

DAY 3

Hi All,

Today is the last protein day and I hope everyone had a little pink on their ketone stix this morning. Don't worry if you didn't, it will probably happen tomorrow. Remember to empty your bladder when you first get up, then test about 15mins later before any major food or water.

Also, be reminded that getting into ketosis is a function of the eating plan **and** your exercise level. Too many people emphasize the eating but it is just as critical to monitor your steps. If you are struggling with the walking then do what you can 4 times a day. You will shock yourself.

Walking will improve your mood and your sleep. It will help your long term results by increasing your metabolism, your sensitivity to insulin and your fat burning ability. WOW!!

How's the pedometer/fitbit steps? 10,000 steps per day is a great way to boost your metabolism. Strenuous exercise tends to look for carbohydrates to burn but regular walking tends to increase the surface area of the mitochondria in your cells and hence your body's ability to burn fat. Yes you heard right- Mitochondria, these are your little "furnaces" inside your cells. The number and surface area of these little friends is critical for fat burning. You can increase this with moderate exercise.

Exercise physiologists have these great graphs of fat burning ability and the intensity of exercise, but the bottom line is moderate exercise is best. 60% of maximum heart rate is where your body burns fat best.

Moderate exercise is any weight bearing exercise that allows you talk while you walk. If you can't talk without puffing then slow a bit or alternatively walk as fast as you can without puffing when you talk. Over time this exercise will increase the number of mitochondria in your muscle cells and increase your body's ability to burn fat. YeeHaa!!!

If walking 10,000 steps is proving an issue then let's get into solution mode.

- Go to a large shopping centre and surprise yourself with how much you can do by making a few trips to the car.

- Break the exercise up over 3-4 sessions in a day, say 4 by 15minute sessions(This is shown to help increase fat loss vs 1 big session.)

- Go for a walk 5 mins then turn around and come back, even this can be done during a tea break.

- Stand and walk on the spot while on the phone.

- Put your ear phones in and weed the garden while on the phone

- Get off social media and on the footpath!!

There are plenty of solutions to exercise!! The best exercise though is the one you can and will do every day anywhere. And remember if I haven't said it already ☺ moderate exercise is best for fat burning and increasing your metabolism.

Tomorrow is our first proper meal day. You can eat from the suggested meal plan but remember to keep your carbohydrates below 80g for women and 100g for men. Levels above this will slow your body's fat burning. Best long term results though are gained by the people who learn to mix and match and create their own food choices. For this reason I suggest you use the food guide in the Healthpointe manual and follow the plan below that is in your manual.

Breakfast - 1 protein
 -1 grain or 1 fruit
 -1 beverage (Calorie free)

Lunch and Dinner -1 protein
 -2 cups lettuce at least
 -1 vegetable
 -1 fruit (remember to have one citrus serving daily)
 -1 miscellaneous
 -1 beverage

Enjoy eating some fruit, vegetables and whole grains tomorrow but remember to weigh everything and be accurate. It is important to become familiar with portion sizes. I was reminded of this today as I guessed a couple of food weights then actually weighed them. Way OUT!! Also don't let the lack of an accurate set of food scales sabotage your results. Go and get some now!!

Finally write down everything in your book including any questions. Also make sure you keep positrim bars and espring water with you at all times. Booby trap yourself into healthpointe success.

All the best,

Jamie