

# Fattaché®



**Basic Training Manual**

# **Basic Training Manual**

This booklet is designed to better understand your body, nutritional needs, advantages of exercise and the importance of water in a simple, no non-sense format.

Additionally, you will receive a number of helpful hints to get the most benefits out of your Fattaché System.

Good Luck!

# **Helpful Hints To Get Maximum Results With the Fattaché System.**

1. Fattaché Classic capsules should be taken 30 minutes prior to meals. Two (2) capsules for a regular meal and up to four (4) capsules for meals with very high contents of fat. The capsules should be taken with 8 ounces of water.
2. Fattaché Carbo Control tablets should be taken 1-2 with the morning meal and 1-2 with the evening meal.
3. Fattaché Metabolic Enhancer should be taken 2 capsules 15-30 minutes prior to physical activity or with the morning meal.
4. During your meals try to chew your food thoroughly. Do not eat “automatically” or “just to eat”. Make your meals be an enjoyable and stress free moment.
5. Your last food intake should be 3 hours prior to going to sleep. The food that you eat just prior to going to bed could be your biggest enemy in attaining your goals.
6. Try to increase gradually your consumption of fruits and vegetables. This is healthy food that your body needs and welcomes. You should not be surprised if after a while you actually begin to like them.
7. Consciously limit your use of sweets, desserts and fried foods. They might taste good but they do not look good on you.
8. Make moderate exercise, as described in this booklet, become part of your life. If you make it past the first 2-3 weeks your body will crave it and you will begin to see very positive changes in your body, your mood and your energy level. Remember, if you cannot dispose of 30-45 minutes per day 3-4 times per week to exercise, it is time to re-arrange your priorities. This is a must to reach your weight and fitness goals.
9. During mid morning or mid afternoon take a complete multi vitamin/mineral supplement. This supplement should not be taken at the same time as the Fattaché Classic because it might absorb the oil soluble vitamins like A, E, D, etc.
10. With regards to all of the above and the way to really change your life 3 words say it all: “Just do it”.

# **Your Body and Food**

## **I. Biology and Nutrition Basis: An Introduction**

Weight management, weight loss, fat loss and adipose tissue management are terms utilized when referring to loss of fat tissue in areas of the body where it tends to accumulate. We must first have some things straight. Fad diets don't work because they do not address the unique biochemistry of each individual, nor do they take into account the underlying imbalances that may have caused you to gain weight in the first place.

People who are overweight increase their chances of suffering cancer, heart disease, diabetes, osteoarthritis, and gallbladder disease. Also, obesity may contribute to as many as 300,000 deaths every year. Obesity is caused by multiple factors that overload our body systems. People grow weary of the restrictions and eventually return to their old eating habits. The dietary rules and regulations are too much trouble to maintain in the long run. In order to achieve significant and permanent weight loss, you need a plan that incorporates healthier eating, exercise, stress reduction and supplementation.

## **II. Introduction on how the body processes and/or uses food for energy or storage: How do we get fat?**

What causes weight gain is pretty straight forward: you consume more calories from food than the body uses or burns off in its daily tasks. But, what decides if a person becomes obese, depends on a number of factors including: genetics, social influences, physical activity and physiological make up. Obesity tends to run in families; this is partially due to genetics, but it is also influenced by dietary and lifestyle habits. We are exercising too little, we eat too much fast foods, processed and high fat. We sometimes overeat in response to stress, anger, sadness, boredom or other emotional factors unrelated to hunger or nutritional needs. Everybody is different, each of us has a different metabolism, the way our bodies extract and use energy from food varies. We should also be aware that underlying imbalances may contribute weight gain, such as: underactive thyroid, hormone imbalances, food allergies, yeast infections and parasites.

### **A. Low-calorie Diet: A Metabolic Error**

When food intake is reduced, the thyroid responds by secreting fewer hormones, thus lowering metabolism and conserving the body's energy resources. This slowness of the metabolism works against the dieters goal because less body fat will be burned when metabolism slows. In time, the body will attempt to correct the imbalance resulting in binge behavior, with the eventual response of the yo-yo weight loss-weight gain syndrome. In addition, when the body lowers its metabolism after a while, you might even gain weight on a low-calorie diet!

1. **Customize your Weight Loss Program => One diet does not fit all people.**  
Have a plan A and a plan B. Match your plan to individual physiological needs. Are you prone to eat high fat foods or sweets, or both? If so, try to identify your dietary weakness; this will help you reduce their intake and substitute them with healthier choices.
2. **Eat Healthy => Eat Whole Foods such as:**  
a. Vegetables      c. Grains              e. Nuts              g. Fish              i. Tofu  
b. Fruits              d. Raw Seeds      f. Beans              h. Poultry
3. **Proper Digestion => Consider an enzyme-digestive supplement with your meals.**
4. **Eat Less Fat and Less Sugar => Reduce your intake of total fat and total sugar. You may consider supplements such as: Fattaché and Fattaché Carbo Control.**
5. **Eat, at least, six small low fat, low sugar meals a day:**
  - 1) Breakfast
  - 2) Mid-morning Snack
  - 3) Lunch
  - 4) Mid-afternoon Snack
  - 5) Dinner
  - 6) Night: High Protein Snack
6. **Exercise => Mix aerobic exercise (jogging, aerobic dancing, walking, running, boxing) with resistance exercise (weight lifting) and stretching. Exercise helps burn calories, especially in the morning. Be active!**
7. **Take Supplements => They can help correct imbalances and help metabolize food.**
8. **Detoxify the Body => Drink, at least, 6 to 8 glasses of distilled water. Eat a high fiber diet or take a fiber supplement; it helps flush toxins out of the body. May use a sauna if available.**
9. **Meditate or hear relaxing music => Visualize yourself as you want to look.**
10. **Celebrate life => Feel that your change in lifestyle will be very positive to your general health, physical, emotional, spiritual.**

### **III. Managing Metabolism: The Biochemical Manipulation of Adiposity**

#### **A. Protein**

**1. What are they and how do they work?**

Protein is the major component in muscles, skin, hair and nails, the heart, the brain, antibodies, enzymes and many hormones.

Structurally, proteins are made of chains of amino acids. Proteins are found in eggs, meat, fish, milk and poultry. These animal sources of proteins are complete; they have all the essential amino acids but they are usually high in fat.

**2. What sources of proteins we should use to help in adipose tissue management?**

In relation to complete sources, poultry and fish are the healthier choices.

#### **B. Carbohydrates**

**1. What are they and how do they work?**

Carbohydrates consist of simple sugars, complex carbohydrates and fiber. They are the preferred source of energy of the body. The typical Western Diet includes too much refined and processed foods, more than any diet in other regions. When food is refined and processed, not only is fiber removed, but simple sugars often replace complex carbohydrates. The nutrient content is then depleted and you end up eating an antinutrient; something that robs you of more nutrients than those that it provides you with.

**2. What sources of carbohydrates we should use to help in adipose tissue management?**

Complex carbohydrates that are in vegetables, whole grains and legumes. Dietary fiber can have a major impact on weight gain as evidenced by a lack of obesity in cultures that consume a diet high in fiber. Fiber can reduce serum cholesterol and pull dietary fat from the body into the feces. Fiber can also induce satiety, prevent constipation and stabilize blood glucose. Whole grains (wheats, oats, rice, rye, barley, millet) have the highest level of fibers. You can also use a supplement like Fattaché.

## **C. Fats**

### **1. What are they and how do they work?**

Fats are organic molecules that have twice as many calories per gram as proteins or carbohydrates. Approximately 90% of the extra consumed fats during a meal is directly converted to body fat. Not all fats are created equal. Foods containing saturated fat seem to be the most troublesome. These are found in meats, butter, and coconut oils. Hydrogenated fat should also be eliminated (partially hydrogenated oil, trans fatty acids).

### **2. What sources of fats we should use to help in adipose tissue management?**

We should consume a balanced of Omega 6 (corn oil), Omega 3 (flaxseed oil, fish oil) and Omega 9 (olive oil). Remember that fats are needed to support the functioning of the brain, nervous system, hormonal system and immune system, in the transportation of fat soluble vitamins and are vital to maintain a healthy metabolism. Keep alcohol to a minimum, since it promotes weight gain. The best choice is a cup of red wine rich in antioxidants. In general, try to consume a variety of whole foods, less fat and less sugar.

### **In making this transition:**

- 1) Eat more high fiber plant foods like whole grains, legumes, nuts and seeds.
- 2) When dining out, try exotic vegetarian dishes.
- 3) Choose low fat, range fed, hormone free, additive free meats.
- 4) Cook protein foods by baking, broiling, poaching, stir frying, saute and steaming. Do not overcook meats, which diminishes their value.

### **At the market:**

- 1) Read Labels => If it has more than 5 grams of fat per serving beware; if it has more than 15 grams of sugar per serving beware. Following this rule of thumb, it is a lot easier than counting calories. Don't count calories, make calories count.
- 2) Choose complex carbohydrates => Beans, fresh vegetables with only moderate amounts of lean animal protein.
- 3) Buy organic foods => It should be relatively free of artificial fertilizers, pesticides, herbicides, growth regulators and livestock food additives.
- 4) Buy seasonal foods => These are healthier, more abundant and less expensive choices.
- 5) Eat colorful => Remember Spike Lee, "The more colors, the more better"; you will ensure the best exposure to appropriate nutrients.

# GET IN SHAPE WALKING

A Step by Step Guide For Going the Distance

## INTRODUCTION

Walking is not only the most natural of exercises, but also an activity that can help us lose weight, tone up our muscles, improve our aerobic ability, maintain our cholesterol in line, control stress, prevent diseases, enjoy the view, relax us.... Shall I go on?

This is not a manual for athletes. We are speaking directly to that enormous majority of people who because of time constraints and little opportunity ( the gym is just too far, the schedules are weird...) find it impossible to follow some other kind of exercise regimen, or just hit the gym on weekends.

Walking doesn't require a lot of equipment and can be done either solo or with a partner, at any time. It doesn't get easier than that.

### • MANDATORY CHECKLIST

The first thing we must do, as with any motor vehicle, is pass an exam. That's right; call your doctor to schedule an appointment for a complete physical. We may find that, although we don't have any symptoms or indications, we have some sort of condition we are not aware of if we are not in the habit of regularly going for a check up. We must be certain of what our actual physical state is (inside as well as outside) and what our body's limitations are if any. The physical examination will give us the information we need to later contrast and evaluate our progress and evolution as we embark on our exercise routine (weight, heart rate, blood pressure, etc.).

There are several points to keep in mind as we start our training:

- Have you led a sedentary lifestyle for more than a year?
- Have you never done any type of exercise at all?
- Do you have heart problems or a heart condition?
- Do you suffer from chest pains, especially when twisting?
- Do you have asthma, blood pressure problems or diabetes?
- Have you ever lost consciousness, suffered from vertigo or felt weak on occasion?
- Are you pregnant?
- Are you over 65?

In a very high percentage of cases, these circumstances don't interfere with a walking program (on the contrary, moderate exercise not only improves our physical condition but lowers the risk of any further complications), but, in any case, we should always inform our doctor of our plans. He will give us the necessary instructions to follow, and perhaps, that may slightly alter our initial goals of the routine. We should; however, follow all doctors' orders to obtain the maximum benefits from our walking. As a general rule, you should get a physical every six months.

## • **GETTING ORGANIZED**

Within our hands is the instrument that will guide us in our physical activity.

It's important to avoid thinking we need to do it all and know it all the very first day. We'll proceed slowly and bit by bit. Little by little we'll get better... and the first really important achievement will be to make walking a part of our life. If we make walking a habit, the rest will come gradually and effortlessly. What more, walking will become a pleasure for both our bodies and our minds.

## • **KEEPING A JOURNAL**

Something as simple as daily writing down the distance we've covered, details of the trail (state of the pavement or path, traffic lights...), weather conditions (rain, wind...) physical sensations (muscle cramps, fatigue...), and emotional sensations (freedom, happiness... will all help us define what type of walking our body needs and will make our progress more visible day to day.

We'd really like to stress the importance of keeping a journal simply because it's easy to remember what happened over a period of a week, but once 15 or 20 days have passed, our memory seems to fail us. We may not remember why or under what circumstances we twisted our ankle or became overly fatigued. Also, in case any unforeseen complications pop up, our doctor will find it helpful to have as much about our routine as possible.

## • **WHAT TO WEAR**

Ideally, we should wear loose-fitting, comfortable clothing that allows for free movement and doesn't interfere with circulation, as might tight-fitting garments. It should be cool and allow for proper evaporation of perspiration while keeping our bodies at a normal temperature; neither too cool nor too hot. We should avoid excess weight of things such as, purses or bags that may hinder natural movement and cause us to be out of balance. We need only carry the necessary with us (keys, personal identification, credit cards...) in pocket or, if none are available, a small fanny pack.

## • **FOOTWEAR**

Since our feet will be the main parts of our bodies we will use, it wouldn't hurt to pay them the attention they deserve.

Let's buy them footwear that will keep them in good shape. When trying athletic footwear on, we should make sure to tie them appropriately and see that they cradle and support the foot properly. They should not fit too loosely, leaving room for the foot to slide and move about, nor should they fit so tightly that the toes are left with no room to move as needed. We shouldn't hesitate to buy a size above our normal size if our feet feel more comfortable in them.

## • **WARMING UP**

We must start by slowly warming up the muscles. This is especially true in the mornings if we exercise immediately upon waking or after any period of several hours of inactivity.

Since walking is a low intensity form of exercise, the easiest and most adequate way to warm up is taking the first 7 or 10 minutes at a leisurely pace gradually working up to the desired pace.

## • **WEEK 1**

The greatest difficulty will lie in battling the inertia of a sedentary lifestyle and the laziness that can bring about, as well as the comfort zone of a passive attitude imposed by our lifestyle. We must be consistent, especially during the first 15 to 20 days; after which, we will have managed to create a new habit and start experiencing the benefits of daily exercise. That being said, the first week will be paramount: that is, it's the time when we define exactly what it is we want to accomplish as we start a walking routine, we evaluate our physical condition and, finally, delineate a program according to those goals and the condition of our bodies.

## • **ABOUT CONSISTANCY**

Once we have the gear prepared, we should choose the most convenient time for us to walk based on our lifestyle. It's important to make this decision beforehand and stick to it in order to more easily create a habit.

## • **WALKING CORRECTLY**

We should walk erect, with our head held high while relaxing our shoulders and abdomen. Avoid looking down at the ground; instead maintain your vision on the horizon (while not forgetting to pay attention to cracks and bumps in the pavement so as to avoid any trips and falls).

Arms should be free to move according to the natural sway of the body: the left arm should swing forward as the right foot steps forward, and vice versa. The feet should step forward in a straight line, not diagonally. As we walk, we should try to correct defects in our posture that may later be the cause for discomfort or injuries to our feet, legs, hips or backbone.

## • **WALKING THE IDEAL PATH**

We can't determine how long to walk or what our objectives will be unless we know what our body is capable of. On the first day, if we happen to be the kind who turns to walking only as a last resort, the best thing to do is to take it nice and easy, without hurrying to get anywhere or obsessing about calculating time or distance. We should walk for 10 minutes and if we feel faint or our feet hurt, we should turn back (we may have some sort of physical ailment or are not wearing the proper gear). If everything is in order with us after 10 minutes, then we can increase our time and go on to 20 minutes retracing our steps back to where we started. Remember that you will always have to walk back, so it is not very convenient to go for more than 20 minutes in the first half of the walk as it will really end up being 40 minutes, and walking for half an hour then taking a taxi back isn't exactly what we are after.

## • **A SET TRAIL**

Once we've established our physical boundaries, our goal will be to find a trail or path that will fit the time frame that we will be walking without feeling tired. To make it easier to stick to our daily walking, we should choose a trail that is adjacent to where we carry out our daily activities.

## • **PACE**

Remember that pace is different for everyone and is relative to a person's height, weight, physical strength, etc. That is why it is not a good idea to start walking with a partner until we are sure of our own personal pace. In an attempt to adapt to someone else's pace, we may be forcing ourselves or holding ourselves back. Later on, when we are more familiar with our own pace, we can find a partner whose pace is compatible with ours.

## • **PROGRAM**

Although our program consists of walking five days a week (which is the ideal), don't worry about changing it to only three days if you find that you can't do five. If you do it regularly enough, you'll still reap the benefits. Starting a routine according to what your body requires and increasing intensity, as you get stronger is, in fact, what it's all about.

## • **WALKING: 1<sup>ST</sup> WEEK**

As we go out, we'll begin to walk for the first 7 to 10 minutes in a relaxed fashion so as to avoid any abnormal heart reactions or injury to muscles, tendons or ligaments. Later, we'll pick up the pace. You should be able to maintain a comfortable pace – a good measure of that is if you can walk and carry on a conversation at the same time. Once you've completed 20 minutes walking, return home and write down the details of your walk.

## **HELPFUL HINT**

Walking is the simplest and safest form of exercise. It offers all the advantages of other sports without the injuries. The human body is designed for walking. When we walk we put all of the mechanisms of our body to work in the manner in which they were made to do so. We maintain their function and coordination and add years to our lives.

## **HELPFUL HINT**

Moderate and prolonged exercise is more beneficial than exercise performed at higher intensities and for a shorter length of time. It's better to walk 30 minutes 4 times a week, than it is to walk 2 hours once a week. Moderate exercise stimulates the body and allows it to adapt to new physical demands gradually and without discomfort, while a day of overexertion throws the body out of balance which spells out muscular aches and general fatigue.

## • **WEEK 2**

Learning about your body and how to control it is the best way to reap the benefits that walking has to offer. By knowing your limits, you'll be able to better define your daily objectives.

### • **CONTROLLING YOUR BREATHING**

It's the same with breathing as it is with walking – everyone does it, but most of us do it wrong. Breathing should be done with the help of the diaphragm to fill the lungs up completely. Normally, we breathe with the top part of our body, and this is visible when we take a breath and our chest expands and rises. We should get used to filling the bottom half of our lungs first ( this is noticeable because the abdomen expands ) and then the top. By breathing this way, you'll increase your lung capacity and be better able to respond to the bloods oxygenation needs during exercise.

### • **MEASURING YOUR PULSE**

To measure your pulse, all you need is a watch and a bit of attention. Start by placing two fingers on the side of your neck just below your ear (or on the inside of your wrist) until you feel the palpitation made by the blood as it is pumped through the body by the heart. Now, count the beats (palpitations) you feel within one minute.

As a reference guide, the following chart shows the appropriate heart rate according to gender and age.

## ***HEART RATE***

<b><u>Age</u></b>		<b><u>Beats Per Minute</u></b>		<b><u>Beats Per Minute</u></b>	
		<b><u>Resting</u></b>		<b><u>After Exercise</u></b>	
		<b><u>Men</u></b>	<b><u>Women</u></b>	<b><u>Men</u></b>	<b><u>Women</u></b>
20-30	Good	60-69	70-77	76-85	86-93
	Bad	85 (+)	94 (+)	101 (+)	110 (+)
30-39	Good	64-71	72-79	80-87	88-95
	Bad	87 (+)	96 (+)	103 (+)	112 (+)
40-49	Good	66-73	74-81	82-89	90-97
	Bad	89 (+)	98 (+)	105 (+)	114 (+)
50 +	Good	68-75	76-83	84-91	92-99
	Bad	91 (+)	100 (+)	107 (+)	116 (+)

• **WALKING: 2<sup>ND</sup> WEEK**

In the second week of walking you'll add 5 minutes to our walk. First, do the warm-up exercises that you are already familiar with for 5-10 minutes. You should start at a slow pace and try to avoid any muscle discomfort while gradually increasing the intensity of the walking. Don't try to do it all the first day. Five minutes may seem like very little, but that's not necessarily so. Remember: slowly but surely.

• **HELPFUL HINT**

Speed is not the objective. It's just another factor to note in our daily journal by which we can accurately see the changes in our progression. If you are tempted to increase your speed, do it only at the end of your walk. If you feel any discomfort with your pace, stop immediately and return to your regular pace.

• **HELPFUL HINT**

Your breathing rhythm is also very important. The body functions better when you establish a rhythm and maintain it. There's nothing worse than continuous changes in rhythm, especially if they're abrupt changes. The body doesn't have a chance to adapt to those changes and this could lead to muscular aches and pains and even injury.

• **WEEK 3**

No exercise program can be completely effective without modifying and regulating our diet. Re-evaluate the basis of your nutritional habits and make the necessary changes to fit your actual needs.

**NORMAL CALORIC NEEDS (daily calorie intake)**

	<b><u>Men</u></b>	<b><u>Women</u></b>
Low Activity Level	2,500 – 3,600*	1,500 – 2,500
Moderate Activity Level	3,000 – 3,900	1,700 – 2,800

\* weight determines the difference between the two values (140-220 Lb. for men and 100-170 for women)

• **WALKING: 3<sup>RD</sup> WEEK**

Do not increase the length of walking time this week, rather, concentrate on your form and pay close attention to those details we've mentioned in weeks 1 and 2.

• **HELPFUL HINT**

Gradually eliminate a habit that is surprisingly unhealthy...café au lait, or coffee with milk. Coffee contributes to the elimination of calcium (a mineral we tend to be deficient in), while milk (animal protein) interferes with its absorption.

• **HELPFUL HINT**

We include too many animal proteins in our diet; more than twice what our body needs. To balance out our diet, we need to reduce the amount of animal proteins we eat and increase the amount of carbohydrates and vegetables. We should also greatly reduce the amount of red meat we eat and substitute it with white meat (chicken, turkey, rabbit, poultry) or, even better, fish rich in Omega-3's.

• **HELPFUL HINT**

If weather conditions prevent you from going outside to walk, you can always hit the nearest mall. It could be much more entertaining, as long as you remember what you are there for and don't get off course stopping at the shop counters. Avoid escalators and elevators.

• **WEEK 4**

Our society is obsessed with losing weight. With only a few exceptions, the main culprits of our disproportioned figures are an unbalanced diet and a sedentary lifestyle.

That alone is no reason to subject ourselves to extreme dietary restrictions and suffer through a number of ailments in hopes of reaching the silhouette of our dreams.

We must follow a well-balanced diet and, just as important, we must follow an exercise program that consists of the right amount of time and regularity (a minimum of 5 days a week) to be able to see results. We've already said that walking is the simplest and safest form of exercise available to us.

• **WALKING TO LOSE WEIGHT**

Fewer calories combined with an increase of metabolic rate is the answer we're looking for.

**CALORIES BURNED DURING VARIOUS ACTIVITIES**

<u>Activity</u>	<u>Speed/ Pace</u> km/hour	<u>Caloric Value</u> kilocalories/hour
Resting	0	90
Strolling	3	195
Aerobic Walking	6	315
Speed Walking	6	495
(Using arms extensively)		
Jogging	9	620
Running	15	1,300

## • **VISIBLE RESULTS**

The kind of weight loss we propose won't bring about effects in just one week because it is a long-term plan. However, once the changes in your figure do start to happen, they will be spectacular, and you'll not only be able to see them but you'll be able to feel them, too. At the end of 4 weeks of walking 45 minutes a day, you'll notice that your body will have begun to change; your hips and waistline are smaller, your legs, abdomen and buttocks are stronger and clothes will fit you better... even if you weigh the same.

Besides losing fat, exercise tones and strengthens our muscles, subtly improving our appearance day to day.

Chin up! You're on your way. The important thing is not to quit now that the results of your efforts are beginning to show.

## • **WALKING: 4<sup>TH</sup> WEEK**

Don't vary your daily routine, simply. Increase by 5 minutes to your daily routine. If you want a toned, harmonious and strong body, you can exponentially increase the results walking can give you if you follow the basic rules of nutrition that we've given you. Start to change your diet and get rid of all those foods that are your figure's and health's "enemies".

## • **HELPFUL HINT**

Before walking, drink a glass of water or juice to give your body the reserves it will need to draw from after a while. Remember that you feel thirst only after your body has reached the point of dehydration. If you plan on walking for more than an hour, it's a good idea to take along a small bottle of water to drink along the way.

## • **DON'T FORGET**

To prevent hypoglycemia (need for something sugary or sweet), especially if you have a tendency for it, make sure to drink something that has sugar in it such as, a cup of tea or orange juice. Exercising on an empty stomach forces blood sugar levels to drop and can cause symptoms such as, fatigue, anxiety or cold sweats.

## • **WEEK 5**

Walking not only offers physical benefits but it can help with stress, depression and anxiety. Walking is also medicine for the soul.

## • **BATTLING STRESS**

Physical activity promotes positive thinking which, in turn, generates a feeling of well-being and elevates mood. As you enjoy the scenery and concentrate on the view, your mind rests. You'll reduce stress and tension if you don't concentrate on any goals and just breathe deeply. As an added benefit, the heart is strengthened and can better handle the rigors of psychological stress. But, what exactly is stress? It's the body's reaction to potentially dangerous situations in which it unleashes defense mechanisms which prepare the body for immediate action and adaptation to new situations.

### • **WALKING: 5<sup>TH</sup> WEEK**

You should try to walk for approximately one hour every day. If you wish you can substitute one of those days with a light work-out session in the gym. The purpose is to tone the muscles and strengthen them.

### • **HELPFUL HINT**

Walking on a daily basis (even if it's for 30 minutes), energizes you and fights depression. If you're feeling depressed, don't hesitate, put on a comfortable outfit and go take a walk around the park. Walk energetically while breathing deeply (inhale and exhale like we explained to you in week 2) and you'll see how much better you feel after just half an hour.

### • **HELPFUL HINT**

Doing everything with a good attitude is fundamental to benefiting the most. When you go on your walks, tell yourself, "I'm going to enjoy this, I'm going to enjoy these minutes to relax". Everything helps. If you're feeling a bit low, give yourself a few goals on your trail. Listen to your favorite upbeat music to lift your spirits. Walking to rhythm is also another way to fight depression and sadness.

### • **WEEK 6**

In case controlling our figure and keeping the state of our mood in check wasn't enough, walking can offer you something even more important; prevention and help with much more serious disease, particularly after 40, such as hypertension, high cholesterol, diabetes, osteoporosis, arthritis... We'll start by walking slowly but consistently, discovering the pace that best conforms to our body and difficulties.

### • **WALKING: 6<sup>TH</sup> WEEK**

By now, you've probably managed to have all your effort compensated both physically and mentally. That's what it's all about. If you feel comfortable with your walking the way it is, there's no need for variation.

### • **HELPFUL HINT**

Drinking enough water is important for maintaining proper metabolic activity and regulating body temperature. When physical exercised is prolonged, there is an increase of water loss through sweat and dehydration. Remember, proper hydration doesn't necessarily mean drinking more, but drinking at the appropriate times and in adequate amounts.

### • **Ongoing program**

Here you have information to get through the initial critical period. Your next real challenge is to make walking become a habit. We wish you success.

# The Importance of Water:

Usually, the sensations of thirst and hunger stem from low, ready to access energy levels. We usually do not recognize the sensation of thirst and assume both indicators to be the urge to eat. We eat food when the body should receive water. Drinking water before eating food manages to separate the two sensations, thus, you should not overeat to satisfy an urge for the intake of water. Remember, here we talk of WATER, not sodas, coffee, beer, etc. The ideal quantity of water to drink is  $\frac{1}{2}$  your body weight in ounces. If you weigh 120 pounds, you should drink 60 ounces of water, which is approximately 8 glasses of 8 ounces each. As a guideline, preferably distribute your intake of water as follows:

<u>BODY WEIGHT (lb.)</u>	<u>120</u>	<u>140</u>	<u>160</u>	<u>180</u>	<u>200</u>	<u>220</u>
First thing upon rising.	10	12	16	16	20	24
During mid morning.	10	12	12	14	16	18
$\frac{1}{2}$ hour before lunch	10	12	14	16	16	18
During mid afternoon	10	12	12	14	16	16
$\frac{1}{2}$ before dinner	10	12	14	16	16	18
Up to 1 hour before sleep	<u>10</u>	<u>10</u>	<u>12</u>	<u>14</u>	<u>16</u>	<u>16</u>
Total ounces	60	70	80	90	100	110

If you are not used to drinking this much water, gradually try to achieve your goals. Remember water is not only good to attain the right weight but also for general health.

(Note: For additional information on the importance of water you could refer to Dr. F. Batmanghelidj's book "Your body's many cries for water".)

Distributed By:  
Herbal Worldwide Holdings LLC  
Miami, FL U.S.A.