

## ***Learn How to REPROGRAM Your Mind, Body & Spirit to be Fit, Healthy & Strong for Life!***

***Lesson #2: "The Human Body Must be Exercised for at Least One Hour per Day, Six Days per Week at a Regulated Intensity in Order to Lower The Fat Thermostat and Accelerate the Energy Wasting Mechanisms Associated with Achieving and Maintaining a Lean, Healthy & Fit Mind, Body & Spirit for Life!"***

Irregardless of what you've heard, read or understood about exercise and its impact on weight loss and conditioning; your body needs a minimum of one hour\* of exercise everyday (at least six days/week) if you truly intend to Reprogram your mind, body & spirit to be fit, healthy & strong for life! Think of it this way...your body is designed to move! It is the reason why we have arms, legs and a circulatory system and it is the reason why the amount of oxygen we consume directly determines how much and what type of fuel (protein, carbohydrates or fat) our bodies choose to burn throughout the day! Correspondingly, as long as your blood sugar remains stable throughout the day and you consistently engage in one hour of regulated\*\* exercise at least six days per week, your mind, body and spirit will be reprogrammed to remain strong, healthy, lean, fit and full of joy and peace! Trust me, there is nothing like it in the world!!

