

**How Start Your Fitness Plan Today...**

**For a Better Looking Tomorrow !**

**A Special Report**

By Adriel Yapana, Certified Personal Trainer



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## **Introduction**

Hi there!

Are you happy with how you look and feel?

Do this test to see who you truly are. Okay, in the privacy of your own home mirror, disrobe. Yes, you heard me. Look at yourself, nude.

Are you happy with your reflection? If not, you can do something about it.

In this special report, I'm going to write to you about strategies on easily breaking to a healthier lifestyle. This is great for those who are just starting out or those who want a bit of fitness inspiration.

It's time to get serious about your weight loss plan.

Your Fitness Coach,

Adriel Yapana

## Organization and Progress

What are you training for? You must have a goal.  
Do you want to run a half marathon or gain 10 pounds of lean muscle?  
Look better? What areas? How many pounds do you want to lose?

On a scale of 1 to 10, (10 being excellent), where is your current level of fitness? Be honest.

How much time do you have to devote to exercise each week?

What is that number. Now, I need you to write the time it takes you to drive to the gym, how long it takes to change your clothes, shower etc. That way, we take out all the "wiggle room" excuses of "I don't have the time"

Factor those minutes in.

Now, schedule at least your next three work out sessions, whether it's walking or weights or both.

I write down what my plan is in checkbook size planner I carry around everywhere. When I train I write my reps, sets, weight amounts used. If i'm doing cardio, I'll write duration, distance and overall feeling.

By writing this, you can get a view of overall performance as you progress. This can help with motivation and tracking.

Adriel recommends: [5 Foods that FIGHT Abdominal Fat](#)

## Goals



1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## 30 Minutes a Day

If you find you're having a hard time spending time exercising for an hour or more a day. Make a goal of just 30 minutes a day.

Set a goal of just doing 10 minutes of walking each day for the first week. Add 10 minutes the next and by week 3 you'll be doing 30 minutes a week. Aim to do 30 minutes of walking each day.

You can try it for the first 100 days. Just 10 minutes. Changes can be tough for many in the beginning. Print out this 100 day chart, put it in your wallet or purse and cross off each day you do 10 minutes (or more). Build on each day and you'll get the momentum up and going before you know it. Thirty minutes a day - Find a way!

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

## Love Sweets?

I love and eat sweets here and there. No worries, I simply calculate the "energy to burn" necessary activity and factor in the amount of work I need on top of my general fitness goals.

When you're starting out with eating supportively, hopefully you're spacing your meals so you eat every 3 to 3.5 hours and eating 4 smaller meals a day. Eventually, you'll get to 5 or 6 mini meals a day. Also, consider how many calories you eat and burn each day, rather than when you eat.

*BURN IT OFF, KEEP IT OFF*  
Here's how easy it is to negate your workout.

45 Minutes of...	Burns...	About the Same Amount in...
Hatha yoga	128 calories*	5 oz red wine
Walking (3 MPH)	168 calories	1 Luna Chocolate Raspberry bar
Brisk walking (4 MPH)	255 calories	1 Snickers bar (2 oz)
Pilates	270 calories	1 Starbucks Venti Café Mocha with fat-free milk
Power yoga	310 calories	1 Häagen-Dazs Vanilla & Almond ice cream bar
Slow jogging (5 MPH)	408 calories	8 Oreo cookies
Spinning	459 calories	1 plain bagel with cream cheese
Elliptical trainer	488 calories	1 large McDonald's fries
Running (7 mph)	587 calories	1 large broccoli Cheddar soup at Au Bon Pain + 1 small caffè latte

\*Based on a 150-pound person

[Resource: page 70 of Prevention Feb 2011 issue]

So, if you want to indulge, indulge!

Adriel recommends: [Stop Dieting and Start Eating](#)

## **Get Groovin' - A Simple Exercise Circuit**

You'll need two tools. A yoga mat and a treadmill.

First, we'll attack the belly by doing simple bicycle crunches. Do them slow and controlled for 10 reps on each side (so total or 20 reps together) Really move in slow, smooth motion and really "feel" the muscles working. It may take 8-10 seconds to go up and down on one side of the movement. Hold for 2 seconds at the top of each crunch, squeeze, release and do the other side.

After a set of abs, get up and hop on the treadmill (or walk around).

Walk for a moderate pace of 3 minutes. Then, pickup th the pace and incline at 3 percent for a minute (Is should be hard for you to hold a conversation). Slow it down to a brisk, moderate pace. Hop off and do your bicycle crunches again.

After the crunches, get back and walk a moderate pace for 3 minutes. Then pick up the pace and incline for one. Repeat the abs crunches/walking until you complete 30-40 minutes.

You can do the same on an elliptical trainer, upright or seated bicycle. Up the intensity for during that minute. (to an 8 or 9 out of 10 on your intensity scale) Do until you complete 30-40 minutes of movement.

This will help you get back into the groove of two basic exercise moves and keep your mind business for those who get bored quickly being on one machine for a while. Just be mindful when stepping off any moving cardio piece of equipment.

For more conditioned individuals, try the Tabata Protocol - yeah, I know sounds funny - it was developed by a Japanese researcher.

It's also known as HIIT (High Intensity Interval Training). I suggest you do this no more than twice a week.

Use this during your cardio or body weight calisthenics routine.

I love it because you don't need any fancy equipment. Just a watch will do and a great attitude that you can push yourself.

First one warm-up for five minutes. This could be walking in place, skipping rope, brisk walking or jogging, pedaling on a stationary bike or indoors on a treadmill.

Now, after the warm up, walk/run/pedal as fast that you can for 20 seconds then you walk slowly for 10 seconds . This is the basis of this. You go high intensity for 20 and then slow down for 10. When you're the 20 seconds phase, get your intensity level at an 8 or 9 on a scale of 1 to 10 with 10 being very difficult. Repeat this 30 second cycle seven more times for four minutes.

Pretty simple, right?

When you're done with the 4 minute drill, cool down for two minutes and you're done.

Do what you need to do, hit the showers, go home.

This type of workout helps boost production of hormones that building muscle, helps the body use oxygen more efficiently and improves your aerobic conditioning.

Adriel recommends: [Turbulence Training Fat Loss System](#)

## **Conclusion:**

There you have it, a simple plan to get back to exercising and adapting a healthier lifestyle.

Remember, become detail oriented when setting specific goals. Don't just say "I want to lose weight" say, "I'm going to lose 20 pounds by June 14."

Reward yourself for reaching milestone with non-food related gifts.

Write down your workouts, so you can see a tangible reminder of your progress doing your indoor workouts.

See who you truly are. Yes, disrobe in the privacy of your home mirror. Are you happy with your reflection? If not, its time to get serious about your weight loss plan.

## **Resources/Recommendations:**

[Prograde Supplements](#)

[Easy Vegetarian Meals Plans](#)

[Fat Burning Kitchen](#)

[Are You Looking to Add Muscle](#)

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