

Eat the RAINBOW!



Why is it important to exercise?

If you are eating a rainbow every single day, then you have done a lot for your health. But there are other sides of this story. One of them is exercise.

You don't have to prepare for the olympic games! You don't have to spend hours in the gym or on a treadmill.

But you need to move your body. If you move,

- you burn calories. Those litter buggers, that can cause so many issues.
- you can build muscles and muscles help you burn more calories, even if you don't move around and a BIG BONUS muscles help you to increase INSULIN SENSITIVITY, so you can lower insulin resistancy. So you can slowly balance that hormone. It takes time and it takes a bit more, then just movement. Like stress reduction, sleeping, eating the right foods as well.
- you start to feel better. First, you might experience some muscle soreness, but you can feel content and happier then before exercise.

What exercises do I recommend?

It depends on where you are in your journey and what your goal is!

Many ladies want to look like a fitness model. But they have no clue, what those ladies are going through to get there. No-one can see what happens inside their body. They train very hard, but they starve their own body to reach that extremely lean physic. They won't tell you, that they stopped menstruating a while ago, or sometimes they feel awful, they have mood swings and they don't feel well. So overdoing any sort of exercise is not good either.

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Exercises

Everyone has to adjust the following to her or his own physical level. If you start doing weight training, don't start with heavy weight. Build it up. If you start walking, don't start with a very long distance. Build it up. A don't overdo it. Overdoing it doesn't lead to better results. Pushing yourself a bit more every day can increase your stamina and strength. But you have to find the right pace for your own development. It's a journey.

My favourite exercises:

- **walking:** 15-30 minutes walking per day, even single day. Try to walk in a park, enjoy the sound of the birds, of the wind, or simply the silence. If the air is fresh, breath. Breath deeply through your nose. Feel the colder air, when it enters your nose and feel the warmer air, when it leaves your nose.
- **yoga:** it moves all your bodypart. It moves muscles, that you don't even know about they exist. But it does this in a gentle way. It helps to relieve stress, it helps to gain confidence, love, trust, belief. You don't have to be flexible, to start it. You don't have to believe in any religion to start it. You don't have to OM, or pray or such and still, it can give a lot emotionally.
- **pilates:** it's very similar to yoga. But it focuses more on muscle strength and doesn't provide the same calming feeling for some people.
- **bodyweight training:** squats, push ups, pull ups, sit ups, jumps ... This can be very beneficial too to create toned muscles.
- **High Intensity Interval Training:** mostly bodyweight training, when for 30-45-60 seconds you give in everything you can, then you slow down a lot for 30-60 seconds. And you keep repeating this 8-20 times. It can be challenging for some, you have to be gradual, to do it safely.
- **weight training:** this can be the best to build muscle mass. Guys can gain quite a lot of muscle this way, BUT ladies won't be too big, too muscular by doing weight training. Ladies don't have enough testosterone to grow big. If you see a lady with oversized muscles, you can nearly be sure, that she used something beside training.

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Running

Running is an interesting field. It's not for everybody. Some people love it, some hate it. Some people can run long distances, without any issues, some people can hardly run any distances. For some people it's calming, for some others it's stressful.

But lets go back in time. When did people run in the past? When they were in danger. So running can tell the body, that it's in danger. It's a stress factor.

Lets say, you can „discuss” it with your body, that's there no danger, but it feels good, so you run. The question is: how much.

When we run, our body relatively quickly adapts to our new sport. So it starts to burn less and less calories doing the same distance. If it's not enough, since your body thinks, that you might need some energy storages, it won't give the precious fat. But since the body knows, that muscle is a big energy consumer, it starts to use up our muscles for energy. So you won't grow your muscles, but you'll lose them. If you want to be healthy, you need your muscles though.

Just an example: look at the difference between a long distance runner (on the left Mo Farah) and a short distance runner (on the right Usain Bolt).

Run, if it's your passion, but if you have a health condition, consider chosing something else.

I ran 10ks 3-5 times weekly years ago. It was like nothing. But my muffin top stayed and I couldn't gain muscles, as I wanted to.



Picture sources: <https://doha.diamondleague.com> and <http://www.afro.com>

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Exercise programs

Here you can find some programs, that you can use. Some of them are free, some cost some money. (I'm not affiliated with any of these in any way.)

These are free, but you can enroll to their online classes too later on:

- Yoga with Adrien 30 day yoga challenge (I love this):
<https://www.youtube.com/watch?v=ii-Qj5-jsdg>
- Adrien has an older 30 day challenge too:
<https://www.youtube.com/watch?v=oBu-pQG6sTY>
- Bad Yogi 30 day challenge
<https://www.youtube.com/watch?v=wbrutThDk7o&list=PLjzF8C1toPUpxHxtK3QTGN-wmmqmLdrbd>
- Robin Long 30 day pilates challenge
<https://www.youtube.com/watch?v=W3pvUvxfmQo>
- Boho Beautiful 21 day pilates challenge
<https://www.youtube.com/watch?v=cunJGI4GXSM>

These ones are a mix of different exercises and they are **not free or more advanced** They might be a more advanced, so if you didn't do any exercise before, start it gradually:

- <https://zuzkalight.com>
- <http://www.bodyrock.tv>
- https://www.youtube.com/watch?v=-_tJ1Se57WE

Exercise 3-5 times a week to reach the RAINBOW!