

1. Visit your local Club Reduce<sup>®</sup> doctor to receive a Symptom Assessment and exercise plan.
2. Follow the exercise recommendations of your Club Reduce<sup>®</sup> doctor using the cardio and fat burning exercises provided. (Worksheet 1)
3. Keep track of how much water you are drinking while you exercise. Remember the importance of hydration!  
(Worksheet 2)
4. Keep following the Club Reduce<sup>®</sup> Eating and Healthy Living Guidelines.
5. Listen to the Self-Mastery Technology recording for this week.

## Worksheet 1: Cardio Exercises

*The following exercises are appropriate for patients recommended for light cardio exercises by a Club Reduce® doctor. If you are overweight remember it is important to start by just getting the body moving. Check the box for everyday you complete.*

<b>Cardio</b>	<b>Obese / Overweight Week 1</b>	<b>Obese / Overweight Week 2</b>
Day 1 <input type="checkbox"/> <input type="checkbox"/>	Steady pace: 20-30 min walking	Steady pace: 30-45 min walking
Day 2 <input type="checkbox"/> <input type="checkbox"/>	Steady pace: 20-30 min walking	Steady pace: 30-45 min walking
Day 3 <input type="checkbox"/> <input type="checkbox"/>	Steady pace: 20-30 min walking	Steady pace: 30-45 min fast-paced walking
Day 4 <input type="checkbox"/> <input type="checkbox"/>	Steady pace: 30 min walking	Steady pace: 45-60 min walking
Day 5 <input type="checkbox"/> <input type="checkbox"/>	Steady pace: 30 min walking	Steady pace: 45-60 min walking
Day 6 <input type="checkbox"/> <input type="checkbox"/>	Steady pace: 30-45 min walking-increase intensity (incline, speed, etc.)	Steady pace: 45-60 min walking-increase intensity (incline, speed, etc.)
Day 7 <input type="checkbox"/> <input type="checkbox"/>	Steady pace: 30-45 min walking-increase intensity (incline, speed, etc.)	Steady pace: 45-60 min walking-increase intensity (incline, speed, etc.)

Even if you aren't excessively overweight it is good to keep the body moving. Try bursting walking speeds or adding a little jogging into the mix. Always remember to talk to your Club Reduce® doctor before starting an exercise program.

## Worksheet 1: Interval Cardio

*The following exercises are more strenuous and require a treadmill, stationary bicycle, elliptical or x-iser and should only be done with the recommendations of your Club Reduce® doctor.*

**Warm-up:** 3 min at 3-4 mph, easy talking pace

**Speed Up:** 5 min at 5-6 mph, little harder to talk

**Slow Down:** Return to warm-up pace for 1 min

**Speed Up:** 3 min at 6-7 mph, hard to talk

**Slow Down:** Return to warm-up pace for 1 min

**Speed Up:** 3 min at 7-8 mph, hard to talk

**Slow Down:** 1 min at warm-up speed

**Speed Up:** 3 min at 8-9 mph, hard to talk

**Slow Down:** Return to warm-up pace for 1 min

**Speed Up:** 3 min at 8-9 mph, hard to talk

**Slow Down:** Return to warm-up pace for 1 min

**Speed Up:** 1 min as fast as you can

**Cool Down:** 2 min at 3-4 mph

## **Worksheet 2: Hydration**

*Are you getting enough hydration? Do you usually drink water during exercise? If not, answer the following questions to find out why you may struggle to stay hydrated.*

When you get to the point where you can answer yes to all of these questions, your hydration levels should be greatly improved, helping you to lose more weight.

**1. Do you enjoy drinking water while exercising?**

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**2. Do you carry water with you at all times?**

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**3. Do you drink it in small amounts frequently?**

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**4. Do you avoid swallowing or gulping in air?**

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**5. Do you drink slowly?**

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**6. Can you make it through a 30 min exercise without urinating?**

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**7. Do you have your last drink 20-30 minutes before exercise?**

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**8. Do you like the taste of water?**

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**9. Have you tried adding a squeeze of lemon to your water?**

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## **Worksheet 2: Hydration Ctd.**

*Complete the following hydration checklist every time you exercise.*

### **Hydration before Exercise**

- Did I drink 1-2 cups of water about an hour before my exercise?

### **Hydration during Exercise**

- Did I drink 8-10 fl oz every 10-15 min during exercise?
- Did I drink before I get thirsty?

Remember: When thirst occurs it is a sign that your body is on its way to dehydration.

- Did I keep track of my water consumption by drinking from a bottle marked with measurements?
- Did I pay attention to how much I was sweating and compensate during and after working out for the lost water?

### **Hydration after Exercise**

- Did I weigh myself before and after exercise and replace fluid losses?
- Did I drink 20-24 fl oz water for every 1 lb lost?