

# DAY 11

IMPROVING YOUR WORKOUTS



WEEK 2

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## *Improving Your Workouts*

**I have been increasing the level of your workouts this week.** Why? If you build an exercise program for yourself and then stay with that program on a regular basis, your body will learn to utilize that stored fat more quickly than it does now.

**Don't forget what is happening with these extra workouts.** The longer you keep your body in motion, the more your metabolism is stoked. Indeed, as you now start walking 30 minutes per day at least four times a week, your metabolic rate will get to the point that you will continue to burn off calories at a high rate for up to two hours after your walk. Some studies even show that on the morning after a good exercise session, a person's metabolic rate measures an almost five-percent increase, and that's after that person has had an eight-hour sleep!

**It's also important that you increase the number of your 60-Second Workouts this week.** You will not only be adding sleek muscle tissue that will help give your body a better shape, but you are also installing a fail-proof mechanism to make your weight loss much easier. You have more than 400 muscles inside your body, and each one is composed of millions of tiny cells. If you can get that muscle tissue in tip-top shape, your body will burn calories at an enormously fast rate.

## WILL YOU BECOME TOO MUSCULAR?

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**Let me stop and tell you that I know you are wondering, as you see the increased number of 60-Second Workouts, whether you should be concerned about becoming too muscular.** Not in the least. Do you know what causes that over-bloated look on weightlifters at gyms? They're eating too much fat. Muscle-building exercises don't make you fat; they make you lean. Muscle is to your body what gold is to the economy – the basic foundation and dynamic source of energy. In fact, simply by firming you up, the 60-Second Workouts can make you drop a dress size without a major change on the bathroom scale.

**And don't worry about using dumbbells in the upcoming days with your 60-Second Workouts.** That's still not the kind of workouts that can make you "look huge." Combined with your eating program, the muscle-building exercises in this program knock out the heaviness around your hips and thighs. You get nicer, more shapely legs, and your love handles melt away. Believe me, these exercises are a lot less painful and certainly less expensive than plastic surgery.

**I admit, I have borrowed a few pages from bodybuilder handbooks.**

Whether you love them or hate them, bodybuilders have attained a muscular development and a body fat level that was unheard of years ago. But in the 21-Day Slimdown, you are not going to "get huge," to use the bodybuilder's lingo. You are not going to build bulging muscles, nor will you ever get sore. Instead of trying to lift as much as you can, you are doing deliberate and controlled movements that focus on the muscles you're supposed to be working.

**So enjoy yourself.** Every time you perform a 60-Second Workout, you are taking another step toward rediscovering your curves and muscles.

## YOUR DAY 11 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	Try the Power Muffins from the Cooking Guide, or go with egg whites, one banana and oatmeal porridge.
LUNCH	Have one grilled chicken breast or turkey tenderloin with 1 cup of black-eyed peas. Or if you want something different, there's nothing better than the Taco Salad from the Cooking Guide – a perfectly balanced meal in itself.
SNACK	Here's a great five-minute, low-fat meal. Buy a white filleted fish, rinse it, sprinkle lemon pepper over it and squeeze half a lemon on top. Place the fish on a plate, cover in plastic wrap and microwave for a couple of minutes. Add rice that you can boil in a bag.
DINNER	Try the Most Requested Meatloaf from the Cooking Guide along with potatoes and green beans. If the sweet tooth is calling out to you, try a soft drink float made with nonfat, low-sugar ice cream or sorbet and diet soda. Compared to more than 700 calories from a regular soft drink float, it contains a mere fraction.
SNACK	Try the Taco Casserole from the Cooking Guide.

## YOUR DAY 11 WORKOUT

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1. Perform nine 60-Second Workouts.
2. For extra credit, do another walk. Try to walk in a hilly area today. You can decide the amount of time.

## EVENING PEP TALK

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**Do you remember a couple of days ago when I had you state, “I am the most important thing in my life”?** Perhaps you thought I was having you do that only for dramatic effect. What you were doing, however, was called an affirmation, and affirmations are very valuable tools. Despite their simplicity, affirmations can help drive home your belief in your own abilities.

**For centuries, people have known the power of affirmations.**

According to ancient Hindu tradition, once we state something over and over, it becomes a mantra, a frequently repeated thought that molds and shapes our future. The theory is that when you make an affirmation out loud, your statements are getting to your subconscious mind and transforming it so it will work to bring out the best in you. On the other hand, if we focus on our fears and insecurities, what we are really doing is inputting very negative information into our subconscious. Tell me, would you rather have a subconscious that is working against you, or one working for you?

**Right now, as you’re reading this, stop for just a moment and smile.**

Take a deep, relaxing breath and just smile. Notice how the smile changes your whole state of being. Now say, “I love improving my body.”

**Say it again:**

*“I love improving my body.”*

**I know, I know, it sounds silly.** At least it does right now. But you’re working on your subconscious and throwing off the shackles of your old limited thinking patterns. Scientists say that on a typical day, the average person thinks about 60,000 thoughts. Even more startling is the fact that 95 percent of those thoughts are the same ones you had the day before. Through affirmations, you are able to install new, more empowering thoughts. Your mind has a vast, immeasurable potential that often remains untapped.

**Your affirmations don't have to be fancy, long or drawn-out. Here are some more you might want to say before you go to bed tonight:**

*"I am more fit today than ever before, and I am getting fitter by the moment."*

*"I'm happier, and my body is growing stronger."*

*"Every step I'm taking is progress."*

*"Whatever I do today, I am able to do a little bit more tomorrow."*

*"Whenever I eat a perfect meal, I am supercharging my body."*

*"Whenever I work out, I am burning off hundreds of calories."*

*"Every day, in every way, I am getting better, better and better."*

**Feel free to create your own affirmation.** Choose something that has special meaning to you.

Like many of you, I once thought affirmations were sort of goofy. But as I've learned, the more positive thoughts I have had about my body, the easier it has been for me to stay lean. By saying out loud what it is you want, you will give credit to what you are doing.



A woman with blonde hair in a ponytail, wearing a brown tank top and tan pants, is running on a sandy beach. The ocean with white waves is in the background under a clear blue sky.

# Slimdown Tip:

## *Interval Walking*

**Here's a way to get an extra boost out of your walking program: every now and then, try something called interval walking.** That's when you alternate your basic walking pace with some high-intensity spurts. For example, first start off for 10 minutes at your regular moderate rate. Then pick up the pace until you're breathing harder (but not all out) for a couple of minutes, then slow back down to your regular speed that lets you catch your breath, which will probably be slower than your initial walking speed. Then pick up the pace again for another couple of minutes, and so on and so forth.

**This kind of training allows you to burn more calories per minute and will keep you at a higher metabolic rate throughout your walk.** It's going to help with the afterburn effect, too. You'll be burning fat at a higher rate even after you stop exercising. The more intense the exercise, the greater the afterburn effect.