

NEW YOU IN THE NEW YEAR



Core Lessons with Jon

Week 4: Get Fit, GM Style

Activity & FAT Programs

When your FAT Programs are on, you feel...

- Tired (slow metabolism)
- Opposed to exercise
- Over stressed or over worked



Change Your Fitness Outlook

You Should Experience:

- More energy
 - A spring in your step
 - Reduced stress
-
- You know your FAT Programs are off when the concept of being physically active becomes appealing



GM Exercise 101

- Focus on exercising the right way
- Exercise as a calorie-burning tool doesn't work
- We exercise to get your body to want to be thin
- When done correctly, your body will shift its set point, get thinner automatically, and lose weight easily and almost effortlessly



The “Get Thin” Programs

- “Get Thin or Get Eaten Adaptation”
- Thousands of years ago when we lived outdoors, fat was a form of protection



We Were Naturally Thin

- In places where it wasn't cold and there was plenty to eat, your body had no need or desire to hold onto extra weight
- The stress of being in a famine wouldn't be there, so your FAT Programs would be turned off



A Positive Stress for Weight Loss

- If there were tigers that ran after everyone in the village and you weren't lightening fast, you were dead
- That experience is also a stress
- But it causes different chemistry in your body
- It activates your thin programs, or the "Get Thin Or Get Eaten Adaptation"



When You Have This Stress

- Your body becomes very efficient at burning fat
- Your metabolism speeds up
- You're not that hungry
- You crave healthier foods
- You experience natural weight loss without restriction or suffering



Get Thin or Get Eaten Stresses

- Now it's time to impose the Get Thin Or Get Eaten stresses (aka exercise)
- NOTE: You don't have to do them that often or even that much
- As little as 30 or 40 seconds can have a huge impact on your internal chemistry



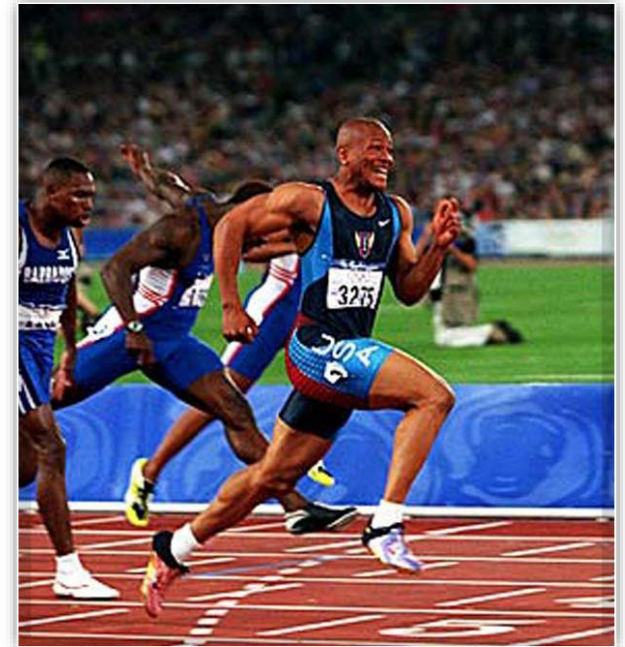
Sample Exercise #1

- Walk for 10 - 20 minutes
- Then, for just 10 seconds, move as fast as you possibly can (be careful!)
- Imagine you're being chased by a predator
- Your body doesn't know the difference between a real and an imagined experience so use that to your advantage



Visualization and Exercise

“Olympic athletes tested visualizing their ideal performance in their sport fired in the same coordinated sequence of neurons and muscles as if they were actually doing the sport.”



The Dog Chase...

“I’m standing up, my heart’s pounding, I’m sprinting as fast as I can... and I dropped weight like you couldn’t believe. And then I realized why...”



Primal Response

- Real life predator scenario created a primal response that made my body want to be thin
- I would sprint as fast as I could and I'd imagine this dog was chasing me again
- This simple exercise took my weight loss to the next level



How Often Should I Exercise?

- 2 - 3 times a week to start
- Start with 10 minutes
- Include moments of full intensity



Olympic Sprinters

- They sprint for as short as 10 seconds at a time
- They have extremely low body fat
- Long-distance runners are thin too, but they have more body fat percentage than sprinters—even though they spend 10x as long exercising



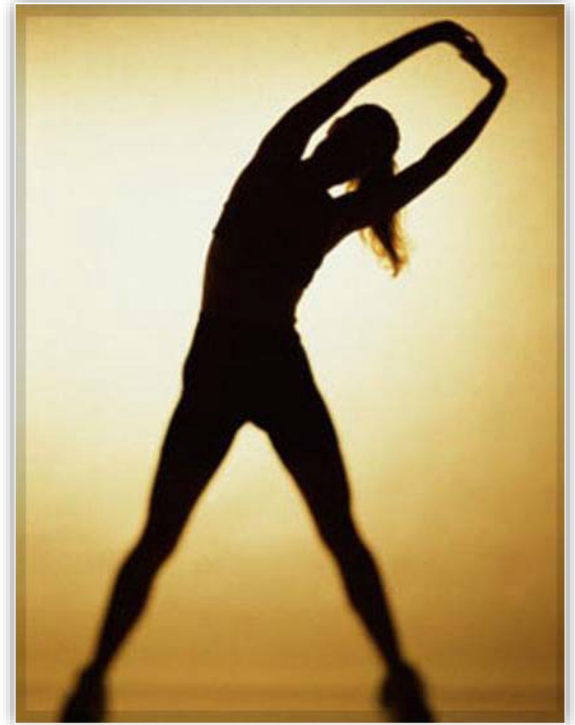
Too Much GTGE Exercise

- Turns a good stress into a bad stress
- Stress overload in your body
- Becomes a chronic stress
- Don't overdo it!



Acute Stress

- Really sharp and intense
- It will be intense only if you rest in between
- If you exercise every day, it won't be intense and you will over-train



Over Training

- Causes a chronic elevation in your cortisol levels
- Triggers a famine response which activates your FAT Programs



How I Got Started

- Stationary bike warm-up for 5 minutes
- Intensity exercise for 10 seconds on and off
- Cool down
- Upper body strength training – 5 minutes



Upper Body Strength Training

- Your muscle cells will become more sensitive to insulin
- Helps to wring out the stored sugar within the muscles
- Muscles want to suck up more sugar, so they become more sensitive to insulin



Sample Workout #2

- Cycle for 20 minutes
- 5 minutes of sprinting / 10 seconds at a time



More “Play” Exercises

- Park with children
- Running with pets
- Team sports: soccer, basketball
- Martial arts: boxing, kickboxing
- Dance around the house



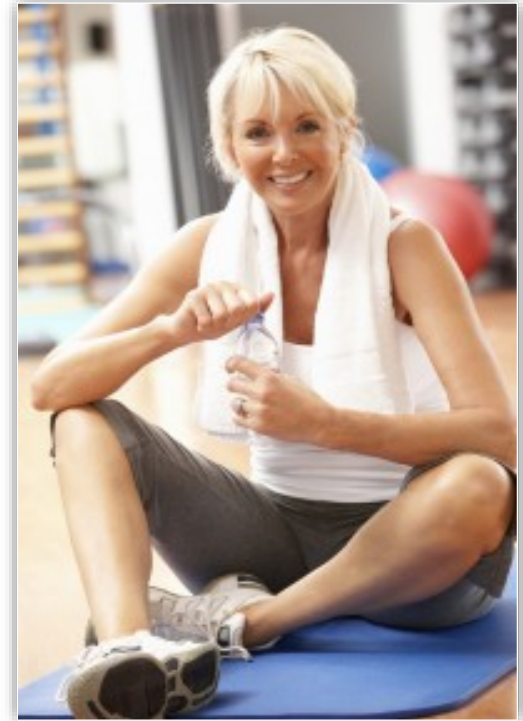
High Adrenaline Sports

- Anything that thrills, excites or makes you nervous
- Skydiving, bungee cord jumping, mountain climbing, hot air ballooning
- Kayaking, surfing
- Ultimate Frisbee



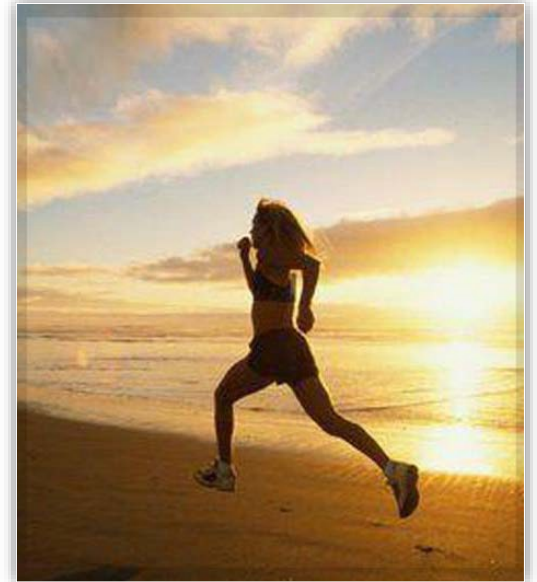
After Exercise

- You should not be exhausted, starving, craving junk food, or overeating
- You want to feel calm and centered, with blood flowing throughout your body
- Muscles toned
- Feeling good



Morning

- Best time to do exercise
- Fat burning hormones are more elevated
- Exercise will become a habit easier



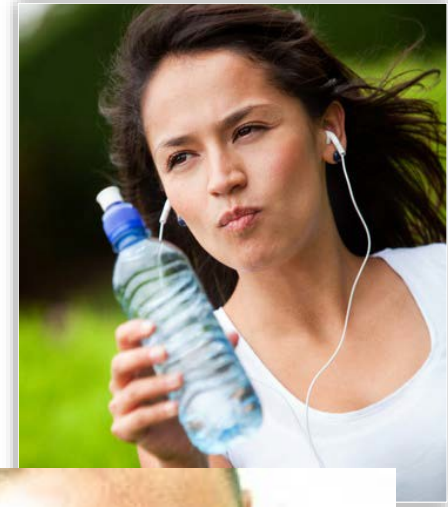
This Week's Action Steps

- This week's morning visualization – Get Thin or Get Eaten
- Try 10 minutes of Get Thin Or Get Eaten exercises 2-3 times per week



Ongoing Steps

- Drink 2 glasses of water with lemon or apple cider vinegar, and a probiotic.
- Drink a green juice, upon rising or in late afternoon.
- Take morning probiotic supplement
- Eat a great blood sugar balancing breakfast
- Take additional probiotic supplement & digestive enzymes with meals.
- Eat frequent Gabriel Method-friendly meals with the “Big 3”
- Daily: Take an afternoon stress reduction break
- 1 or more times per week: try yoga, tai chi or qigong
- Drink a glass of water before each meal
- Listen to evening visualization



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