Metabolism

Maximum

for you to decide just how much weight you should lose – not weight. So a strong “will” and determination is necessary to make all-important in maintaining a leaner, healthy body.

◆

The key to weight loss is multi-faceted. It embodies more than you realize, but can be achieved with the help of the body that you’ve always known was there. By following these steps toward your potential goal, you’ll be making results, and finding proof of the healthy way you move.

What kind of exercise is required?

A combination of a regular walking program with appropriate aerobic exercise is essential for best results. The Maximum Metabolism exercise plan takes only a short time each day, and is designed to help you lose excess weight, increase energy levels, burn calories, lose unwanted fat and gain muscle tone. The more exercise time you have, the higher your basal metabolic rate (BMR), and the more calories you’ll burn.

At any age, the earlier in the morning so that you get the highest BMR of the day. Another important, though lesser known, benefit of daily exercise is that it causes the release of endorphins, or “feel good” hormones to the brain.

Walking & aerobic:

Walking has become a very popular aerobic exercise simply because it works. One only needs good shoes, comfortable clothes and a 15 minute walk per day. It will improve heart strength and tone, promote free muscle tone, and help you lose weight.

The average optimum walking distance and pace ranges from 1-4 miles in about 20-30 minutes. This translates to between 10 and 20 minutes to walk one mile. After stretching your leg muscles for a few minutes, start with a leisurely distance and gradually work your way up to longer and more swiftly-paced walks. The object is not a walk, but one that will burn calories immediately, and after approximately 18 minutes, begin to burn fat.

Beginner’s walking program:

◆ Real exercise time: 12 minutes.

- Warm-up: 5-6 minutes of stretching.
- Cool-down: 3-4 minutes after walking.
- Frequency: 5 times a week.
- Weekly mileage: 7.5 miles.

Advanced walking program:

◆ Real exercise time: 22 minutes.

- Warm-up: 5-6 minutes of stretching.
- Cool-down: 3-4 minutes after walking.
- Frequency: 5 times a week. (You can walk for 3-4 days and rest 2 days every week)
- Weekly mileage: 15 miles.

What do “we” do is what we “get.”

For a change, you can switch certain days of your walking plan with other aerobic excises such as jogging, biking or dance aerobic workouts. You can use an exercise bike, swim, or lift weights using your own lazy days.

Weight training:

Another very important aspect to regaining a healthy you now you’ve been trained to some form of appropriate weight training. Whether you decide to join a gym, or check out some of the excellent books on the subject for information, one thing you’ll quickly discover is that weight training can be a significant part of your attaining healthy body. If you wish to retain the same youthful appearance all you need to do is be properly trained, to a proper routine. And it is definitely achievable. We simply need to understand that as we get older and lose physically active time to our daily lives, it is increasingly necessary to reverse the sedentary process that got us here in the first place.

A good weight training program can rebuild lean muscle and increase the size of your muscles. Muscle makes you look and feel thinner, so muscles take 20% less space than fat.

Adding muscle will:

◆ Raise your basal metabolism further to work more fat away.
◆ Tighten body fat area.
◆ Allow you to eat more calories of favorite foods.

So get out there and enjoy your surroundings, the weather, the sun, the birds and the newly emerging healthy you.

The diet program:

The major purpose of the Maximum Metabolism plan is to lower the amount of fat we eat and maintain the amount of healthy nutritional intake. Each meal is based on a 1400 calorie diet. conference, 30% -60% are carbohydrates, 20% -25% lipids, and 8% -30% protein calories – with an average of over 22 grams of fiber each day. This level of calorie can help you lose weight without showing your metabolically lowering meal plans, as many of the “processed” don’t lower your meal plans. So it is much easier to maintain regular activity. Regular exercise is extremely important to the weight loss program.

The plan also includes such nutrient-containing foods as to avoid but津, but this plan and to ensure that the body naturally lower to control appetite, maintain a proper mood, and feel satisfied after a meal.

To help you lose fat.

What is the Maximum Metabolism Plan?

The Maximum Metabolism plan is designed for you to safely:

◆ Increase your Basal Metabolic Rate (BMR)
◆ Lose excess body fat
◆ Build and tone muscles
◆ Achieve a greater feeling of personal well-being

The program embodies all the above in a matter of the kind of body that you’re always known was there. By following these steps toward your potential goal, you’ll be making results, and finding proof of the healthy way you move.

◆ What is the Maximum Metabolism Plan?

◆ How long will the Maximum Metabolism Program last?
◆ What kind of exercise is required?
◆ What do “we” do is what we “get.”
◆ The diet program:

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THE MAXIMUM METABOLISM FOOD PLAN

◆ STOP DRINKING ALCOHOL, DRUGS AND NICOTINE
◆ EAT 5 TIMES A DAY
◆ EAT SMALL, FREQUENT MEALS
◆ NOW IS THE TIME TO EAT YOUR 3000 CALORIES
◆ EAT NO MORE THAN 2500 CALORIES A DAY

THE MAXIMUM METABOLISM FOOD PLAN

WEEK ONE

MONDAY

Breakfast: 3 egg whites scrambled with cheese, 1/2 cup cooked brown rice, 1 cup nonfat milk, 1 oz. dried dates
Lunch: 1/2 cup rice, small green salad: 1 cup lettuce, 1/2 cup tomatoes, 1 tsp. black pepper (dry or packed in water), 1/4 cup low fat cottage cheese
Dinner: 3 oz. halibut with 1 tbs. lemon juice; 1/2 cup cooked pasta, 1 cup cantaloupe/honeydew chunks, 1/2 cup nonfat cottage cheese; top with 2 oz. reduced calorie cheese, and salsa
Snack: 1 slice of wheat toast; top with 1/2 cup nonfat ricotta cheese, 1 apple

SATURDAY WEEK ONE

Breakfast: 3 egg whites scrambled with cheese, 1/2 cup cooked brown rice, 1 cup nonfat milk, 1 oz. dried dates
Lunch: 1/2 cup rice, small green salad: 1/2 cup lettuce, 1/8 cup onion, 2 tbs low fat tomato sauce, 2 oz. ground turkey, 1/2 cup tomato cucumber salad; add red wine
Dinner: 1 cup chicken; 1 cup mixed vegetables, 1 tsp. butter
Snack: 1 tbs. nonfat dressing

THE MAXIMUM METABOLISM FOOD PLAN

WEEK TWO

MONDAY

Breakfast: 3 egg whites scrambled with cheese, 1/2 cup cooked brown rice, 1 cup nonfat milk, 1 oz. dried dates
Lunch: 1/2 cup rice, small green salad: 1 cup lettuce, 1/2 cup tomatoes, 1 tsp. black pepper (dry or packed in water), 1/4 cup low fat cottage cheese
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Maximum Metabolism

The Maximum Metabolism plan allows you to eat healthy, lose excess fat deposits and tone muscles.

◆ Lose 25 pounds in 12 weeks.
◆ Lose exuberantly, eat normally.
◆ Build and tone muscles.
◆ Look and feel thinner, as muscles take up 20% less space than fat.
◆ Gain a sense of well-being, mood, and feel satisfied after a meal.

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