

Exercise Dos and Don'ts

Lesson 5

DOs AND DON'Ts

As you continue with your exercise program, here are some general guidelines to follow and remember: One of the goals on the Body Basics program is to help you find creative ways to increase your activity level to help you lose weight faster. By simply altering some of your usual routines you can increase your activity level and have fun too!

The following bathroom exercises can be used as supplemental activities to your exercise program. Or, they can be combined with stretching exercises to create routines to use on days you don't plan to walk. Review and try each activity listed below.




DO:

- Drink plenty of water before, during, and after exercise
- Dress properly
- Wear well-made shoes appropriate for your activity
- Breathe when doing strength training

DON'T:

- Bounce when you stretch
- Wear rubber suits to increase sweating
- Do straight leg sit ups – bend your knees
- Exercise right after eating – wait 2 hours
- Take a hot sauna, shower or steam bath until 10 minutes after exercising

The following bathroom exercise can be used as supplemental activities to your exercise program. Or, they can be combined with stretching exercises to create routines to use on days you don't plan to walk. Review and try each activity listed below.

Toothbrush Tush Push	Towel Toner	Upside Down Toe Touches
➤ Music on, tooth paste on brush	➤ Music on, stand with your feet apart	➤ Music on, stand with your feet apart
➤ Stand tall, feet apart and toes turned out	➤ Grab the towel, arms up and hold it taut behind your head	➤ Bend from the waist and dry your hair upside down
➤ Toothbrush in hand, bend your knees and straighten in time to music	➤ Bend side to side, repeat 12 times on each side	➤ Use your free arm to reach for your toes; count to 10
<p><i>*The American Dental Association recommends brushing for one to two minutes. Keep time to the music and do the toothbrush Tush Push for two minutes.</i></p> 	<p>➤ Make it fun – get into the beat with the music</p> 	<p>➤ Switch arms and use the other arm to reach for your toes; count to 10</p> <p>➤ Do this until your hair is dry</p> 

Lesson 5

ACTIVITY

Tomorrow, begin to do the Toothbrush Tush Push each time you brush your teeth. Do this for 3 days and HAVE FUN! Then, on the fourth day, add the Towel Toner after you do the Toothbrush Tush Push. Finally, the next time you wash your hair, try the Upside Down Toe Touches!

Increase your walking program to a 20 minute walk, 4 times per week. If you are already at this level, try a 25 minute walk, 4 times per week. Remember to warm up and cool down. On the days you don't plan to walk, do the stretching exercises and the bathroom exercises noted above.

Be sure to take your heart rate before, during and after your walking routine. Continue to try to achieve a heart rate between the two numbers you calculated in Lesson 4. Remember, if your heart rate is below the lowest number try walking a bit faster to increase the intensity of your walk, and your heart rate. If your heart rate is above the highest number, CAUTION. Decrease the intensity of your walk to lower your heart rate.

