



**Take Shape
For Life®**
Life in Motion®



Exercise guide



WELCOME

Regular exercise is a necessary part of losing weight and maintaining weight loss. Exercise can also help prevent many chronic diseases and helps improve your overall mood. Incorporating regular exercise into your weight loss (and weight maintenance) program significantly improves your chances of achieving long-term results.

Before you begin exercising, be sure to check with your doctor to make sure your exercise plan is appropriate for you. If you do not exercise currently, we recommend you wait three weeks before you begin. Once you have been deemed ready, adopt a slow pace and gradually increase the amount of time spent on the activity. If you are currently exercising, we recommend you cut your current plan in half during the first three weeks, then gradually build it back up.

The Take Shape For Life Exercise Guide will help you learn more about exercise and its value. This guide will also provide tips regarding how to exercise, when to exercise and the type of exercise activities we recommend. We will also introduce you to the Take Shape For Life Walking Program. This 12-week walking program is great for beginners OR exercise veterans – and will help you incorporate a consistent workout schedule into your healthy lifestyle.

Do you have questions? Your Take Shape For Life Health Coach can provide answers to any questions you may have about your exercise program. Your Health Coach is available for you every step of the way!

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BENEFITS OF EXERCISE

We all know exercise can help you stay trim and in shape, but there are a number of health benefits sometimes overlooked:

- Helps prevent chronic diseases (such as heart disease), stroke, and diabetes
- Improves your overall mood
- Reduces high blood pressure
- Reduces stress
- Strengthens muscles, bones, and joints
- Improves metabolism and increases your energy level
- Strengthens immune system
- Helps prevent depression
- Increases bone density, which helps prevent osteoporosis

TYPES OF EXERCISE

There are three types of exercise we recommend for optimal health:

- 1) aerobic exercise, 2) strength training, and
- 3) lifestyle exercise.

Aerobic Exercise

Aerobic exercise helps strengthen your heart and lungs. Factors that affect aerobic exercise include how often you perform aerobic activity, the amount of time you spend at each session and the intensity (or percentage) of your maximum heart rate. Perform aerobic exercise:

- * 3–5 times per week

- * 20–60 minutes each time

- * at 60–85 percent of your maximum heart rate, OR

- * at 50–60 percent of your maximum heart rate if you are just starting an exercise program or have a heart condition

At first, 3 times per week, for 20 minutes, at 60 percent of your heart rate may be enough activity for you. As your conditioning improves, increase the number of days per week, and the time and intensity of your exercise.

MAXIMUM HEART RATE

A person's heart rate is the measure of heartbeats per minute. Your maximum heart rate is the heart rate you should reach when exercising at a maximal exertion level. To calculate your maximum heart rate, subtract your age from 220. For example, if you are 30 years old, your maximum heart rate is 190:

$(220 - 30 = 190)$

TARGET HEART RATE

Target heart rate is 50–85 percent of your maximum heart rate. Exercising within your target heart rate zone allows you to maximize your cardio-respiratory fitness level. For example, if your maximum heart rate is 190, then the lower-end of your target heart rate zone is 95 heartbeats per minute ($0.50 \times 190 = 95$).

If you are just starting an exercise program, or if you have a heart condition, your physician may recommend you begin exercising at 50–60 percent of your maximum heart rate. If you have been active, and do not have a heart condition, exercising at 60–65 percent of your maximum heart rate may be a good place to begin. Once the target heart rate you choose becomes too easy for you, incrementally increase your target heart rate to the upper-end (85 percent) of your target heart rate zone ($0.85 \times 190 = 162$ heartbeats per minute).

Determining your target heart rate requires periodic measuring. The best way to measure your heart rate is to purchase a heart rate monitor. The price of a good heart rate monitor can range from \$30 – \$100, but is worth the investment. They can be found at most sporting goods stores.



EXERCISE INTENSITY LEVELS

Use this information to determine the appropriate level for you.

There are three levels of exercise intensity: low intensity, medium intensity, and high intensity. The intensity level of exercise determines your stage of exercise, and the amount of calories you burn each time. Identifying the appropriate exercise intensity level will help you determine the type of exercises you should perform.

LOW INTENSITY:

For: beginners; those with a heart condition; those weighing over 250 pounds; or those new to Take Shape For Life

To exercise at a low intensity level, your target heart rate should be 50–65 percent of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220. For example, if you are 30 years old, your maximum heart rate is 190 ($220 - 30 = 190$). If you choose to exercise at 50 percent of your maximum heart rate, your target heart rate would be 95 heartbeats per minute ($0.50 \times 190 = 95$). If you choose to exercise at 65 percent of your maximum heart rate, your target heart rate would be 124 heartbeats per minute ($0.65 \times 190 = 124$).



Depending on your weight, low-intensity exercise will burn an average of 2.5 calories per minute. Use the following chart to determine the amount of calories you will burn while exercising at a low intensity level:

Your Weight (in pounds)	Calories per Minute
100-125	1
126-150	1
151-200	2
201-250	2
251-300	3
301-400	4
Over 400	5

Begin incorporating low-intensity exercises for at least 20 minutes a day, 3–4 days a week. Gradually work your way up to the next exercise level (medium-intensity). There are many low-intensity exercise options, including:

- Gardening (raking leaves, pulling weeds, light shoveling, etc.)
- Housework (vacuuming, sweeping/mopping, cleaning windows, etc.)
- Walking
- Painting
- Washing the car

MEDIUM INTENSITY:

For individuals comfortable with beginning a more active exercise program

Exercising at a medium-intensity level requires the use of large muscle groups (such as the back, chest, legs, and buttocks). At a medium-intensity level, exercisers work at 65–75 percent of their maximum heart rate.

To calculate your maximum heart rate, subtract your age from 220. For example, if you are 30 years old, your maximum heart

rate is 190 ($220 - 30 = 190$). At a medium-intensity level, you should exercise anywhere between 124–143 beats per minute ($0.65 \times 190 = 124$; $0.75 \times 190 = 143$).

Medium-intensity exercise burns an average of 7.5 calories per minute depending on your weight. Use the following chart to determine the number of calories you will burn using medium-intensity level exercises:

Your Weight (in pounds)	Calories per Minute
100-125	3
126-150	5
151-200	7
201-250	8
251-300	9
301-400	10
Over 400	11

There are a wide variety of medium-intensity exercises you can do on a regular basis. These exercises are not only beneficial for losing weight – they also help prevent heart disease, lower blood pressure, reduce the risk of developing diabetes, and improve psychological well being. Once you have become comfortable working out at a low-intensity level, incorporate medium-intensity exercises at least 3–4 days per week. Begin with a comfortable time frame of 15–20 minutes per day, and gradually work your way up to at least 45 minutes a day, 4–5 days per week.

Examples of medium-intensity exercises include:

- Brisk walking
- Bicycling
- Sports (tennis, basketball, swimming, etc.)
- Dancing (square dancing, salsa, swing, etc.)
- Hiking

HIGH INTENSITY:

For regular exercisers looking to step things up

High-intensity exercise is not for beginners or anyone just starting the Take Shape For Life Program. These exercises are recommended for individuals who exercise daily, and have either hit a plateau or are looking for something more intense to incorporate into their exercise routine. At a high-intensity exercise level, you are exercising at 75–85 percent of your maximum heart rate. To calculate your maximum heart rate, subtract your age from 220. For example, if you are 30 years old, your maximum heart rate is 190 ($220 - 30 = 190$). At a high-intensity level, you should exercise anywhere between 143–162 beats per minute ($0.75 \times 190 = 143$; $0.85 \times 190 = 162$). High-intensity exercise burns an average of 14.3 calories per minute depending on your weight. Use the following chart to determine the number of calories you will burn using high-intensity level exercises:

Your Weight (in pounds)	Calories per Minute
100-125	7
126-150	9
151-200	12
201-250	14
251-300	16
301-400	20
Over 400	22

Many exercisers will alternate high-intensity workouts into their weekly schedule. These exercises are also helpful to those who have hit plateaus in their exercise routine and have stopped losing weight. If you exercise at a medium-intensity level 4–5 days a week, you may want to try including small amounts of high-intensity exercises.

Examples of high-intensity exercises include:

- Running
- Briskly climbing stairs
- High-level aerobics class
- Spinning
- Jumping rope
- Strength/Weight training



WARM UP AND COOL DOWN

Intense exercises should include a warm-up and a cool-down period. Warm-up and cool-down should be 5–10 minutes each, and include a low-level activity such as walking. After warming up and cooling down, it is important to incorporate a series of stretches. Each stretch should be held slowly for 20–30 seconds (without bouncing), and include each major muscle group challenged during the workout.



TAKE SHAPE FOR LIFE WALKING PROGRAM

An easy approach to aerobic exercise

Walking is one of the easiest ways to incorporate aerobic exercise into your daily schedule. Whether you want to lose 10 pounds or 100 pounds, walking is a great form of exercise. Beginning a consistent walking program is the first step to exercising while on the 5 & 1 Plan.

Take Shape For Life recommends beginning the 12-week walking program after you have completed three weeks of the 5 & 1 Plan. If you have been using Medifast for three weeks or more and do not exercise, the Take Shape For Life Walking Program is a great place to start. If you've been on Medifast for more than 3 weeks and are already exercising, make the 12-week Take Shape For Life Walking Program part of your workout schedule.

The Take Shape For Life Walking Program is great for anyone who wishes to incorporate an aerobic workout into his or her healthy lifestyle. If you are new to exercise, begin this program slowly. You do not need to finish each week consecutively. If you have difficulty completing Week 3 (consisting of three days of 25-minute walks), repeat Week 3 until you are comfortable with this schedule. The Take Shape For Life Walking Program does not need to be completed in 12 weeks. You may also divide the time into smaller sessions at the beginning. For example, if you have difficulty walking 30 minutes straight during Week 4, divide the session into two parts – walking 15 minutes in one session and 15 minutes later that day.

The times and distances used in the Take Shape For Life Walking Program are goal standards. Some people will finish walking a mile in less than 20 minutes, while others may not. Listen to your body and take caution when beginning this program. Also, if you do not have access to a treadmill or outdoor track, we recommend using your car's odometer to measure the

distance of a safe walking route in your area.

The most important thing to consider when beginning a walking program is consistency. It is very important to walk regularly in order to build stamina and get into a habit of walking. You will find that the more consistent you are with the program, the easier it will become.

Week	Warm Up (minutes)	Brisk Walking (minutes)	Cool Down (minutes)	Total Distance (miles)	Total Time (minutes)	Days/Week
1	5	10	5	1	20	3
2	5	12	5	1.25	22	3
3	5	15	5	1.5	25	3
4	5	20	5	1.75	30	3
5	5	25	5	2	35	3
6	5	30	5	2.25	40	3-4
7	5	32	5	2.5	42	3-4
8	5	35	5	2.75	45	3-4
9	5	40	5	3	50	3-4
10	5	42	5	3.25	52	3-4
11	5	45	5	3.5	55	3-4
12	5	50	5	3.75	60	3-4

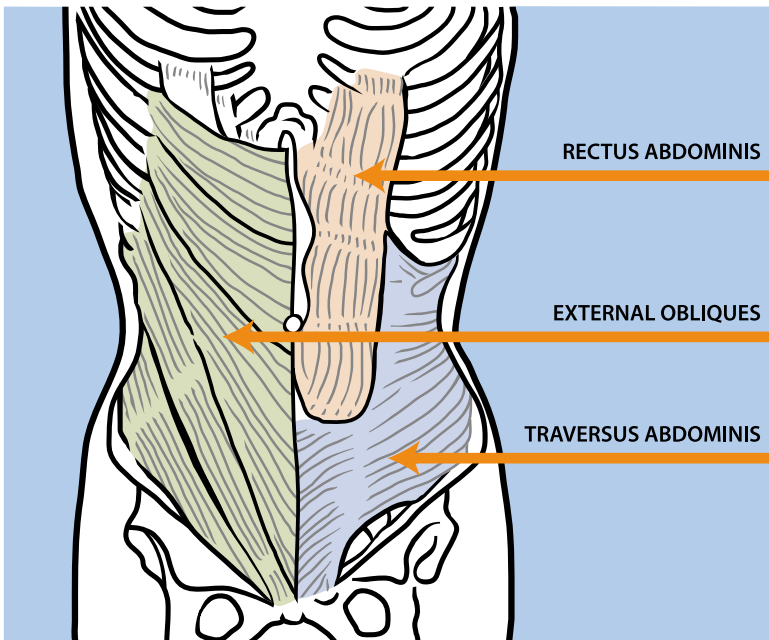
Disclaimer: Unless you are already exercising, do not begin an exercise program in the first few weeks of weight loss. Consult your doctor before beginning this exercise program. The instructions and advice presented do not substitute for medical consultation. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

WALKING TIPS

Walk the Walk:

Guidelines for how to walk while on the program:

1. **Walk tall**- this will improve overall posture
2. **Keep eyes and head forward**- this will also keep your posture straight
3. **Keep shoulders down and relaxed**
4. **Tighten abdominal muscles and buttocks**- the diagram below shows the core muscles that you strengthen by walking correctly



Working the Program:

Follow these tips for the best results while completing the walking program:

1. **Walk regularly**- the most important thing in a walking program is consistency and sticking to your walking schedule.
2. **Drink water**- this includes before, during and after walking.
3. **Practice stretching**- stretching before and after a walk will assist in injury prevention.
4. **Warm-up and cool down** - warm up by walking for 5 minutes, stretch, then begin a brisker walk. At the end of your walk, cool down by walking slower and end your routine with stretches.
5. **Start slow**- when first beginning a routine, listen to your body. You may need to decrease (or increase) your time or intensity when first beginning a walking program.
6. **Take your time**- if you have trouble finishing a scheduled walk week, re-walk the week's schedule the following week until you feel comfortable completing the routine. You do not have to complete this schedule in 12 weeks.
7. **Increase daily steps**- take the stairs, don't take the front parking spot, or walk to the restroom farthest away from your desk.

Completing the walking program:

After completing Week 12 of the walking program, continue your healthy lifestyle by following these suggestions:

1. **Walk more than 3 days a week**- work your way up to walking 5-6 days a week for at least 30 minutes each session.
2. **Increase your intensity**- find a route that includes hills, or walk the same distance in a shorter amount of time.
3. **Strength training**- on your days off, incorporate strength training into your exercise program. This will help keep you tone and feeling strong.

STRENGTH TRAINING

Strength training can help tone muscles, increase strength and bone density, improve posture and even reduce the potential for injury. In addition, strength training helps increase your metabolism, allowing you to burn more calories on a daily basis. You should participate in a strength training routine that incorporates all of your major muscle groups 2–3 times a week.

Most fitness centers offer various fitness machines, free-weights and other tools designed to help increase muscle strength. Fitness and department stores also sell fitness equipment and strength training videos for home use. Before you begin your strength training routine, we recommend you receive instruction from your gym staff or a personal trainer.

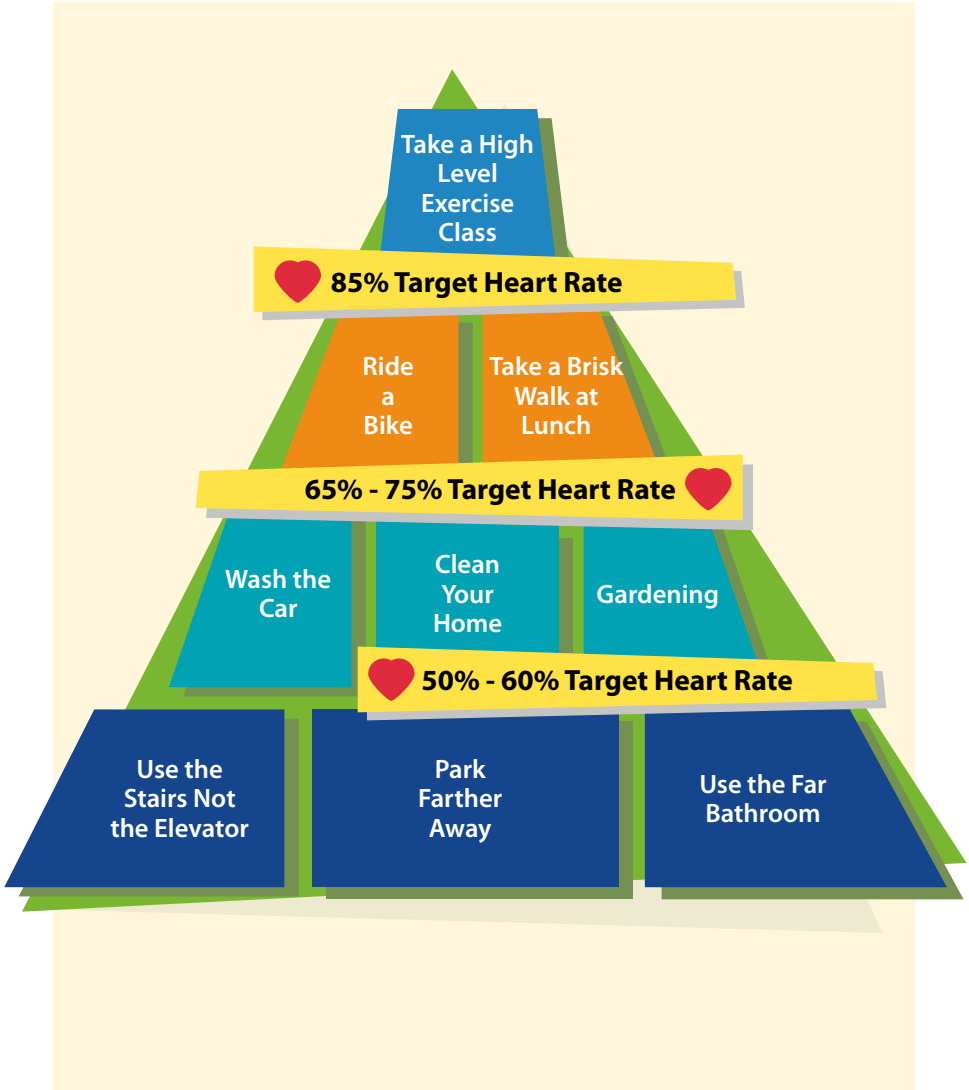


LIFESTYLE EXERCISE

You may find it hard to fit “traditional” exercise into your busy lifestyle. By completing a handful of these quick and simple “lifestyle” exercises everyday, you will burn more calories on a daily basis. Try these at work, home, or while on vacation!

1. **Park Far Away** – by parking farther away from the entrance to work or shopping, you can easily add valuable steps (exercise) to your busy day.
2. **Bathroom Breaks** – instead of using the bathroom closest to your desk or office, walk to another one down the hall or on another floor.
3. **Power-walk Lunch** – by eating a well-balanced lunch and walking for the duration of your lunch break, you can easily incorporate a mini-aerobic workout into your busy day. Even if your lunch break is only 30 minutes, a quick walk around your office building is an easy way to add physical activity to your busy schedule.
4. **Play with your Kids** – a simple game of kickball or a round of hoops with the kids is an excellent way to burn calories. By scheduling a daily family activity like this, it is easy to stay active while having fun with your family at the same time. Schedule a game of kickball (or whatever game your family enjoys) for roughly the same time every day – when the entire family can participate. A game right after dinner may work for your family.
5. **Do your Chores** – everyday household chores provide an easy (and efficient) way to stay active with a busy lifestyle. Mowing the lawn with a push-mower, sweeping and mopping the kitchen and bathroom, or vacuuming the house are great ways to burn calories while keeping your home in top shape.

EXERCISE PYRAMID



EXERCISE EXCITEMENT

Performing the same exercise routine can become boring and hard to stick with. Adding different activities to your exercise routine can help you stay focused; variety often provides the extra motivation necessary to continue with your exercise program.

1. **Pick an activity you enjoy** – if you don't like to run, try power walking, swimming, or riding a bike. Make it something you like doing, instead of something you have to force yourself to do.
2. **Try something new** – if conventional exercise just doesn't do it for you, sign up for salsa lessons (or any kind of dancing for that matter). Not only will you be exercising, you'll also be learning something new and exciting!
3. **Vary your routine** – walk around your neighborhood one day, and then pick a different route the next. Vary your exercise routine with bike rides or swimming. Keep it interesting!
4. **Bring a friend** – be accountable to each other. Committing to an exercise partner will make you less likely to skip your exercise sessions, and more likely to stick to your routine.
5. **Use exercise to vent** – if you've had a bad day, exercise can be a great therapy! It allows you to burn off steam, and gives you time to think and sort through stressful issues.
6. **Take a class** – try a spinning, Pilates, or kickboxing class. These classes will challenge you – and you'll see a huge improvement in both your physical and mental strength.

FAQ - Answers to questions about exercise

1. How do I start an exercise program?

Walking is a great exercise to incorporate when beginning any exercise program. Whether you prefer walking on a treadmill or outdoors, walking is a great way to strengthen your joints, muscles, and bones. Details about the Take Shape For Life Walking Program can be found on Pages 12-13.

2. How can I monitor my heart rate while I exercise?

Most new exercise equipment is manufactured with built-in heart rate monitors that provide an accurate reading of your heart rate while working out. You can also purchase a heart rate monitor that can be worn around your wrist like a watch. These great accessories cost between \$30 – \$100 and can be found at most sporting goods stores.

If you prefer another option, you can take your pulse. Simply take one minute from exercising, hold your pointer and middle fingers to your wrist or neck, and count the number of heartbeats in one minute, OR count the number of times your heart beats in 10 seconds and multiply by six. Another option is to use the “conversational pace” measure. You should be able to talk to a friend while exercising. If you can sing and exercise at the same time, you’re probably not working hard enough.

3. What is a target heart rate?

Target heart rate is the heart rate desired during aerobic exercise. Your target heart rate is a percentage of your maximum heart rate and is used to maximize your heart and lung capacities. Your target heart rate goal should always be 50–85 percent of your maximum heart rate. Once you can sustain your target heart rate for 20 minutes, feel free to gradually increase your intensity. Exercising at a higher intensity level allows you to burn more calories. Exercising at a target heart rate above 85 percent of your maximum heart rate may make it difficult to sustain the recommended 20–60 minutes of exercise. The target heart rate formula is simple and can be found on Page 5.

4. How often should I exercise?

Researchers and health professionals recommend that healthy individuals should perform aerobic exercise at least 5 days a week. Strength training should be done 2–3 times a week. You should not begin an exercise program in the first few weeks of weight loss. If you are just beginning the 5 & 1 Plan and do not currently exercise, we recommend you begin with some light to moderate exercise at about Week 3. If you are already exercising, you may continue, but listen to your body. You may feel a need to decrease the intensity of your exercise until your body adapts to the 5 & 1 Plan.

5. I experience knee and feet pain when exercising. What exercises can I do?

Keep an open mind and try each of these activities twice: a water aerobics class, a deep-water running class, a small amount of stationary biking, and some strength training with weights. You should try these activities twice (so you can really experience them), modifying where necessary and noticing how you feel afterwards. Once you find an exercise that works for you, try incorporating it 4-5 times a week.

6. I have a hard time fitting exercise into my daily routine. How can I fit exercise into my busy schedule?

We understand how difficult it can be to exercise with work, family, and everyday life issues. We recommend incorporating mini-exercises into your everyday schedule. By exercising in 10-minute intervals throughout the day, it is easy to get the appropriate amount of activity into your busy schedule. For some quick ideas, check out Page 17 and start adding mini-exercises to your daily routine.

7. I recently hurt my shoulder. When can I start exercising again?

If you have been injured, do not exercise the injured area until you talk with your physician about getting a physical therapist referral. This is especially important if you have sustained an injury (or have been diagnosed with a condition) that will have a long-term effect on your ability to exercise. A therapist can help you determine when it is safe for you to start exercising again and can help you adapt your routines so that you do not re-injure yourself.

8. Which exercise is best?

Any exercise or regular physical activity that you will do on a consistent basis is the best. The basic goal of exercise is to increase movement, because lifestyles today do not provide enough opportunities for our bodies to move. With insufficient movement we not only tend to gain weight, but our physical abilities begin to decline. Our muscle size shrinks without enough muscular challenge, and our heart and lung capacity declines if we do not use these systems. So the bottom line is: do whatever you like, but keep on moving.

9. I do aerobic exercises 4-5 days a week, but don't strength train. Is strength training important? Why should I develop muscles?

Strength training may not burn as many calories as aerobic exercise, but strength training does stimulate muscle growth. Lean muscle mass burns more calories than fat, which is great for those struggling to increase their metabolism. Weight training is also very effective for bone mass maintenance and helps prevent osteoporosis in both men and women as we get older. It is especially helpful for the spinal bones, which are not always stimulated well with exercise. These bones are the most susceptible to osteoporosis.

10. I easily become bored with the same old workout routine. How can I make it more exciting and easier to stick with?

Make exercise something you enjoy; turn it into something fun. Spicing up your routine with the following ingredients can be just the recipe you need to put the excitement back in exercise:

Pick an activity you will enjoy. If you don't like to run, try power walking, swimming, or riding a bike. Make it something you will like doing, instead of forcing yourself to do something you dislike.

Distract yourself. Listening to music, watching TV, or even reading a book or magazine can help take your mind off exercising. Before you know it – time's up!

Bring a friend. Be accountable to each other. Committing to an exercise partner will make you less likely to skip your exercise sessions, and more likely to stick to your routine.

Hire a personal trainer. Hiring a personal trainer will help you perform the exercises properly and will hold you accountable. This may be the key to your fitness success!

For more ideas, turn to Page 17 and check out other ways to change up your exercise routine!

11. What type of exercise is recommended, and how much?

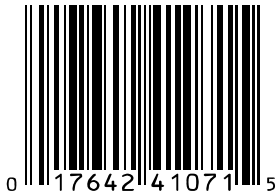
If you haven't been exercising at all, start your exercise plan very slowly. Begin with easy walking, 10–20 minutes per day, and then gradually increase the time and intensity. If you have been exercising prior to starting Take Shape For Life, cut your current plan in half during the first three weeks, then gradually build it back up. Refer to Pages 6–10 for information on the types of exercise you should be doing based upon your fitness level.



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