



PYT Weekly Training & Support

Lesson #12 Redefining Exercise

by Jim Katsoulis

Welcome to this week's lesson, and I want to talk about an area that ... you know, you don't need to master it, but it's going to help your weight loss and your weight control to be much, much easier, and that's going to give you a higher quality of life.

And what I'm talking about is the area of movement, the area of exercise, stamina, strength, balance, and all of these things within body, what our body actually ... you know, how we experience the world. And it all comes down to what I think, in this society ... beginning with re-defining exercise. Exercise has become, basically, going to the gym for a lot of people.

And that happens in our culture. And I can tell you as a yoga teacher and instructor, when you study it deeply and you learn what yoga is, it's like a religion almost. I mean, there's a moral, philosophical ... basically, a system to live your life by but when it comes to America, it becomes just the movements, just about stretching and just about getting on the floor and doing crazy postures.

So, there seems to be a tendency in this culture to make things more superficial than what they actually are. So when it comes to exercising, if you've had trouble getting yourself to continue exercising in the past, I'm going to suggest that it's probably because you thought of it only as a way to burn calories or to become thin or to lose weight.

When, in reality, when you redefine what exercise is to you and what it can do to your quality of life and to every aspect of your life, it becomes a lot easier to follow through with it. When you think of moving your body so that you can move more gracefully, so that you can be more comfortable, so you can have more mobility, things that are practical in your life so that you work out and you have strength so you can carry the groceries in from the car to the house, so that you can bend down, so that you can have the flexibility to bend down to get into the bottom drawer or get under the sink. And these are the things that are really genuinely going to increase the quality of your life because you don't want to just be thin.

You don't want to just lose weight. You want to have all of it, right? You want to have the body you want. Visually, you want to look a certain way, but almost more importantly, what's going to make the bigger difference to you in your life, more of the time, is how you feel.

So, if we start with that definition of exercise, if we start with that definition of what all of these movements and this building strength is going to do for you in your life, now we can start to look for new ways to accomplish this and it doesn't have to be this extreme, you know, riding on a treadmill or doing a stair master where it's boring, it's tedious, it's really hard, and that's the only thing you had as an exercise.

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What we want you to do now is expand it and allow anything where you're moving you're body, where you're stretching your muscles out a bit, where you're becoming more flexible, where you're becoming stronger, and where you're having more balance. All of these things are what we're looking to do.

And oftentimes, you're not going to get that from treadmill or a piece of machine or in the gym. You can get it from dancing; you can get it from martial arts; you can get it from walking up the stairs consciously, right?

Slowly walk up the stairs and feel the weight shifting from one leg to the other. Feel your muscles working. Let all the muscles engage. There's a lot of self-awareness that can happen with your body that will not only make you feel a lot better ... and now we flip back to the other side, but it will also help you lose weight, and it will help you lose weight because the more in tune you become with your body.

So, if you start choosing methods of exercise that allow you to become more intuitive, to kind of become more aware of how your body feels, and the energy it's feeling and the strength, and all these things, what happens is, you're going to find that you become aware of when you've had enough nourishment. So, your overeating will slow down and, eventually, come to a standstill because you'd be in tune with your body.

You'll know when you've had enough food, and then you also will be able to tell when you're not getting the nutrition that you need, or you'll notice that your energy levels are a little bit lower.

So, the more in tune you can become with your body, the easier it's going to be to do the things that are going to naturally stabilize your weight and help it return back to where you want it to be, okay.

So, I'll give you a few suggestions and I don't want you to just take these suggestions because they are just ideas. What's more important is that you are consistently looking for ways to move your body, strengthen it, and balance it, and to make yourself more graceful.

These are the things that you're looking for. These are the goals because when you can find the ways to create that in your body, again you're going to be amazed at what happens, because, you know, a lot of people, when they're going to exercise, it's like they're fighting with themselves.

Their body is saying, "I can't do this right away." Because a lot of times, people will get motivated and get excited to go to the gym, and they will over exert themselves to begin with, and they will usually hurt themselves, right? Whether something intense

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like sprain or really twists something bad, or if it's just intense soreness or you get really fatigued and tired.

What you want to do most importantly is to start up slow so you can create a routine. I promise you, if you spend four weeks working out intensely at the gym and then never do it again for the rest of the year or if you start off doing 5 minutes a day and slowly build up to 10 minutes a day the next month, 20 minutes a day the month after that, and you make it part of your life, something that you look forward to, you're going to have a completely different experience of what exercise can be.

So that is what we want to do. You want to combine a different ... open your mind to the different ideas of exercising so it's not just the old ... you know, the ones that you've tried and haven't worked for you but you try something new, something is going to help you become more intuitive, aware of your body while it builds up strength, while you become more flexible, and you want to start with the focus on creating a routine and creating a habit.

That's the main goal when you're first starting to make an exercise plan part of your life. It's that 5 minutes a day, it's that 10 minutes a day, and that "every other day thing." What I would suggest is you look to do it everyday. You don't want to do the every other day thing. You want to get so addicted to it so you need to do it, at least, 5 minutes a day and you're looking forward to it.

I'm telling you this is true. And it is easier because it's not a huge commitment. So, what I would suggest is a yoga-like routine that is even just 5 minutes. It could be something as simple as ... there's a thing called "sun salutation" where it's, basically, just a series of movements. It takes about 2 minutes to do, and they're very movements, and you can take it as deeper or as lightly as you would like to.

And it's just very comfortable. It just makes you feel good. It kind of lengthens and stretches muscles out and you feel better when you're done with it. So, you want to get some sort of a very, very short routine that you can do when you wake up, when you go to sleep at night, and when you get home that you're doing everyday because it sends all sorts of signals to your brain and into your body that you are changing and that you are starting on this new path.

And that alone is, oftentimes, more valuable than the intense short-term workouts that most people do. So, I'm going to leave you this quote that ... there's this saying that the definition of insanity is doing the same thing over expecting a different result.

And you see this all the time with people with their exercise routines. They start them; they're really intense; they're motivated; they do it for a little while; and then they stop doing them. So, what I want you to think about is spend a little bit of time coming up with some new ideas: yoga, dancing, martial arts, going for walks, riding your bike,

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rollerblading, or skate boarding. I mean, get creative – anything where you're moving, anything at all where you're moving in a different way that you normally do.

Consider that exercise. Even if it's something like ... I mentioned rollerblading or skate boarding, and those are exercises because you're using different muscles because you're stabilizing yourself.

So, I want you to open your mind. What is exercise? What are you looking for it to do for you? And the weight loss is almost going to be at the end of the list to a certain degree because it's going to elevate your moods. It's going to make your body feel better – more alive, more energy, more stamina, and more strength. And when you feel those things, you're going to naturally eat better for a multitude of reasons.

So, take some time and come up with some new ideas; and also add that daily component to it. Even if it's just sitting down and taking deep breaths for 2 minutes a day, you can even start there. I'm going to leave you with that technique, it's called "reduce the ridiculous." And instead of setting ... "Okay, I'm going to workout for an hour everyday." Set it up that you're going to workout for at least 5 minutes everyday or you can do, at least ,5 minutes everyday ... whatever.

Get on the treadmill, jump rope, walk ... whatever it's going to be, and in the back of your mind, knowing that you're setting up a routine. And it's easier to do this. You know, in yoga, there's a saying that, "The hardest posture is to get on your mat." And with exercise, it's the same thing that, sometimes, the hardest part is just to get started with it.

And if in your mind, you're getting ready and you're trying to get yourself started and you're thinking. "Oh, I've got to do it for an hour," it's a lot harder to get yourself started. So, what we're looking to do is to lower that barrier – just get on the treadmill for 5 minutes and just walk for 5 minutes. And if you want to keep going, go ahead, but commit to, at least, 5 minutes or 10 minutes, whatever that number is for you.

Play around with that, and I think you're going to be amazed with the results that you get; and I'm going to leave with this idea of experimentation. You may try a new thing. You may try dancing, and you may hate it. You may not like doing it. It may make you feel uncomfortable; you don't want to do it, fine. Do something else.

There's a certain level [inaudible] **10:38** stick to it. But remember, in the back of your mind, you're looking for activities that you genuinely look forward to. You want that [inaudible] excitement. You want to introduce that into this whole process. That's the most important part

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If you didn't workout for the rest of this week and you just thought about all the different things that you could do and you came up with some ideas that were really exciting to you, you're going to be in a much better place next week.

So, again, you want to balance this out. Come up with great ideas, take action, do them, and commit to them. Have fun with it and you're going to find that it's going to make a big difference in the results that you're getting. I'll talk to you next week.

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