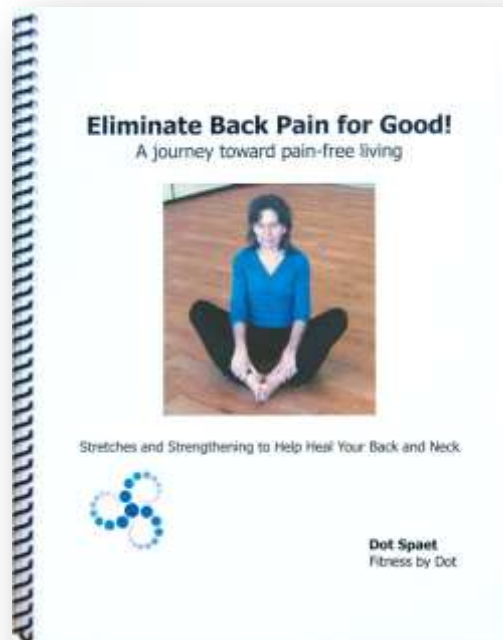
- Do the same move on the toes instead of the knees, no crossed ankles
- Push the heels away from the head
- Tight belly, tight butt
- Relax shoulders
- Continue to breathe

What this targets:

- Transverse Abdominis, the deep muscles of the abdomen which support the low back. It is weakness in these muscles that causes the low back to not have support (not the abdominal muscles strengthened by situps!)

Breathing is difficult for some people while in this move. If you have trouble breathing, try exhaling gently. Concentrate on breathing in and out while holding the body tight.

These moves and many more are available in my booklet: Eliminate Back Pain for Good! which can be yours at www.fitnessbydot.com/products.htm



Resistance Training for Strength:

The legs are some of the largest muscle groups in the body. Here is a great move that strengthens all the major lower body muscles including front of the thigh (quadriceps), back of the thigh (hamstrings) and glutes (butt). If you have trouble with your knees, this move may be too hard and the next move may be better.

Lunges



Target: Strengthens the legs: hamstrings, quadriceps, glutes.

Points to remember:

- Stand balanced, take step forward, at least 3', with your left foot.
- Lift back heel and bend both knees to bring you closer to the ground.
- Front knee stays over the front ankle not over the toes. If knee goes over the toe, increase the distance between the feet.
- Back leg should go down as far as you can. The objective eventually is for the back knee to hover right over the floor.
- Keep your body upright with hands on hips or out for balance. Body stays above the hips with head over the body.
- Look straight forward with head aligned with the spine. Hint—if you are looking down at the floor your head is not aligned.
- Start with 5 repetitions each side and if that's easy go to 10. Increase as you can.

Breathing: Exhale as you lower, inhale as you come up.

A good starter move if you have knee issues or if lunges are too difficult for you is wall sits, which work the quadriceps.

Wall Sits



Level One – easier



Level Two – more difficult

Target: Strengthens the front of the thighs, called the quadriceps.

Points to remember:

- Stand with your back to the wall and sit as if you are sitting in a chair.
- Your back should be flat against the wall.
- Knees are hip-width apart.
- Sit as deeply as you can comfortably go, part way is fine!
- Maximum “sit” is when thighs are parallel to the floor. Hips must remain higher than the knees.
- Sit until legs are burning. Hold as long as you can. If it’s too hard, come up a little bit. Find the height that works for you to hold. Start with 30 seconds and build to two minutes.

Breathing: Remember to keep breathing, focus on exhaling slowly.

Cardio for heart health and endurance:

For best heart results, you want to work at a pace that still enables you to talk. If you can't talk, you are working too hard. Try just a few of these:

Mountain Climbing



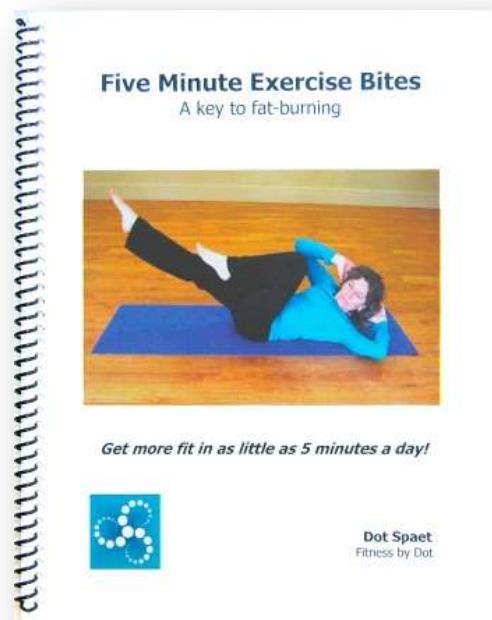
Target: Strengthens core muscles, front shoulders, triceps. Increases leg and hip flexibility. This is heavy-duty cardio work.

Points to remember:

- Start on hands and knees.
- Bring knees off floor. Bring one foot forward. Switch feet position at the same time. May have to do this one at a time when you first start. As you get stronger the front foot moves farther forward.
- Switch feet back and forth (one repetition). Start with 5 repetitions and increase both repetitions and speed as you get stronger.

Breathing: For most people this is a strenuous exercise and you will be breathing hard!

Compound moves like Lunges, Wall Sits and Mountain Climbing can be found in the **5 Minute Exercise Bites** booklet, featuring moves that are easy and some that are quite difficult, encouraging people to do at least some, any, physical movement daily. Go to www.fitnessbydot.com/products.htm to order.



EAT A HEALTHY DIET

The **very** short version of eating a healthy diet is eat more greens and more vegetables. Here are more tips and ideas:

Ten of Dot's Tips for Weight Loss and Overall Health

- Drink 10 glasses of **water** a day
 - Add 1 tsp. of unsweetened **lemon juice** per glass to help alkalinize the body
- Eat 3 **apples** a day – Eat 2 a day if 3 is too many
- Try **Chia seeds** to add fiber and feel full. Add a teaspoon of seeds to your food.
- Drink **Green Tea**, helps the body burn fat
- No processed white flour products or bread (only whole grain if you must).
- This includes no:
 - muffins, bagels
 - croissant
 - toast, crackers
 - Danish, pastry
 - cake, cookies
 - pasta, macaroni
- Eating for the day is **finished by 3 hours before bed time**, i.e. no late night snacking
- No sugars or artificial sweeteners like aspartame, Equal, NutraSweet, Sweet and Low, Splenda, sucralose, saccharin. This includes no: high fructose corn syrup, maple syrup, honey, white sugar, brown sugar, glucose, sucrose, dextrose, fructose (other names for sugar). Instead use Stevia or Coconut sugar as sweetener.
- Eat **vegetables**. Try drinking them in green smoothies.
- Add **muscle** to increase metabolism. Muscle burns more energy than fat.
- Low fat only is not necessarily a good idea; depends on what fats. The body needs fat to shed fat.

The more of these you can do, the better. You definitely do not have to do all of these. They are just ideas that may help.

Breakfast is the most important meal of the day. It's critical that we eat a breakfast with nutrients! This means vegetables with whole grain or protein, depending on what works for you. For many many people, we are eating processed flour in the morning and that sets up a day of roller coaster blood sugar. Try this instead:

DOT'S ORIGINAL BREAKFAST SHAKE

1 cup almond milk, original flavor (can also use hemp or soy milk, unsweetened is better)

½ cup water

1-1/2 scoops protein powder (Designer Whey, Vanilla, available at Trader Joe's or online)

1 tsp to 1 Tb Flax Oil

1 rounded tsp almond butter, unsweetened

½ cup frozen fruit, unsweetened, available at TJ. Using berries is best.

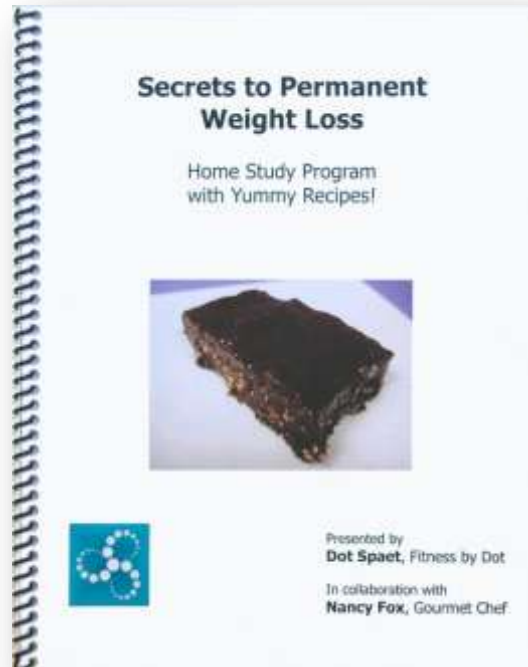
Try strawberries, raspberries, blueberries, cherries, boysenberries or any combination

½ cup frozen peas (for added fiber, good idea, can be optional)

Put all ingredients into blender and blend until smooth. Makes about 2 cups.
Great for breakfast!

People who drink this shake report that they have more energy, are full until lunchtime, can think clearly all morning and that it tastes great. Wouldn't you like a morning like that?

For more great food ideas, see Secrets of Permanent Weight Loss, our recipe book



And our Home Study Course 3 CD set



Both available at www.fitnessbydot.com/products.htm

BE ACCOUNTABLE TO SOMEONE ELSE

Research shows that people are most successful starting new habits and keeping them when someone else is involved. Finding and having friends who share your desire to be fit and vibrantly healthy is key.

Keep a log of your activities. That way you are accountable first to yourself as you can see just how frequently you stick with your goal. Sharing this goal and your progress with someone else will increase the likelihood that you succeed.

It is a well-known tenet of goal-setting that you are more likely to achieve your goals if you tell those people closest to you like your family and friends about them. They can help you and their support and assistance can be invaluable. Remember to share your goals with those who are in a position to encourage you, and not with people who are negative or who don't support you and what you are trying to accomplish.

Here is an activity log you can use to track your exercise, or any other habit you are trying to develop:

<http://www.fitnessbydot.com/forms/fitness-activity-log.pdf>

The best person for an accountability partner may be someone you do not know very well. It's counter-intuitive. It's easier to get gut level honest with someone who is not your spouse or partner or best friend.

Sometimes it works to email another person daily, including your food or exercise plan for the day and then how you did with it at the end of the day. If this is something you would like to do and do not have anyone to do it with, feel free to email me at fitnessbydot@earthlink.net and we can discuss setting up an accountability system for you.

Research shows that when we are held accountable for our activities, we are much more likely to succeed. I wish you the best on your fitness and wellness journey. Please let me know how I may best assist you in your endeavors.