

WALK YOUR WAY TO HEALTH



An 8 Week Fitness Training Program

By: William M. Whitmire

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How to Use this Book

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Some keywords or phrases are hyperlinked to websites that will provide you with additional information, products or services.

It is my sincere desire that you enjoy this book and start a program to "[Walk you way to Health](#)".

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*Before beginning this or any other training program always consult a physician to determine any restrictions your present condition may impose on your training activities and level of exertion.

7 Benefits of A Walking Fitness Regime

If we are out of shape it is important to begin a [personal exercise program](#). To get in better shape we need to engage in cardio, strength and flexibility exercises to retrain our bodies. An out of shape body can lead to complications with our health so the sooner we begin an exercise program the better. No one wants to get old before their time and a lifestyle that is lacking an exercise program can produce exactly that result.

Improved Heart Functions

An out of shape heart wastes energy and takes longer to recuperate from exercise. The stronger the heart is the better it will function in moving blood throughout the body. Fresh blood to all parts of the body will improve the whole human system.

Improved Lung Functions

If you are not exercising on a regular basis the lungs have to work harder to supply the body with oxygen. [Aerobic exercises](#) make it easier for the lungs to enrich the blood the faster oxygen can get to the parts of the body that need it.

Improved Circulatory Functions

Without [cardiovascular exercises](#) the body's many blood vessels can become constricted and congested. Warming up the muscles during exercise will dilate arteries and capillaries improving circulation so they can accept the blood and oxygen necessary to promote good health.

Improved Sense of Well Being

A lack of exercise can produce a sluggish and fatigue feeling in people. During cardio exercises the body releases endorphins which are natural pain suppressors and produce a sense of euphoria in the person. A personal exercise program will provide a person with a renewed sense of well being and accomplishment.

Improved Strength

Atrophy of the muscles can occur when they are not exercised on a regular schedule. A personal exercise program including weight lifting exercises will build up the strength of muscle tissue and reverse this atrophy. Even small weight training routines can mobilize motor units in the muscles for increased amounts of strength.

Improved Flexibility

Sitting around is training the muscles to remain in a contracted position. The stretching and flexing of muscles during physical exercise will train them to be more pliable and during performance the muscles will react with more ease and less pull. This will reduce injury and increase flexibility. >>>

Improved Physical Appearance

Glucose is the main source of energy for the body and excess glucose is stored as fat. During exercise the body accesses this glucose by breaking it down and turning it into energy which results in fat loss. Consistent physical exercise will produce toned muscles and less body fat thereby improving your physical appearance.

A personal exercise program is one of the best investments you can make toward your overall health. You don't have to set any world records just be progressive and consistent. Take it so and easy at first and gradually increase the intensity of workouts as you get in better fitness condition. Just remember you won't be alone there's a lot of people engaged in personal fitness exercise programs who are trying to lose weight and get in shape too.

Understanding Training Adaptation

We will discuss in this [section](#) how the body may respond to the demands that training places on it and the specifics you should know in order to engage in a training routine that will ensure continual improvement while reducing any negative effects of caused by over-training.

During a training routine the body can progress through three stages, stages that will become obvious by very specific signs. The [keyword phases](#) and signs are:

Alarm Phase: Sign (Out of breath)

Resistance Phase: Sign (Second wind)

Exhaustion Phase: Sign (Muscle failure)

These signs are not necessarily negative, but depending on the training effect sought from the routine they can be. Let's take the exhaustion phase for example; muscle failure is a necessary component for building new levels of strength for bodybuilders. This phase must be reached in order for them to reach their goals of building new muscle mass. They are working at a 100% training effect.

A walking fitness regime should not produce an exhaustion phase or muscle failure because training effects never exceed 80%. If muscle failure occurs from a walking regime the training effect is way too high and needs to be dropped back.

When you begin a walking regime you will experience the alarm phase and feel out of breath but the body will move out of the anaerobic energy system and kick into the aerobic energy system, you'll then feel the onset of your second wind. But this is as far as the phases should advance.

Specificity-Overload-Progressive Application

Every effective fitness routine takes into account three training principles: *Specificity*: Strength, Endurance, Speed and Agility are components of

specificity. The specific goals of a fitness program should be addressed in a training program. A walking routine targets endurance and leg strength specifically.

Overload: The work load exerted on the muscles challenges them and therefore produces improvement. Overload should be done progressively to eliminate any negative training effect such as excessively sore muscles, lack of motivation or injury.

Progressive Application: Overload should be progressive. In a walking routine the *activity to rest ratio* assures a gradual overload producing gradual progress. A proper activity to rest ratio, alternating between moderate and mild activity levels, such as in walking, ensures progressive overload. Proper overload levels are the gateway to better fitness levels assuming they are gradual and progressive.

Overloading Specifics:

Frequency: How often are training routines performed? A walking training routine, at least in the beginning, should be performed at least four days per week for maximum results.

Duration: This is how long each training session last? Ideally 60 to 90 minutes per session will achieve best results.

Intensity: What is the percentage of maximum output for the student? (Heart beats per minute) *This level varies by individual, learn to calculate yours below.

Mode of Training: The kind of fitness activity in the training routine will impact the intensity. Different activities affect overload specifics differently.

The body utilizes two different energy systems to fuel exercise: aerobic and anaerobic systems.

Anaerobic effect: The first two or three minutes of exertion is fueled by this energy system. Anaerobic activities are characterized by stop and go bursts of short duration. Glucose in the blood fuels this kind of activity. The first 3 minutes of walking is fueled by this system.

Aerobic effect: After more then 3 minutes of sustained activity the aerobic energy system kicks in and the body begins to metabolize fat reserves to fuel sustained activity. The triggers are increased heart-rate and amounts of oxygen consumed during the activity.

Nutritional Considerations Before a Workout

Every athlete should take care in preparing the body for physical performance. Eating an ample selection of carbohydrates, meats, fruits and vegetables with meals will ensure enough energy is available for peak performance.

Energy balance should be the concern of everyone involved in a fitness regime. The amount of energy taken in and the amount of energy needed for performance should influence eating habits. Individual energy balance is not just affected by how much is eaten but by the proportions of carbohydrates, proteins, fats and nutrients burned off during exercise. Carbohydrates, proteins and nutrients are much easier for the body to burn off than fats. For peak performance proper proportions need to be eaten to produce an ample supply of energy.

Although there is no right or wrong way to eat before an event or workout, considerations for pre-workout eating are: eating to be certain the muscles are fully loaded with enough glycogen, but not so much they will cause distress during performance and also ensuring the body is properly hydrated. Below I have listed some helpful guidelines on what to eat, when to eat and what to avoid.

What to Eat

Limit high fat proteins such as cheese, steak, hamburgers and peanut butter.

Include foods with a low or moderate glycemic rating; these are foods that raise sugar levels in the blood at a slower rate. Carbohydrates are high octane fuel for peak performance and being aware of their glycemic >>> ratings will help in eating the right foods at the right time. Fruits such as bananas, apples and oranges are good examples of pre-workout foods with low to moderate glycemic ratings.

Avoid foods with a high glycemic rating as they will give you a quite burst of energy followed by just as quite of a crash-which could come half way through the workout!

Eat foods that are familiar and easy to digest, stay clear of foods difficult to digest unless adequate time is available for metabolizing.

Eating sensibly everyday will solve 75% of the energy equation ensuring peak workout or event performance.

When to Eat

You should always allow pre-workout food to adequately digest before beginning a workout or performance. Here are some guidelines:

- 30-45 minutes for a small snack>>>

- 60 to 90 minutes for a blended or liquid meal
- 2 to 3 hours for a small meal
- 3-4 hours for a large meal

Always allow more digestion time before an anticipated high-level workout then before a low-level workout. If you tend to get nervous and your digestive system doesn't tolerate food well before a workout or event, then don't eat, but make sure to eat well the day before. Again if you are eating a performance diet of foods everyday you shouldn't have too many problems with glucose or energy production.

What not to Eat

Consuming food products with high glycemic ratings may provide initial energy during performance but the energy will not last. The sugar is not complex enough to sustain a workout of 30 minutes or more. Example foods to avoid before a workout are: Sodas, soft drinks, sports drinks, candies, doughnuts, cakes, ice creams and muffins. Managing your energy balance is part of fitness; don't neglect this important aspect of training.

Calculating your Training Effect

The aim of training is to obtain an effect on different systems within the body and through adaptation produce a higher level of fitness.

Each time we put an increased load on the body's systems, (bones, tendons, muscles, heart and lungs) we create a training effect. The body adapts by repairing the system to respond to the higher loads and exertion levels. This how we make progress and obtain fitness results that lead to a healthier body.

Training effects should be progressive and gradual so no extensive period of time is needed for the body to repair and adapt. Putting too high of a load on the body can produce setbacks due to sore muscles, fatigue and possibly injury. Slow and steady is the best course for obtaining consistent fitness results.

A very effective method of tracking your training effect is available to us; the heart. Or more specifically heart beats per minute. Measuring the beats per minute (bpm) we can regulate the load and subsequent training effect produced from a workout.

If you find the pulse on your wrist and count the number of beats in 10 seconds then multiple by 6 you'll have your current bpm. Most individuals will have between 65-70bpm for normal, non-exertive activities. As the load on the body increases the bpm will increase as well.

Now here's the formula for calculating your base training bpm: >>>

Calculate your Base BPM

220 minus (your age) = (your base bpm). This is the number you'll be working with to calculate your training effect percentage.

We'll use a 40 year old and that gives us a base of 180bpm.

If this is the 1st month of training; 50-60% is the maximum training effect or 90-108bpm. Stay below this number of bpm during training and don't exceed it. To do so is risking a training setback from an excessive load on the body; remember we are training in a progressive and gradual manner.

Appropriate Training effect bpm's are listed below:

Beginning Stage: 50-60%bpm: 1st month

Intermediate Stage: 60-70%bpm: 2nd month

Advanced Stage: 70-80%bpm: 3rd month

Expert Stage: 80-90%bpm: 4th month or more

Below is the every other day or 4 times per week walking program. Also be certain to check your heart rate periodically to be certain you're not exceeding your [training effect](#) percentage. A Progress Sheet is Also Provided Here>>>[Click Here](#)

| Week 1 Walking Mode 50% T.E. | Walk 1 | Walk 2 | Walk 3 | Walk 4 |
|--|-----------|-----------|-----------|------------------|
| Mild Walking | 9 minutes | 9 minutes | 9 minutes | 9 minutes |
| Brisk Walking | 1 minutes | 1 minutes | 1 minutes | 1 minutes |
| Mild Walking | 9 minutes | 9 minutes | 9 minutes | 9 minutes |
| Brisk Walking | 1 minutes | 1 minutes | 1 minutes | 1 minutes |
| Mild Walking | 9 minutes | 9 minutes | 9 minutes | 9 minutes |
| Brisk Walking | 1 minutes | 1 minutes | 1 minutes | 1 minutes |
| Mild Walking | 9 minutes | 9 minutes | 9 minutes | 8 minutes |
| Brisk Walking | 1 minutes | 1 minutes | 1 minutes | 2 minutes |

| Week 2 Walking Mode 50% T.E | Walk 5 | Walk 6 | Walk 7 | Walk 8 |
|-----------------------------------|-----------|-----------|-----------|------------------|
| Mild Walking | 8 minutes | 8 minutes | 8 minutes | 8 minutes |
| Brisk Walking | 2 minutes | 2 minutes | 2 minutes | 2 minutes |
| Mild Walking | 8 minutes | 8 minutes | 8 minutes | 8 minutes |
| Brisk Walking | 2 minutes | 2 minutes | 2 minutes | 2 minutes |
| Mild Walking | 8 minutes | 8 minutes | 8 minutes | 8 minutes |
| Brisk Walking | 2 minutes | 2 minutes | 2 minutes | 2 minutes |
| Mild Walking | 8 minutes | 8 minutes | 8 minutes | 7 minutes |
| Brisk Walking | 2 minutes | 2 minutes | 2 minutes | 3 minutes |

| Week 3 Walking Mode 55% T.E. | Walk 9 | Walk 10 | Walk 11 | Walk 12 |
|--|-----------|-----------|-----------|------------------|
| Mild Walking | 7 minutes | 7 minutes | 7 minutes | 7 minutes |
| Brisk Walking | 3 minutes | 3 minutes | 3 minutes | 3 minutes |
| Mild Walking | 7 minutes | 7 minutes | 7 minutes | 7 minutes |
| Brisk Walking | 3 minutes | 3 minutes | 3 minutes | 3 minutes |
| Mild Walking | 7 minutes | 7 minutes | 7 minutes | 7 minutes |
| Brisk Walking | 3 minutes | 3 minutes | 3 minutes | 3 minutes |
| Mild Walking | 7 minutes | 7 minutes | 7 minutes | 6 minutes |
| Brisk Walking | 3 minutes | 3 minutes | 3 minutes | 4 minutes |

| Week 4 Walking Mode 55% T.E. | Walk 13 | Walk 14 | Walk 15 | Walk 16 |
|------------------------------------|-----------|-----------|-----------|------------------|
| Mild Walking | 6 minutes | 6 minutes | 6 minutes | 6 minutes |
| Brisk Walking | 4 minutes | 4 minutes | 4 minutes | 4 minutes |
| Mild Walking | 6 minutes | 6 minutes | 6 minutes | 6 minutes |
| Brisk Walking | 4 minutes | 4 minutes | 4 minutes | 4 minutes |
| Mild Walking | 6 minutes | 6 minutes | 6 minutes | 6 minutes |
| Brisk Walking | 4 minutes | 4 minutes | 4 minutes | 4 minutes |
| Mild Walking | 6 minutes | 6 minutes | 6 minutes | 5 minutes |
| Brisk Walking | 4 minutes | 4 minutes | 4 minutes | 5 minutes |

| Week 5 Walking Mode 60% T.E. | Walk 17 | Walk 18 | Walk 19 | Walk 20 |
|------------------------------------|-----------|-----------|-----------|------------------|
| Mild Walking | 5 minutes | 5 minutes | 5 minutes | 5 minutes |
| Brisk Walking | 5 minutes | 5 minutes | 5 minutes | 5 minutes |
| Mild Walking | 5 minutes | 5 minutes | 5 minutes | 5 minutes |
| Brisk Walking | 5 minutes | 5 minutes | 5 minutes | 5 minutes |
| Mild Walking | 5 minutes | 5 minutes | 5 minutes | 5 minutes |
| Brisk Walking | 5 minutes | 5 minutes | 5 minutes | 5 minutes |
| Mild Walking | 5 minutes | 5 minutes | 5 minutes | 4 minutes |
| Brisk Walking | 5 minutes | 5 minutes | 5 minutes | 6 minutes |

Weeks 6-8 are on the Next Page >>>

| Week 6 Walking Mode 60% T.E. | Walk 21 | Walk 22 | Walk 23 | Walk 24 |
|------------------------------------|-----------|-----------|-----------|------------------|
| Mild Walking | 4 minutes | 4 minutes | 4 minutes | 4 minutes |
| Brisk Walking | 6 minutes | 6 minutes | 6 minutes | 6 minutes |
| Mild Walking | 4 minutes | 4 minutes | 4 minutes | 4 minutes |
| Brisk Walking | 6 minutes | 6 minutes | 6 minutes | 6 minutes |
| Mild Walking | 4 minutes | 4 minutes | 4 minutes | 4 minutes |
| Brisk Walking | 6 minutes | 6 minutes | 6 minutes | 6 minutes |
| Mild Walking | 4 minutes | 4 minutes | 4 minutes | 3 minutes |
| Brisk Walking | 6 minutes | 6 minutes | 6 minutes | 7 minutes |

| Week 7 Walking Mode 65% T.E. | Walk 25 | Walk 26 | Walk 27 | Walk 28 |
|------------------------------------|-----------|-----------|-----------|------------------|
| Mild Walking | 3 minutes | 3 minutes | 3 minutes | 3 minutes |
| Brisk Walking | 7 minutes | 7 minutes | 7 minutes | 7 minutes |
| Mild Walking | 3 minutes | 3 minutes | 3 minutes | 3 minutes |
| Brisk Walking | 7 minutes | 7 minutes | 7 minutes | 7 minutes |
| Mild Walking | 3 minutes | 3 minutes | 3 minutes | 3 minutes |
| Brisk Walking | 7 minutes | 7 minutes | 7 minutes | 7 minutes |
| Mild Walking | 3 minutes | 3 minutes | 3 minutes | 2 minutes |
| Brisk Walking | 7 minutes | 7 minutes | 7 minutes | 8 minutes |

| Week 8 Walking Mode 70% T.E. | Walk 29 | Walk 30 | Walk 31 | Walk 32 |
|------------------------------------|-----------|-----------|-----------|------------------|
| Mild Walking | 2 minutes | 2 minutes | 2 minutes | 2 minutes |
| Brisk Walking | 8 minutes | 8 minutes | 8 minutes | 8 minutes |
| Mild Walking | 2 minutes | 2 minutes | 2 minutes | 2 minutes |
| Brisk Walking | 8 minutes | 8 minutes | 8 minutes | 8 minutes |
| Mild Walking | 2 minutes | 2 minutes | 2 minutes | 2 minutes |
| Brisk Walking | 8 minutes | 8 minutes | 8 minutes | 8 minutes |
| Mild Walking | 2 minutes | 2 minutes | 2 minutes | 1 minutes |
| Brisk Walking | 8 minutes | 8 minutes | 8 minutes | 9 minutes |

Congratulations for reaching week 8 and a training effect of 70%! You may now continue to progress as far as you wish. Included on the next page is a blank sheet to record your progress week by week. >>>

Record your progress with this blank sheet. Simply print it out.

[Example:](#)

| | | | | |
|----------------------------|----------|----------|----------|----------|
| Week [1] [50%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | 08/08/08 | 08/10/08 | 08/12/08 | 08/14/08 |
| Completed: | √ | √ | √ | √ |

| | | | | |
|------------------------|----------|----------|----------|----------|
| Week [] [%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | | | | |
| Completed: | | | | |

| | | | | |
|------------------------|----------|----------|----------|----------|
| Week [] [%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | | | | |
| Completed: | | | | |

| | | | | |
|------------------------|----------|----------|----------|----------|
| Week [] [%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | | | | |
| Completed: | | | | |

| | | | | |
|------------------------|----------|----------|----------|----------|
| Week [] [%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | | | | |
| Completed: | | | | |

| | | | | |
|------------------------|----------|----------|----------|----------|
| Week [] [%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | | | | |
| Completed: | | | | |

| | | | | |
|------------------------|----------|----------|----------|----------|
| Week [] [%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | | | | |
| Completed: | | | | |

| | | | | |
|------------------------|----------|----------|----------|----------|
| Week [] [%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | | | | |
| Completed: | | | | |

| | | | | |
|------------------------|----------|----------|----------|----------|
| Week [] [%] T.E. | Walk [] | Walk [] | Walk [] | Walk [] |
| Date: | | | | |
| Completed: | | | | |

5 Tips for Beginning an Exercise Regime

How many times have we been told that more exercise is good for us? But we still have difficulty getting motivated to exercise more. The proven facts are that consistent physical exercise produces numerous benefits for anyone committed to doing it. Age doesn't factor into the mix either. People young and old will benefit from a physical exercise program.

Beginning an [exercise program](#) does take a certain level of commitment. If you are going to get into better shape you are going to have to increase your level of exercise, take some vitamins and supplements and stay away from the high fat, high salt foods. Exercising on a consistent basis but continuing to eat those high fat, high salt snack foods will only sabotage your efforts.

Sometimes people think only working out on fitness equipment qualifies as exercise. Simply stated; exercise is movement of the body. It can be anything from walking the dog to raking leaves. Of course making sure you work all your muscles is important because some forms of exercise concentrate only on certain muscle groups and avoid others. But strictly speaking anytime you are moving your body, like with walking, it is exercise and is beneficial to your health.

Tip #1

Make a commitment to begin: Set a date and time for your exercise regime to begin. Mark it on the calendar and prepare for the change. Tell yourself starting on that specific day you are going to increase your level of exercise by beginning an exercise regime. Plan to set that specific time aside for your exercise only. Don't let anything get in the way especially in the beginning.

Tip #2

Choose your method: Some like weight lifting and others like treadmills and that's alright. As long as what you choose you choose because you enjoy it and will stick with it. If you don't feel comfortable with a particular method, then find some other method. Chances are if you don't like it you won't continue doing it. Exercise can be and should be enjoyable.

Tip #3

Make yourself accountable: The simplest way of doing this is to find a workout companion. Maybe you could enlist a friend, spouse or someone from the neighborhood who might have the same goals about their fitness level as you do. Explain to them your intentions and ask them to join you on your walks. Its true there is strength in numbers especially when it comes to an exercise regime. >>>

Tip #4

Mix it up a little: If you find yourself getting bored with the regime after a period of time mix it up. If you've been using the walking route, maybe go walking in the park or on the beach instead. Find a time and place that is comfortable for you and give yourself a little variety. Mixing it up can add some additional vigor to your workout routines and aid in your sticking with it.

Tip #5

Take it slow: Many people make the mistake of trying to accomplish too much too fast. Remember, just like compound interest at the bank exercise too is cumulative. A consistent exercise regime is going to build on its benefits to your health. Doing too much too fast may discourage you because of the soreness and recovery time necessary, prompting you to break the regime. Consistency and progressive challenge over time is the best method. Take it slow and easy at first and increase the intensity over time.

A Few Words About Diet

- **Vitamins & Minerals**
- **Proteins & Sugars**

If you are going to lose weight a good understanding of food and its relationship to weight loss will help you tremendously in achieving satisfactory results. Not all food is the same and not all food should be ingested for the same reason. Protein and fat serve completely different functions. Vitamins and minerals will not give you energy but assist in >> the production of energy from other foods. These are an example of the misunderstandings many have regarding the food they eat and its relationship to weight loss. But these misunderstandings can simply be corrected.

Vitamins & Minerals

Vitamins and minerals are not really food in the definition most people understand food to be. The importance to vitamins and minerals is to assist other chemical functions in the body. Vitamins and minerals are essential but don't directly provide energy for moving your body.

The most crucial vitamins for your body are the water soluble vitamins. Water soluble means these vitamins dissolve in water. Consequently; these vitamins have a short lifespan in the body and must be replaced on a regular basis, often daily. Vitamins B, C & E are water soluble vitamins and are major contributors in your body, they perform many important functions. Lack of these vitamins can cause many health problems for you.

The body needs more than just vitamins it also needs minerals such as iron, potassium and zinc. Just as with vitamins, minerals help the body to perform

the necessary functions to stay healthy. Minerals are mostly insoluble in water and remain in the body for longer periods of time. This also can lead to toxicity if take in large quantities. Following the recommended daily doses of your minerals will avoid complications from taking too much. Minerals like vitamins support many important functions in the body including energy production but don't provide the energy directly.

Vitamins and minerals can be derived from many sources in your diet. The highest sources are fruits and vegetables but meats, fish and poultry contain them as well. If you have a diet rich in fruits and vegetables you will certainly increase the necessary amounts of vitamins and minerals.

Proteins & Sugars

Let's discuss proteins and dispel the myth that protein bars or drinks give you energy-they don't. Proteins are stringed amino-acids, about 20 of them. They are the building block of muscles, tissue and bone. But one thing they don't do is provide the body with energy. Proteins build the body. Some diets that severely restrict carbohydrate intake and increase protein consumption are relying on the body to seek its energy source in stored fat. That is how you lose weight from a high protein diet. Unfortunately no one can keep it up for long and they end up putting the weight back on. A more sensible approach with balance is necessary.

Sugar otherwise known as glucose is the source of the body's energy. Energy is metabolized from glucose and not from protein, vitamins or minerals. There are simple sugars and there are complex sugars. Simple sugars metabolize quickly and make their way into the blood stream fast. They provide a quick source of energy for the body, about 3 minutes worth. More complex sugars require a longer period of time to metabolize and provide a more sustained amount of energy. The amount of oxygen in the bloodstream determines which energy system is used. Eating too much sugar can cause weight gain because it invokes insulin injected into the bloodstream which breaks down the sugar and stores it away as fat. Cutting down on simple sugar and eating low fat meals will stop more fat from going in. Complex sugars are slow burning and begin to metabolize energy when your heart rate is raised for a sustained period during exercise. Sustained exercise will begin to burn the fat already stored. When you are burning simple glucose it is known as anaerobic (low oxygen) but when you are burning complex glucose or fat it is aerobic (oxygen rich).

Knowing how to lose weight means doing aerobic exercises, eating balanced meals and providing the body with what it needs. A balanced diet combined with a moderate exercise program will help you succeed in reaching your weight loss goals.

Foods to Limit or Avoid Altogether

Before engaging in a weight loss program you should be armed with the knowledge of the different types of fat. The most unsuspecting foods can contain large amounts of fat and can actually suspend your weight loss program success. Knowing what type of fat is actually in the food you're eating can greatly promote success.

- **Saturated fat**
- **Polyunsaturated fat**
- **Hydrogenated fat**
- **Trans-fatty Acids**

Saturated Fat

The source of saturated fat is found mostly in foods from animals. Certain plants can also be the source of saturated fats. Saturated fat sources from animals include beef, beef fat, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheeses and dairy products made from whole milk. Plants that contain saturated fat are coconut, coconut oil, cocoa butter, palm oil and palm kernel oil. Saturated fats are sticky fats; the cells stick to each other and can adhere to blood vessel walls producing blockages if the amount in a diet is over recommended limits. Foods that contain saturated fats can contain dietary cholesterol which can suspend your weight loss as well as contribute to high blood pressure. If the amounts of saturated fat in a diet are regulated they can fulfill essential functions toward good health.

Unsaturated Fat

Unsaturated fats in a diet can actually help to lower blood pressure and cholesterol levels which in turn will help promote your weight loss program results. This type of fat comes in two varieties: monounsaturated and polyunsaturated. They're found in many fish, nuts, seeds and oils. Examples of foods that contain unsaturated fats include salmon, trout, herring, avocados, olives, walnuts. Oils containing unsaturated fats are soybean, corn, safflower, canola, olive and sunflower. Unsaturated fat sources contain both Omega 3 and Omega 6 essential fatty acids. These fatty acids promote health, lower blood pressure and help to reduce cholesterol levels in the blood stream. Energy production in the body improves when the recommended level of essential fatty acids are included as part of a healthy diet.

Hydrogenated fat

During the processing of foods; hydrogen is injected into the saturated fats and consequently changes it on a molecular level. This chemical process is called hydrogenation. The saturated fats in margarine and shortening very commonly go through the hydrogenation process. Hydrogenated fats are not productive for a weight loss program as these fats will raise blood cholesterol. It has been found also that hydrogenation produces trans-fatty

acids making margarine and shortening a major source of trans-fatty acids.

Trans-Fatty Acids

Small amounts of Trans-fatty acids are found in beef, pork lamb, butter and milk. Trans-fatty acids are also formed during the process of hydrogenation. The trans-fatty acids lower the good HDL in the blood stream and raise the bad LDL cholesterol in the blood stream. Raising cholesterol levels in the blood stream is not productive toward weight loss success. Including non-hydrogenated foods and limited amounts of saturated fats in your diet will go a long way toward promoting continued results in your weight loss program.

Sensible Weight Control Components

A day doesn't go by without someone I run into tells me how they are trying to lose weight and get into better shape. The amazing thing about it is; for every person that has shared this goal with me seems to have a different idea on exactly how to go about losing weight and getting into better shape. Some of them are using Jenny Craig, Weight Watchers or the South Beach diet. Most of them unfortunately are missing some key components from their weight loss program that would otherwise help them to achieve their goals and realize lasting results. Here I explain some of those essential components:

- ✓ **Stay Hydrated:**
- ✓ **Vitamins & Minerals:**
- ✓ **Protein & Carbohydrates:**
- ✓ **Stretching:**
- ✓ **Weight Training:**
- ✓ **Aerobic Exercise:**
- ✓ **Rest:**

Stay Hydrated: Water is among the top most important bodily needs to live and survive. Many folks are walking around in a constant state of dehydration and don't realize it. Yes, your body needs water to survive, but equally as important it needs the water to perform many important functions. As an example; muscles are 90% water and dehydration can diminish their ability to function as designed. It is important that you drink plenty of water each day; about 8 full glasses.

Vitamins & Minerals: The food we are consuming these days, unfortunately, much of it doesn't have the vitamins and minerals necessary for the body to function at peak performance. Your body will need supplements if you are to maintain good health. Vitamins C, D & E will be necessary along with niacin and iron to help the body to perform important metabolic functions.

Protein & Carbohydrates: A balance of meats, vegetables, nuts and grains are crucial to any long term weight loss program. The body needs amino-acids to build new cells and muscles as well as the glucose carbohydrates provide for the production of energy. An imbalance of protein and carbohydrates is not a long term weight loss strategy that anyone can maintain. Eventually the body will breakdown from the depletion of one or the other.

Stretching: Your muscles store a lot of kinetic energy and stretching is one of the most efficient methods for releasing this energy. Stretching provides many other benefits such as more flexible tendons and muscle fibers. The benefits of stretching regularly can enhance performance and help you avoid injury. Daily stretching is a key component to any successful exercise routine or weight loss program.

Weight Training: Many people in the past have avoided weight training because they thought they would develop gigantic muscles. But the fact is weight training accelerates the metabolism faster than any other kind of exercise. Working the muscles progressively and consistently will burn a lot of calories in a short period of time. Also stronger muscles are healthier muscles and will reward you with a better looking physique. Start up slow and build up the intensity as you progress.

Aerobic Exercise: Participating in an exercise program that is aerobic will help you burn fat your body has already stored away. Just 20 minutes a day, 3 days a week and you can lose 2 to 3 pounds of excess body fat. Both the regularity and duration of your aerobic workouts are important if you want to see consistent weight loss results. Once you begin an aerobic exercise program then stick with it.

Rest: This is one of the most neglected and overlooked aspect of a weight loss program. Rest is the time for the body to repair, replace and rejuvenate the bones, muscles and tissues. At least 8 hours of uninterrupted sleep per night is mandatory for each individual. You will have more energy and enthusiasm if you make getting sufficient amounts of rest just as important as the any other component of your weight loss program.

A more broad perspective regarding your weight and your daily habits can help you to achieve more satisfying and consistent results. Start off both slowly and gradually when it comes to making changes. The body reacts to small changes much better than abrupt ones and small changes are easier to live up to as well. Embracing the 7 components listed above and giving them their rightful place in your weight loss program will help you achieve the results you desire.

How to Overcome Weight Loss Hindrances

Everyone who has ever been on a weight loss or exercise program has run into hindrances and setbacks that impede their progress. But there is a way to pick up the pieces and find the courage to move forward again. Here are 5 areas to consider when you need to begin again after a setback.

- ✓ **Find the Trigger**
- ✓ **Find a Strategy**
- ✓ **Find the Motivation**
- ✓ **Find the Commitment**
- ✓ **Find the Time**

Find the Trigger

Something caused you to backslide from your program. It may be a person, a situation or an emotional event. Either way understanding what triggered you to let go of the momentum you built into your weight loss program is important. It is important so you can get to know you better. Find out what happened before, during and after to cause the setback. Once you have identified the trigger you will have some knowledge about yourself that you didn't have before. This new knowledge will let you move forward armed for success. By discovering the trigger you can take precautions not to let it influence your behavior in the same way again.

Find a Strategy

Many times a setback is caused by not having a coping strategy directly related to food or exercise. If certain emotions trip you up; then a coping strategy for certain emotions will be necessary. If certain people or places trip you up and make you more prone to backsliding, then a coping strategy for them will be necessary. Staying focused and being able to deal with those sensitive triggers will be crucial. Try to relax and take a few deep breaths and focus on the goal. Visualize what it's going to be like to enjoy the reward of your successful efforts. Put some insulation between the hindrance and you while moving forward in the right direction.

Find the Motivation

Take some time and ask yourself the important question; why am I doing this? What is the motive for eating healthy and losing weight? It is probably a biggie and will provide you with the energy to carry on and through to the end. Sometimes you are going to have to remind yourself why you are doing it and why it is important to be successful. If you feel you are losing ground stop and remind yourself why you need to do this. Remind yourself of the benefits and what waits for you at the finish line.

Find the Commitment

If you have found the center of your motivation then it will be easy to get committed. You either want to see it through to the end or you don't. You

may be motivated to get into better shape and loss weight but until you make the commitment to do so it will not happen. If your motive is important enough it is time to recommit and make the decision to pick up the pieces and begin again. Learn from the setback but put it behind you now. Commit to moving forward with a renewed determination and focus.

Find the Time

Until you actually meet the goals you have made for yourself they become the priority. If you don't set aside the time to exercise or plan your meals it just won't happen. Set aside the proper time to plan your meals appropriately, put aside the 20 minutes 3 times a week for your weight training and cardio. Don't let any little thing get in the way and rob you of the time you need. Explain your goals to those closest to you so they can support you by giving you the time needed. Finding the time is a big chunk of the challenge but if you can it will enhance your chances of getting back on the right path.

How to Maintain Your Weight Loss

- **Stay Focused and Committed**
- **Appreciate Your Accomplishment**
- **Help Others to Achieve**

Stay Focused and Committed

You have worked hard to get where you are and you've sacrificed a lot to achieve the results of your fat loss. Now is not the time to lose your focus and perhaps drift back into old eating or exercise habits. Stay focused on maintaining your fat loss by continuing to eat healthy, exercise regularly and take care of your body. It is far easier to maintain your fat loss now that you have achieved it then to lose it in the first place. Am I right?

Now that you are in the habit of being careful about the ingredients in your food; stay with it. Continue to bring the food under your watchful eye being certain your meals don't contain large amounts of saturated fat and salt. It will be worth it and the fat loss will remain loss.

If the temptation to backslide becomes overwhelming for you sit down and recommit yourself to the goals you set and move forward toward the maintenance of those goals. You have been through the most difficult part of the process and now you can keep it off with the same focus and commitment you have already displayed.

Appreciate Your Accomplishment

Many will struggle their whole lives and never quite reach the goal that you have accomplished. Give yourself credit for the truly great achievement you have accomplished. Go ahead, pat yourself on the back and be happy with the results. The hardest part of your journey is already behind you. Now you

can move forward and enjoy the fruits of your labor.

You can remember where you were and how badly you wanted to be successful with the fat loss program. Well now you are on the other side of the fat loss challenge. But don't forget to reinforce the new eating and exercise habits you have developed. These new habits will be the key to your continued success in maintaining the fat loss. The amount of focus and commitment you have expressed in your accomplishment is quite an achievement and you should remind yourself of it often.

It took a lot of energy and dedication to your goal to get through this challenge and now is the time to maintain the new habits and new relationship with food. Many challenges may be ahead but fat loss doesn't have to be one of them for you. Continuing to eat balanced and healthy meals as well as performing your regular exercise program will safeguard the accomplishment you have achieved and secure its proper place in your future.

Help Others to Achieve

A great way to keep yourself motivated to maintain your fat loss is to help someone achieve the same results. You know how difficult the process can be and sometimes going it alone can be difficult. You have been there and gone through the challenges successfully, now you could really help someone else to feel the enthusiasm and satisfaction you have experienced. By modeling how a person successfully accomplishes fat loss and keeps it off can provide a tremendous amount of encouragement for another. Don't underestimate what you may have to contribute to the fat loss success of someone else. You will feel wonderful when you have played an important part in helping someone with their fat loss success story.

[Training Tips for Men and Women over 40](#)

Desire

Understanding and identifying desire is important before you begin training over 40. A fitness training program is a very approachable endeavor and you are to be commended for considering one. But understand one thing: everything we do is the direct result of desire, the desire to avoid some kind of pain or embrace some kind of pleasure. Identifying the painful and/or pleasurable reasons for considering fitness over 40 and aligning yourself correctly will put the power of desire to work for you. Maybe your desire for training over 40 means looking better physically (pleasure) and feeling less self-conscious (pain). That's a realistic assessment and one a lot of people have in common. Clarifying the desire up front will help you later in developing commitment. >>>

Motivation

Having the desire to begin training over 40 is one thing, having the motivation to begin is quite another. I might feel good when I think about having a better looking physique (pleasure). I certainly might feel bad when I feel self-conscious about my physique (pain), but am I willing to do something about it? Am I willing to change the way I feel now by changing the way things will be? If I can see the new me and have the desire to bring it into reality even if I have to confront some pain I am establishing the why or the motive for doing it. My desire is the what, my motivation is the why. Why do you want to pursue a better level of fitness over 40? The answer is important for you to establish before you begin.

Developing Commitment

The process of developing commitment is where desire and motivation come together in a powerful combination like a one-two punch on the button. Armed with desire and motivation you can bring their power to bear in developing commitment. You will know you have developed commitment when you feel the drive, persistence and determination to bring your dream into reality. It might be to run a 10k race or produce a better physique, who knows? Whatever your dream is if it is lasting and worth pursuing it will require a commitment on your part. At some point during the process your commitment will be tested and its power will either fade or propel you closer toward achieving your goals.

Setting Long and Short Term Goals

Many people pursuing a higher level of fitness over 40 have found that you can't accomplish everything at once and certainly not overnight. Some results will come almost immediately but others may take several years to accomplish. It all depends on what your personal training goals are. The simple goals can be established just by writing them down in order of priority and achievability. The easy ones come first then they get more difficult as you go down the list. Make out that list tonight. Some goals you might not be able to set by yourself, in that case consult with a fitness trainer, one that specializes in fitness over 40 and get the help you need. A consultation with your physician to let them know what actions you are >>> taking might not be a bad idea either.

Taking Action

All the steps we have taken up to now have been building blocks for accomplishing one thing; your desire. A sincere desire requires motivation; a reason why you are going to do it. An authentic commitment to see it through will give you the determination to reach the finish line. The short and long term goals you set are the roadmap to that the finish line. Now comes the time to take action by putting one foot in front of the other and begin your journey towards a better level of fitness over 40.

WALK YOUR WAY TO HEALTH

An 8 Week Fitness Training Program

By: [William M. Whitmire](#)



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