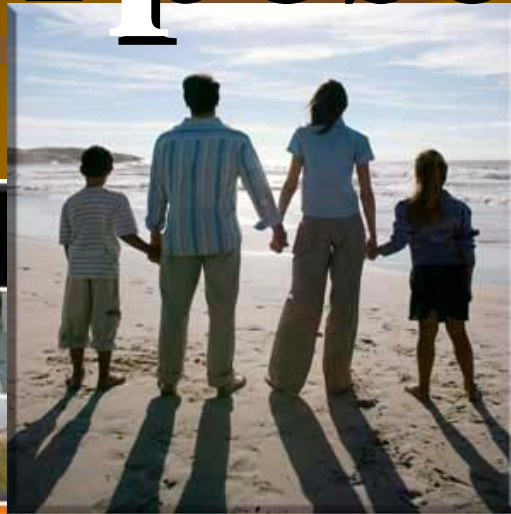


# Living in Balance and On Purpose



# Seminar Overview:

1. **Movement and Exercise – a reality check**
2. **Why Exercise? The cure to the “*I’m too busy*” excuse**
3. **How to Exercise Smarter Than Ever Before**
4. **Ergonomics & Postural Decay, the 15-minute solution to an accelerating epidemic**
5. **Crumbling at the Core, the truth about core strength**
6. **Exercise Scheduling and Planning, introduction only**

**\*\*\* *Participant Resources***

# Exercise - Moving On Purpose



Remember 2 things:

- **Your are designed to move!**
- *“Life is a gift, not a guarantee”*

# Why Exercise - the #1 reason is?

The cure to the “*I’m too busy*” excuse

- **Oxygenation Capacity**

*“If you don’t use it you lose it”*

*Other reasons: (to move On Purpose)*

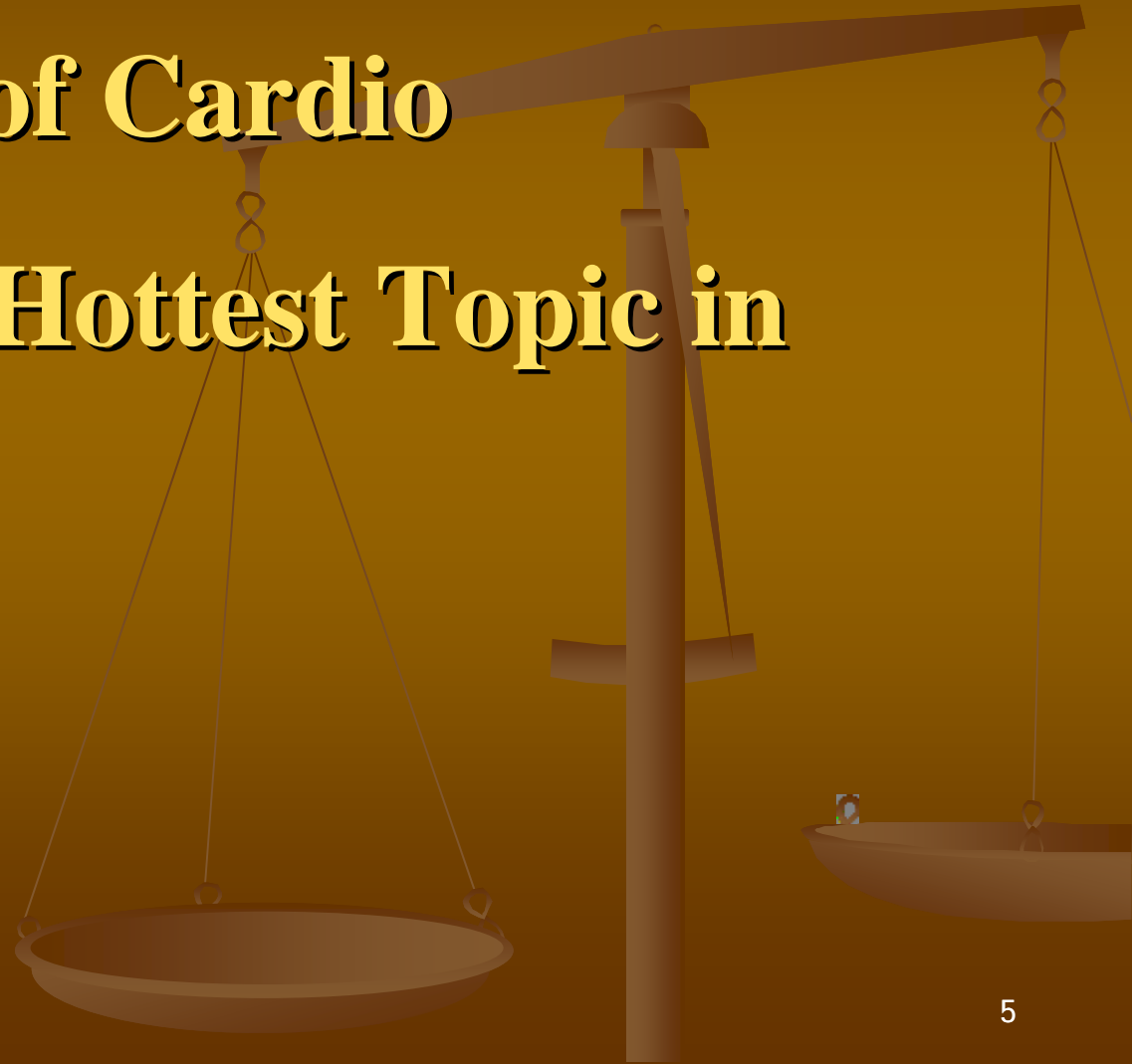
**Muscles**

**Joints**

**Nerves**

# Exercise Smarter Than Ever

- **The History of Cardio**
- **The Newest, Hottest Topic in Fitness**



# Burst Training 101



# **SBT – How to Perform**

## **The 8-Minute Workout Solution**

### **Basic SBT Guidelines:**

- **10-15 minutes / 3 days a week**
- **3-4 Bursts: 30-60sec at 80-90% MHR, rest 3-4 minutes**

**\*\*\* Warm up / cool down properly**

# Exercise Smarter Than Ever

## Burst Training & Burning Fat:

- **Burst Training burns fat up to 50% more effectively than low-intensity & moderate intensity exercise.**
- **The majority of calories burned will come once you have finished your workout and continue for up to 24 hrs.**
- **BUT, WHY? Hormonal & Metabolic changes.**

# Exercise Smarter Than Ever

## Health Benefits of Burst Training

- **Blood Pressure – intensity vs. duration**
- **Cholesterol and HDL**
- **Brain Chemistry, mood, and the ‘Runner’s High’**
- **Increase lean muscle mass**

# Is Burst Training Safe?

## Research

**After a 12-week training program 75 – 85 y/o healthy women showed:**

- 18 - 21 % decrease in energy needed to complete the workout
- 13 % increase in maximal walking speed
- 67 % increase in mechanical power output

# Exercise Smarter Than Ever

Conclusion:

‘sugar burner’

VS.

‘fat burner’

Which body is made for performance?



# SBT – How to Create Your own

## Your only limitation is your own imagination

- Basic Lunge
- Switch Lunge
- Air Squats
- Pushups
- Dips
- Bicep Curls
- Shoulder Press
- Thrusters
- Burpees
- Side Lunge
- Jump Ups
- Step Ups
- Side Step Ups
- Mountain Climbers
- Scissors
- In and Outs
- Bicycle
- Mason Twists
- Back Extensions
- Swimmers
- Bent over row
- Pull Ups



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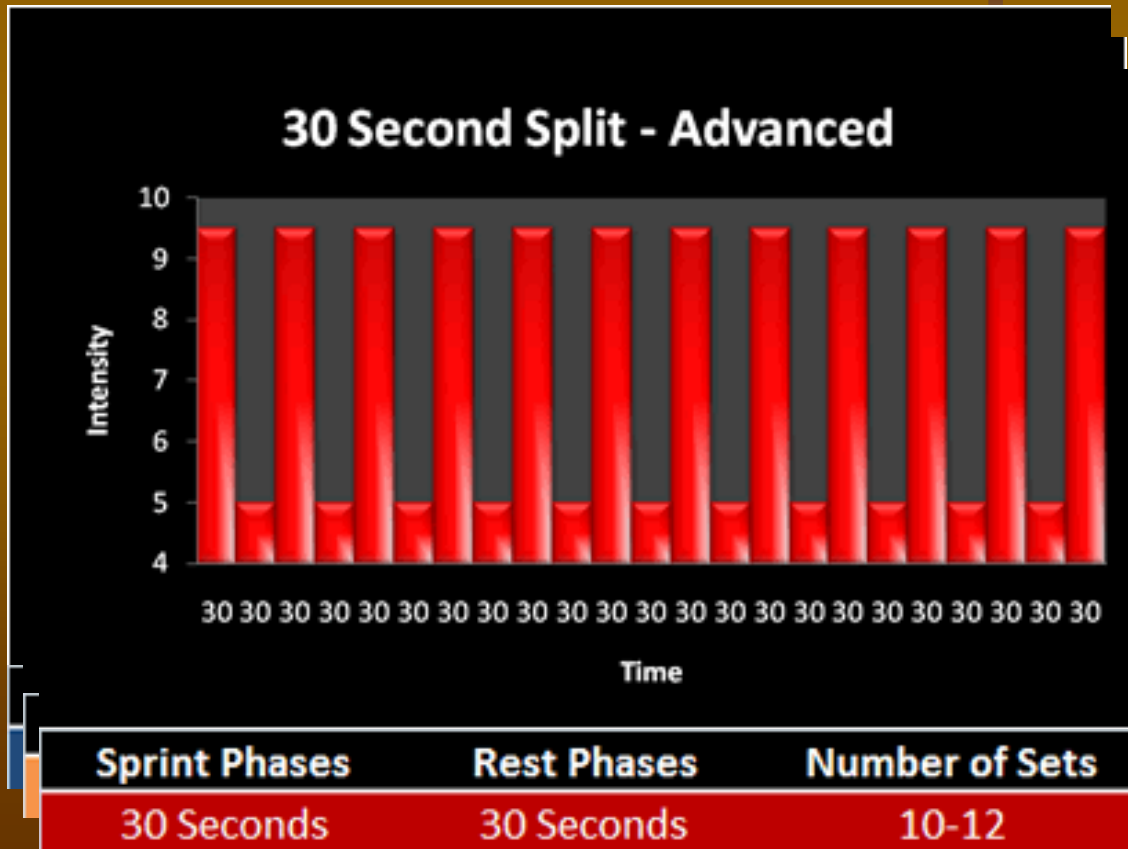
# SBT – Intensity is the key!

## Am I working hard enough?

- **RPE 1-2:** Very easy; you can converse with no effort
- **RPE 3:** Easy; you can converse with almost no effort
- **RPE 4:** Moderately easy; can converse comfortably with little effort
- **RPE 5:** Moderate; conversation requires some effort
- **RPE 6:** Moderately hard; conversation requires quite a bit of effort
- **RPE 7:** Difficult; conversation requires a lot of effort
- **RPE 8:** Very difficult; conversation requires maximum effort
- **RPE 9-10:** Peak effort; no-talking zone

# H.I.I.T. and Tabata Training:

- Start with 4 intervals and gradually migrate to 12. Rest periods also come down from 90 seconds to 30 seconds. Remember to warm up and cool down properly.



# Ergonomics and Postural Decay

Are You De-Evolving?

"Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS"



# Ergonomics and Postural Decay

## Are You De-Evolving?

"Aging and Degenerative (arthritic) changes are NOT SYNONYMOUS"

www.ergonomics.com.au



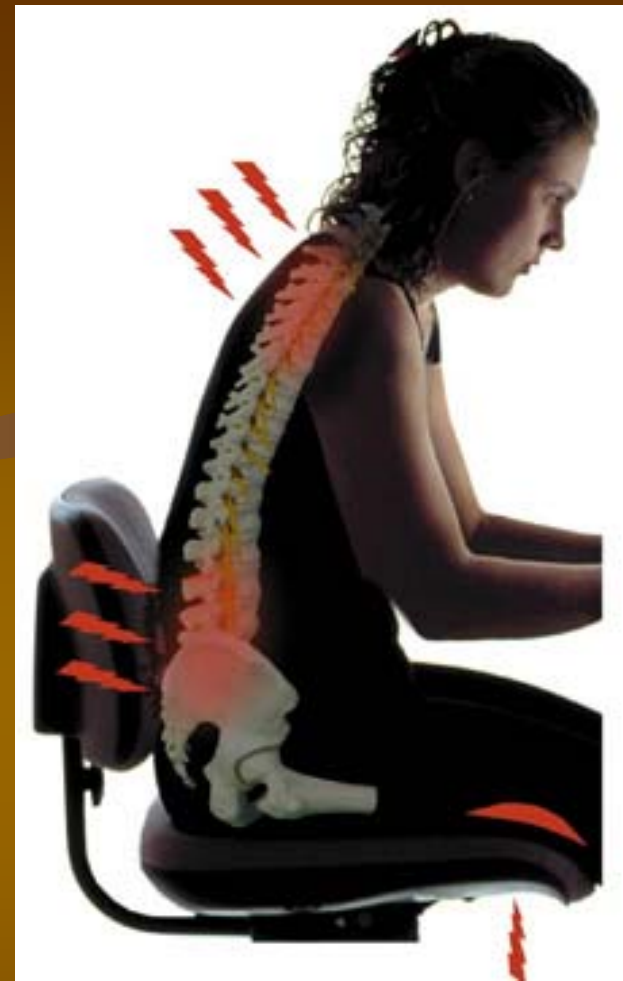
*"Your habits will dictate how you age."*

# Sitting 101

## What you need to know

### Think - Cause and Effect

- “Active Sitting” mentality
- “Balance” mentality
- The 15-minute Solution



# Ergonomics and Postural Decay

Which one are you?

**The daily grind..**



**Wears you out eventually!**

**Everything in its place..**



**And a place for everything.**

*“Your habits will dictate how you age.”*

# Ergonomics and Postural Decay

A thousand ways to improve...

See yourself with X-ray vision.



Keep fit, keep mobile.

Back pain drives you mad!



Don't get stuck in a jam.

*“Your habits will dictate how you age.”*

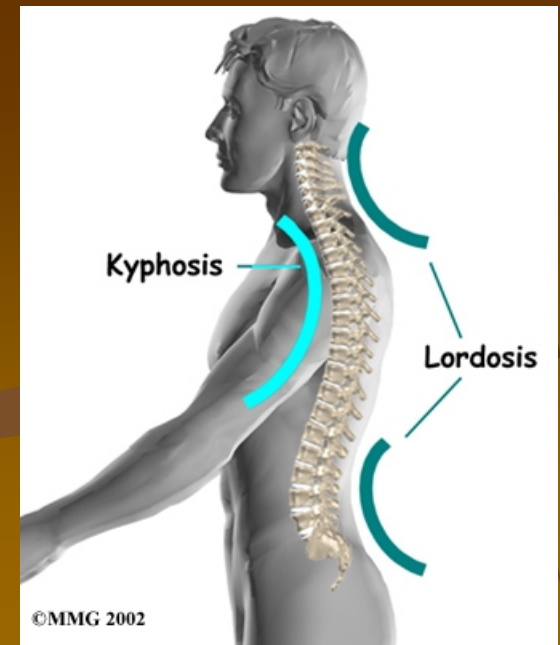
# Crumbling at the Core



# Crumbling at the Core

## The Truth About Core Strength:

- Core Stability = symmetrical development of strength and flexibility, and overall postural alignment.



# Crumbling at the Core

## Core Exercises for Everyone:

- **Planks** (demonstration)



# Genetics and Longevity

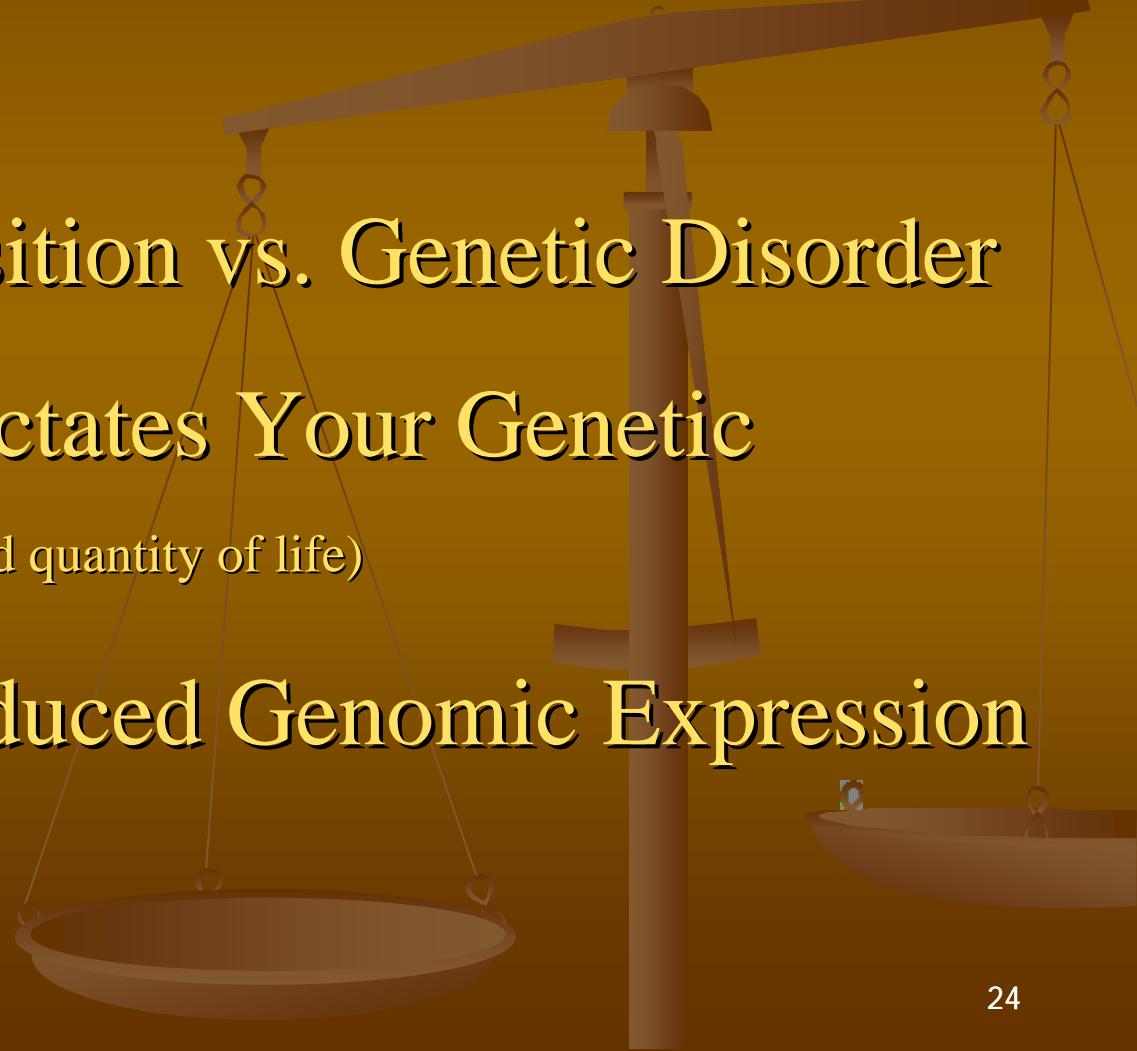


# Genetics and Longevity



## Talking Points:

- Genetic Predisposition vs. Genetic Disorder
- Your Lifestyle Dictates Your Genetic Expression (quality and quantity of life)
- Exercise (deficiency) Induced Genomic Expression (HIIT)



# A New Paradigm

*Your perceptions and beliefs  
will eventually become  
your reality!*



# Living in Balance and On Purpose

