

# DAY 7

ACTIVE REST



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*Today you get an extra bonus: a way to burn extra calories out of your fat cells. I call it Active Rest.*

One of the reasons America, as a whole, has become more overweight over the years is because we no longer do the little day-to-day activities that are not officially considered “exercise” but go a long way in keeping us fit.

The differences in lifestyle between modern Americans and our past counterparts may seem small, but they start to really add up. 50 years ago, people were more likely to walk to work or walk to catch a bus, and if they drove, they used a stick shift to change gears instead of the convenient automatic transmission.

Once at work, they may have also had to climb two or three flights of stairs. Other small differences at home such as the absence of electric dishwashers and remote controls helped keep people up and moving constantly through the evening. And on weekends, people were far more likely to spend a sunny day outside mowing the lawn and trimming the hedges instead of hiring a lawn service to keep the yard green and tidy.



**My point is not that you should give up all the conveniences in life.** By adding back into your daily routine some things that will get your body moving and by making yourself more active when you are at rest, you will be amazed at the results.

## SOME ACTIVE REST TIPS

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*Here are some ways to add active rest to your life for today:*

- 1 **Park your car at the far end of the parking lot and walk further to your office.**
- 2 **Take a flight of stairs instead of the elevator every now and then.**
- 3 **Find ways to move around in your office.** Walk to the more distant water cooler rather than the one by your desk. Walk to the corner mailbox. Pace around your office when you're thinking. At the least, don't sit for more than an hour without getting up and stretching for a few minutes.
- 4 **If you are at home most of the day and there are stairs in your house, take a break every hour or two and climb them.** Remember, as far as weight control is concerned, it's not how many flights you walk at one time, it's how many you walk over the course of the day.
- 5 **Mow your own yard.** When you do yardwork, use manual tools (hand mowers, rakes, snow shovels, etc.) instead of power tools whenever you can without exhausting yourself or risking injury
- 6 **When you have packages to unload from your car, take them into your house one at a time to increase the number of trips back and forth.**
- 7 **Play outside with your kids five minutes longer than usual.**
- 8 **Walk the dog.**
- 9 **Give up the remote control.**
- 10 **Or better yet, while watching your favorite shows, try to squeeze in a few of the 60-Second Workouts we'll talk about on this program.**

**Are you getting the point?** I've been around a lot of people who spend most of their lives molding and perfecting their bodies and spending thousands upon thousands of dollars with personal trainers. But the path to good fitness hardly requires such obsession. According to the New England Journal of Medicine, two doctors recently determined that the average person could improve his or her heart by simply climbing stairs for six minutes per day!

Other researchers say that basic routine activity (getting up, getting dressed, lifting things, walking around, doing housework, going out in the evening and so forth) will burn 25 percent of your total calories, and that's if you are only moderately active.

## YOUR DAY 7 EATING GUIDE

MEAL	EATING GUIDE
BREAKFAST	If you want to try an amazing new breakfast, go for the Egg Muffin from the Cooking Guide. This is a perfectly balanced, low-fat, low-calorie meal.
LUNCH	Try a delicious fat-free tuna salad. Take a can of water-packed tuna with fat-free mayonnaise. Put in diced onion, celery and egg whites. If you wish, add Dijon mustard, vinegar, cilantro and tomatoes. Mix it up and you have a terrific protein.
SNACK	Run by a Chinese restaurant and grab some steamed rice and steamed fish or chicken. (Make sure only white chicken meat is used.) Use a little teriyaki sauce for flavor.
DINNER	Baked turkey breast, brown rice and vegetables.
SNACK	As a new evening snack, try rice cakes that come in a variety of flavors. For a great spread, mix fat-free cream cheese and low-sugar preserves on the rice cakes, or put fat-free cheese on top of the rice cake and melt in the oven.

*A quick way to bake a turkey breast is to put it in a cooking bag. Add seasonings, shake it and bake it in the oven for 20 minutes per pound at 325 degrees.*

## YOUR DAY 7 WORKOUT

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1. Five 60-Second Workouts.
2. Walk for 15 to 20 minutes. Consciously lengthen your stride this time. The effect will be to naturally increase your energy output.

## EVENING PEP TALK

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**Can you believe that you are about to finish your first week on the program?** I bet you've quickly realized that a cornerstone of your success in the 21-Day Slimdown is being ready for every hour of the day. If you know what you're supposed to be doing as the day unfolds, you're going to progress much quicker.

**An invaluable tool for me to stay on the program is to take my daily calendar and write down everything I need to do that day.**

This guarantees that I achieve all my eating and fitness goals. It's not just a to-do list. I mark down the exact times when I should be eating my meals and what I want those meals to consist of. I mark down the times when I am going to take my walks. I also include shopping lists for the grocery store. If I am going out to eat at night, I put down exactly what I wish to order so I won't be tempted to order a high-fat dish. I even write down when I'm going to prepare and cook low-fat food at home. I also schedule other personal time to stay focused on my goals. In fact, on my personal calendar, I also write down 10 minutes every day for what I call Goal Time.

**I highly recommend that you create a similar calendar.** You might have one of those black leather personal day planners as I do, or you can use a regular spiral notebook. It doesn't matter. Just use it to keep yourself on track.

**Merely by keeping a journal, your awareness of your habits will soar.**

It makes a huge difference in your long-term success. When you keep a written record of your eating, you'll find yourself more driven to get through each day of perfect eating. When you keep a written record of your workout times, you'll start enjoying the pattern of your workouts more and you'll hate it when you break the regularity of your workouts. Your journal will keep you moving forward. That's what counts, not postponing your program until tomorrow, not waiting to work out until "someday," but making sure success is heading your way right now!





## Slimdown Tip:

**Although I have been concentrating this week on teaching you about the importance of lean proteins and starchy carbs, I don't want to de-emphasize the glory of fibrous veggies.** I don't claim that you must always have them at each meal, but they are important throughout the day. High-fiber foods reduce the blood levels of insulin, a hormone that can overstimulate the appetite. High levels of fiber intake have also been associated with a decreased risk of developing heart disease, colon cancer, constipation and diabetes. Although starchy carbs like potatoes, beans and rice have fiber in them, a starchy carb is more calorically dense, while a fibrous vegetable is basically water with nutrients. Whereas a cup of corn (a starchy carb) has about 150 calories, a cup of green beans (a fibrous veggie) has about 50. Fibrous vegetables can add flavor and variety to your meals and help fill you up without overloading you with calories.