

Sensible Weight Loss

By Dr. Mike Van Thielen

WEEK 4

DO I REALLY HAVE TO EXERCISE?

You can lose weight without exercise, BUT you will lose weight FASTER with exercise. Lean muscles speed up metabolism and in turn BURN FAT! The best way to lose weight is NOT cardio-vascular exercise but PRE (Progressive Resistive Exercise).

Print the SWL Home Exercise Program and Exercise Log, from your back-office.

You can exercise from home OR gym (your choice). The exercise sessions are relative short. Make sure to fit them in your daily activities.

Start recording number of exercise session bi-weekly in 'MY SWL Record'.

PRE – Rules:

1. Pick 1 exercise out of each category, for a total of 4 exercises.
2. Execute 3 sets of each exercise; with 7 – 10 repetitions/set.
3. Rest 2–4 minutes in between sets.
4. Exercise every other day or 4 times per week.
5. Keep your exercise log up-to-date.

For the REASONING behind the above instructions, visit your ULTRAGLOBAL back-office for a DOWNLOAD and watch the SWL youtube video – WEEK 4.