

Glow 15 COURSE

TRANSCRIPT

Module 2: Day 7

We are on day seven of Glow15 and the journey continues. You're almost half way through it and we're going to talk about exercise today. On Glow15 exercise is all about less becoming more. What do I mean? I want you to exercise on the four high days out of the week and on the three low days, you're not going to be exercising. On those four high days you'll be doing exercises that have been specifically designed to activate your youth. I want you to exercise for no more than 30 minutes.

During your exercises you will be activating your autophagy and if you feel like you want to keep going, studies have shown that you can go as much as 80 minutes. But again, the majority of the benefits that you're going to be reaping will be in the first 30 minutes. Let's talk about the type of exercises you're going to be doing. There are two types of exercises. You have four days to do them, 30 minutes a day. I'm asking for just two hours out of your week to exercise.

Let's talk about the two different types. The first one is high intensity interval training and that will be for 30 minutes. The way I like to do it, is with walking. Just depends on who you are, you can do it with jogging, swimming, you can go to Orange Theory, or do CrossFit.

There are so many different ways that you can incorporate this high intensity interval training, but what really matters is where your heart rate needs to be. Your target heart rate. We're going to quickly go through your target heart rate and you will read and learn a lot more about it in the full program and in the book. You have a resting heart rate of hopefully somewhere between 50 and 80 and you can always check that first thing in the morning when you wake up. That is the very best time to test your resting heart rate. You are looking for something under about 80.

Then, when you want to see what your maximum heart rate is you take your overall age, and you start with 220 and minus your age. If you're 40 years old, 220 minus 40, is 180. That is your maximum heart rate. To get your target heart rate you will take about 70-85% of that number. In this case, let's say you're walking, you'll go into a speed walk to meet your target heart rate. That's the overview of the intensity training and there are many ways to do it.

Now let's talk about resistance training. This is a great way to not just build muscle and reduce body fat but to truly activate the youth within your cells. Resistance training doesn't mean you have to be going to the gym and grabbing different weights. Now look, if you love to go to the gym it's a

wonderful way to get your resistance training in. But for somebody like me who doesn't like to go to the gym, I like to use lunges, squats, yoga, all sorts of different body weight exercises that provides that resistance training.

There you have it. Those are the types of exercises you're going to be doing on Glow15. You'll do them on your high days. It's super simple and within 30 minutes you're activating your autophagy. The one key I want to remind you of is don't slow down, don't give up. Don't let yourself stop because once you get this momentum the autophagy is turning on and off and you're really benefiting in more ways than you can even imagine. Studies show that when you stop for just a couple of weeks, all of the benefits that you've been getting from activating your youth and your autophagy in your cells start to decline and ultimately will go away. So keep it up and I can't wait to join you on the next day of Glow15.