

# DAY 4

CARDIO WORKOUT



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## WEEK 1

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## *Cardio Workout*

**You've been waiting for this day, haven't you?** This is the day, you're thinking, when I tell you to take up some calorie-blasting, super-fat-burning workout. If there is anything that should make you leap out of bed in the days to come, it's the knowledge that the best cardio program to help you lose weight is one that requires you to go slower!

**Go slow.** Do you remember how I earlier told you about the enzymes in your body that help your fat cells collect calories? Here's the beautiful thing: Your body has other enzymes that can be sent out to take those calories out of your fat cells, and a great way to stimulate those enzymes is through moderate exercise – and I mean moderate!

**Just as fire needs oxygen to burn, so does fat burn in the presence of oxygen.** If you work out too hard, you're becoming what is called anaerobic, which means your body is in "oxygen debt." Because oxygen isn't getting into your fat cells, your body uses its sugar supplies for energy. There's nothing wrong with that, but it's not the most efficient way to lose weight.

**It's moderate exercise that gets oxygen into the fat cells, which then sets off a kind of reaction that starts releasing fat calories.** You don't need to run a marathon or sprint as fast as you can. You don't need to sweat through your clothes. You don't burn extra amounts of fat just because your lungs are gasping for oxygen.

**Don't work out for an extraordinary length of time when you do cardio exercise.** The newest information we have shows that fat-burning exercising can be accomplished in bits and pieces – a few minutes here, a few minutes there. Researchers at the University of Pittsburgh asked two groups of overweight women to walk for a total of 40 minutes per day. The first group of women had to walk for 40 straight minutes. The second group could divide their 40-minute walks into three daily sessions. The women who divided their 40 minutes not only made the same cardiovascular advances as the women who walked all at once, but also lost an average of five more pounds over the 20-week period of the study.

**Did the Pittsburgh researchers uncover some great mystery about the human body?** Actually, they figured something out about human behavior. “The women taking the brief sojourns were less likely to skip their walks,” the study found. “The flexibility associated with exercising in short bouts ... allowed for more consistent exercise participation.”

## THE POWER OF WALKING

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**If you take small but consistent steps – a theme you will hear echoed throughout this program – then you will make great strides in reshaping your body.** That’s it, ladies and gentlemen. When people ask how much I run, how many aerobics classes I take or how long I ride my bike, I look them square in the eye and say, “I walk. I put on some tennis shoes, and I walk.”

**Walking burns calories just as effectively as running, cross-country skiing or playing a vigorous game of tennis.** It only takes a little longer. According to one study, 150-pound women who walked three times a week for an hour automatically lost 15 pounds, and that’s without any change in their food intake. In another study, researchers at the University of Georgia had overweight students and staff do treadmill work four times a week expending 300 calories per session. One half did the treadmill work at high intensity, while the other half went much more slowly but for a longer period to reach the 300-calorie level. Astonishingly, both groups lost an identical amount of fat – 5 pounds!

**Besides continuing your work on your eating program, all you have to do today is walk around the block.** Walk more than once if you wish, but all I’m asking for now is one time around.

**You don’t want to make your walk a leisurely, casual stroll, but you don’t want to walk so that you end up huffing and puffing.**

Throughout your cardio program, if you ever find yourself gasping for breath or if you can’t carry on a normal conversation while walking, you’re going too hard and not burning fat as efficiently as possible.

**Is there a voice in your head saying, “Oh, come on, Larry!** How can you burn enough calories to lose fat by walking around the block?” No doubt you’ve seen those charts in other books that tell you doing a triathlon or going cross-country skiing burns more calories than walking. And of course, you’ve noticed those great, muscular bodies of professional athletes and said to yourself, “I’ve got to work out like that athlete if I want to look like him or her.”

**Sorry, but you're misleading yourself.** The goal here is not to become a professional athlete, nor is the goal to exercise the way you did when you were 16 years old. Your goal is to get the physiology of your body to change so that it turns into a far better fat-burning machine.

**You can do any type of cardio you wish.** If you want to jog, rollerblade, swim or take aerobics dance classes, great! But in my program, I'm going to focus on walking because that's what I see the majority of people doing. Even in health clubs filled with extravagantly complicated machines, it's always the treadmills that are in the highest demand. Walking does everything for you that you need to accomplish to get the fat off. The Cooper Institute of Aerobics Research, the Dallas organization that invented the word aerobics, no longer says it is intense, vigorous exercise that leads to healthier bodies. The institute's exercise physiologist, Dr. John Duncan, says, "We now know that metabolic changes occur at very moderate exercise intensities."



### **Did you hear that phrase?**

Metabolic changes? That's right, you can speed up your valuable metabolism by doing something other than running and intense sports. And as I've said over and over, **the speedier your metabolism, the more calories you burn.**

## YOUR DAY 4 EATING GUIDE

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**To make egg whites, all you have to do is crack an egg gently in half and hold each half in either hand.** Pour the yellow egg yolk from shell to shell while letting all the egg white drip into a bowl below. You want to get rid of the yellow yolk because that's where all the fat is in an egg. If you're not sure you like egg whites, add two whole eggs to two egg whites to get used to the taste.

MEAL	EATING GUIDE
BREAKFAST	Try scrambled egg whites (your lean protein) with toast or a bagel. Avoid using butter or oil. Nonstick frying pans are the best for stovetop cooking, but if you don't have one, use a low-fat kitchen spray to lightly coat the pan. (If you prefer an omelette, then make your omelette using only egg whites.)
LUNCH	Try a lean ground beef hamburger or turkey burger (see the Cooking Guide) with mustard, ketchup or fat-free mayo.
SNACK	For your mid-afternoon snack, instead of a bag of potato chips, try 3 cups of air-popped popcorn. (You can pop it the night before and bring it with you to work.)
DINNER	Go for a lean red meat like an 8-ounce filet mignon (16 ounces is way too much) along with an order of baked or roasted potatoes for your starchy carb. Pick a fibrous veggie of your choice, like spinach.
SNACK	Go for low-calorie fruit such as strawberries, apples, pears or berries. For flavor, add some nonfat whipped cream.

## YOUR DAY 4 WORKOUT

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**1. Do two more 60-Second Workouts.** This time, pick your own.

**2. Walk around the block.** Suggested time: 15 to 20 minutes. Don't act like you're wandering, but don't race around the block either. The most effective walking pace, according to researchers, is going more than one mile in 15 minutes. That's about 120 steps per minute. If that speed is too fast for you right now, no problem. Just walk. You'll get there. Remember, you expend the same number of calories walking a mile as you do running a mile. It just takes you longer.

## EVENING PEP TALK

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**I hope you realize just how far you progressed today.** For those of you who have done no cardio exercise in a very long time, your simple walk probably had the same physical effect on you as a 5-mile run for a conditioned athlete. In that one walk around the block, you got your body's long-dormant furnace going, and it began gobbling up calories far faster than someone who's more conditioned and has been working out longer.

**Stay with it.** Although I'm not going to ask you to walk again for a couple of days, you can walk all you want. If you feel yourself get tired and want to slow down, then by all means, slow down, but keep moving. With each step you take, you transform your body into the finely tuned engine it can be. Stop thinking your body is worn-out, rusted and overweight. Every time you walk, you stoke your inner furnace. Furthermore, besides sending oxygen to the fat cells, exercise sends more oxygen to the brain and makes you feel far more alert throughout the rest of your day in everything you do.

**In other words, if you start moving your body, you start changing your life.**





## Slimdown Tip: *Morning Exercise*

I have found if I wait until later in the day to work out, I usually have so many things that come up I run out of time or am just too exhausted from my workday to do anything except collapse when I get home. To avoid this, I work out early in the morning when I am at my freshest.

If you set your alarm 15 or 20 minutes earlier each day, you could have time to get in all the 60-Second Workouts you wanted. If you set it 30 minutes earlier, you could get in a walk. I know you probably don't like getting up earlier than you have to, but once you do get up and moving, you'll always be glad you did.