

Top Ten Exercise Health Habits

My passion is transforming lives by teaching the real truths of toxic load, Nutrition, and Fitness! I seek to empower and transform the lives of my fellow ladies!

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Hi Friends,

Well, this is my lane right here. For the last 30 years, since I was ten, I have been an avid, disciplined exercise enthusiast! Now, I know that not everyone has this crazy love to move their body like I do, however, what I have learned over this time, can help anyone improve their physical fitness by adding just a few simple habits into their routine and adhering to a few rules! There's just so much information out there – so many fads….so many programs, apps, and classes. Who has time to decipher what really works, what's safe, and more importantly what's effective.

These ten very simple tips are so effective that I know when you begin to apply them and work them into your daily life, not only will your body respond, but more importantly, you will begin to crave movement….even if it's just ten minutes. This is because I know that moving has a plethora of health benefits that actually create such a positive emotional response that once you've developed the habit, it will be hard to take it away from you because you become emotionally attached to the feeling. It's that "feeling" that once discovered, you will have created a pattern in your mind that helps you recall the rewards of this feeling which is the recipe to help you repeat and come back for more which get you results over time!

However, I've also learned in order to get to that place, you need to know just a few things to get you started.

Top Ten Exercise Health Habits

"I regret that workout," says no one, Ever!

1 **Make it part of your first hour of the day.**
That's right! When it comes to cardio movement (walking, biking, etc) not only is this habit going to help you use stored fat as your energy source, but it is also going to get your metabolism hopping, and increase blood flow and mental focus, improve mood...and quite simply- it gets your day started off right...this is a NON-negotiable for me. I pen it in, even if it's just 10 minutes!!!!

2 **Clothes and Plan set the night before.**
That's right guys, failure to plan is a plan to fail! Make it an appointment, down to what your doing and what time, I can promise you, if it's not scheduled, you're not doing it! Write it down! Every day, I still do, if for nothing else so I can see the success of my consistent efforts – even that is gratifying!

3 **Even 10 minutes will do!**
Everyone always says how long, how hard, etc. So, to answer that I set minimums....this way, you CAN'T FAIL! Anyone can find 10 minutes a day, even in business clothes! (I've done this too) Generally I go from 25-60minutes of cardio work, but at the end of the day, consistency is key, so keep it simple....the more you do, the more you will feel required to do, and when life get's busy, and it will, guess what goes out the window....yep- your exercise! Keep it simple, set it for 10, if you do more, then yippy skippy!!

4 **More is not Better!**
Oh how I wish I would of known this in my twenties, but I didn't, I abused my body with hours of movement and thought if I just do more, I'll be more fit. Well, actually there's a fine line to this… because if you do TOO much, guess what, your body breaks down, doesn't recover and repair and therefore, never really improves, leaves you susceptible to injury too! So here's the key, listen to your body, REST! Don't work it to a pulp and then get up the next morning and do it again! Respect the body's required time it needs to repair the muscles that you trained the day before! Balance out your program with equal parts of rest and intense workload, but not just only the latter!

5 **The best type of exercise is the one you enjoy!**
Why would I tell you to swim when you despise it? This sets one up for failure, because seriously, there are very few people in this world that will show up everyday to do something they hate….and if you're trying to make yourself love it….not gonna work – tried it! So the best exercise is the one you enjoy doing. This means you have to get out and try a few different things, a few classes, variety until you find enjoyment! And when that's old, try something else!

6 **Vary your workouts!**
Plain and simple, never do the same thing 2 days straight in a row! This goes back to the rest plan! You need to continue to challenge your body in different ways and always keep it guessing with different types of movements, so it doesn't get stale, BUT, more importantly, you need time for the muscles you just worked to recover. So my example is if I ran Monday, I bike Tuesday, I incline walk Wednesday, Thursday I stepmill it, and Friday i'm back to running! Change it up!

7 **Resistance Training is a STAPLE & NON-NEGOTIABLE.**
As a matter of fact if I only had to choose one, even though I would hate to give up my 10 a day, I absolutely will NOT GIVE up the activity that not only increases my connective tissue but strengthens my bones, and defines my body. Once again, I keep it simple, I don't try to reinvent the wheel here, a pushup is a pushup and I don't mean burpees….I mean slow, repeated movements that take the muscle through a full range of motion until maximum threshold is achieved. Find the circuit in a gym, repeat it – intensely 2-3 sets until complete fatigue, then give your body rest.

8 **Resistance training is 2 times per week.**
Now, here's to say you can do more if you are on a split body routine, and training alternate muscle groups. But, for most of us, who just want to look good and don't need to be in a competition, we just need 2 days a week – about 10-15 exercises – done INTENSELY…and then REST. Yep, there it is again, let the body recover. Let it chill, let it fix what you have worked….wait 3 days…REPEAT!

9 **RESISTANCE TRAINING done slow and focused without explosive movements.**
There is a time and place for plyometrics and explosive movements, but to develop strong muscles and connective tissue, every week I perform these movements under a good amount of work load yet I am slow, so I can visualize the movements (thereby using less weight, putting less pressure/wear and tear on my joints) This is why I am after all these years, still injury free…..in order to be consistent…this is a MUST!

10 **POSITIVE WORDS of affirmations during exercise!**
When somebody feels good, they are way more likely to go back and repeat the behavior! So here's the lesson friends, you better talk nice and pretty to yourself or she ain't comin back for more!!! Say it, mean it, aloud and in quiet, tell yourself during movements that you are Strong, you are Beautiful, you are Fast! Tell yourself you FEEL amazing, and I promise you....Promise, if you do this....what you think will expand...you will bring more strength and beauty to you and you will keep coming back for more...It may seem silly...but as silly as it may seem, it works!!! YOU ARE HEALTHY AND STRONG!



Hi friends!

My name is De Day & I am a Health Educator and Fitness Coach at my gym, Siesta Key Fitness. I have over 20 years experience speaking and educating on Health and Wellness. My passion is transforming lives by teaching the real truths of toxic load, Nutrition, and Fitness! I seek to empower and transform the lives of my fellow ladies!

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