



HOW MUCH EXERCISE FOR MY BODY TYPE

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According to the Department of Health and Human Services, exercise guidelines for most healthy adults are: 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity **a week**, or a combination of moderate and vigorous activity.

Here are some basic guidelines for exercise, how much, what type and how long. There are basically 2 types of exercise:

- Recreational - leisurely movements like walking, long bike rides, any type of activity that is long and slow like paddle boarding or canoeing and you can carry a conversation
- Intentional – exercise that is specific for an outcome at a higher intensity and you are elevating your heart rate e.g. interval training on the bike, treadmill, elliptical trainer, weight training, CrossFit, Pilates for the purpose of building strength and/or endurance

When making a change in your diet and lifestyle always start gradual and increase the time and intensity.

When starting the Keto lifestyle don't do intentional exercise if your energy is low. Start with recreational exercise and wait until your energy improves

Weight training, high intensity interval training (HIIT) should be limited to 2-3 or 3-4 days a week no more than 30 minutes. It depends if you are a seasoned athlete or not. Most seasoned athletes do 3-4 a week, you will figure out what is right for you. If you are prone to injuries then maybe 2-3 may be best for you.

My favorite HIIT method is simple: 1 minute warm-up followed by 20 seconds at almost maximal capacity followed by 10 seconds slow or recovery, and repeat for at least 7-8 minutes with 1 minute cool down. You will feel exhausted by the time you are done if done correctly. I wouldn't recommend the HIIT method until you have at least been exercising for 1 month and have some endurance capability. You can tell by taking a few flights of stairs and if you feel winded you are not quite ready.

Yoga, walking, stretching are lower intensity and can be done daily for 30-60 minutes.

Recreational exercise such as hiking, long bike rides or any movement that can be done for hours and you can keep a conversation going should be done at least once a week.

On the days of higher intensity workouts taking Omega 3 supplementation prior to your physical activity will help decrease the inflammatory process precipitated by your workouts.

Never do 2 intense workouts 2 days in a row. You must allow for recovery time in addition to adequate rest, proper sleep and adequate nourishment.

Exercise variation is the best option for strength training – Pilates, body by science workout, opposing

muscle workouts and performing compound exercises too.

One of the best exercise equipment I have is my mini rebounder (trampoline) in the garage, which I use throughout the day at 5-10 intervals.

A good rule of thumb is to have the goal of 10,000 steps daily, which can be easily tracked on your smart phone or with a pedometer.

Another health benefit is out door exercise which allows for nature therapy and vitamin D3 therapy.

BODY TYPE EXERCISES

ADRENAL - low intensity exercise for 30-45 minutes (slow and gentle endurance exercise); keep short intense exercise to a minimal with sufficient rest (48 hours) in between workouts, recovery is KEY for adrenal type; Fish oils (500- 1000 mg prior to workout can help keep inflammatory process to a minimal

THYROID – short intense workouts

LIVER – short intense workouts

OVARIAN - does well with endurance and resistance especially exercise that require lower body strength such as squats, lunges, leg press, bike, step mill

NOTE: If you are a combination of ADRENAL and another body type follow the adrenal body type recommendations