

Exercise Tips

Exercise at a glance

First, one must understand that exercise doesn't always have to mean working out with weights and doing something like running or working out on a cardio machine. Exercise is really doing anything that elevates your heart rate more than what you do during your average day. Increasing your heart rate will ultimately help you to increase your metabolism, so as long as you are not doing something you totally dislike or are in pain.

Exercise could be just walking further from your car to work, taking the stairs instead of an elevator, working in your garden, cleaning your house, or even watching a funny movie (laughing elevates your heart rate as well as putting you in a good vibration).

Calorie expenditure

Here are a few regular activities you can do and the amount of calories a 150-pound person would expend doing that activity for 30 minutes:

Activity	Calories burned in 30 minutes
Ironing	70
Cooking	90
Light Housework	125
Mowing Lawn (power mower)	160
Food Shopping	130
Mopping Floor	130
Gardening (general)	165
Gardening (digging)	220
Shoveling Snow (by hand)	260
Walking Slowly (about 2 mph)	120
Cycling (leisurely)	130
Walking Briskly (about 3 mph)	150
Frisbee	110
Swimming Slow Crawl	260
Swimming Fast Crawl	320
Swimming Breaststroke	330
Swimming Backstroke	345
Tennis	220
Table Tennis	140
Badminton	200
Volleyball	105
Golf (riding cart – 18 holes)	175
Golf (walking – 18 holes)	300
Dancing (medium intensity)	210
Jogging Slow (about 4 mph)	230
Running Slow (about 5 mph)	310
Running Medium (about 6 mph)	370
Running Fast (about 7 mph)	410

Weight Training (general)	110
Weight Training (vigorous)	215
Weight Training (circuit)	290

Calorie examples

Let's look at doing some typical activities in comparison to usual cardiovascular activities. Running 3 miles in a half hour (at 6 mph—10 minutes a mile) you will burn 370 calories. That same 150-pound person gardening (digging) for an hour would burn 440 calories (assuming most people usually do more than a half hour of gardening at one time—especially if they enjoy it.). Even doing an hour of light gardening would burn 330 calories. Do half and half (digging and general) and you are still doing more than you would in a half hour of running. Doing an hour of light housework would burn more calories than going for a light half hour jog (about 4 mph). And a half hour of food shopping would burn more calories than going for a slow walk and equivalent to a leisurely bike ride.

Note: these figures are ballpark figures based on the average amount of energy needed to perform these activities. Other things will play into effect, such as lean mass and enjoyment of doing activity.

The important thing here is to enjoy the things you do for exercise. Whether you are doing housework, gardening, shopping, or walking/jogging, it is important for you to find something you enjoy about the activity to gain the most benefit. Being in a positive state will more than likely raise your metabolism and ultimately make these figures listed above go even higher. If you are doing something that you must do, like housework, and you currently don't enjoy it I would suggest trying to find something about it that would make it fun. If anything, focus on how good it will feel when you have completed your task and how much you will enjoy the fruits of your labor. Working while focusing on the end result rather than what has to be done will almost certainly raise your vibration while doing the activity and make it more fruitful.

Resistance training

As for resistance training, lifting weights doesn't have to be traditional free-weight lifting and using machines to challenge your muscles. Doing something like gardening (digging) works your muscles similar to that in a regular gym work out. Any heavy lifting around the house may also suffice for a workout. And if you do go to the gym and don't like the weights or machines, using something like exercise tubing, medicine balls, and body weight activities can all get the same results desired from a traditional resistance training program. Note: I use the word resistance training instead of weight training because I think it opens up the idea that anything that causes you to work harder while moving something is resistance—it doesn't have to be a machine or free weights.

Appreciation walk

If you decide that walking would be the best and most enjoyable exercise for you to do then I might suggest adding some mental activity to make your walk more enjoyable and more productive. Finding things to appreciate while you walk is a sure-fire way to put you into a high level of vibration, thus increasing the effects of your exercise by raising your metabolism. You could find things to appreciate about the neighborhood, the weather, nature, things in your life, or things about your body. If you do focus on things that are related to your body, make sure you feel good about those things you focus on—don't try to fake it. You can try things like how well your body moves or how well it works. You can also use this walking time to visualize your new body.

This process can also be used when jogging/running, riding your bike, or doing virtually anything that doesn't take a whole lot of concentration. The only thing I would encourage you not to do is to use this time to think about or talk about things that aren't working. Complaining to yourself (self talk) or to your walking partner will lower your vibration and reduce your efficiency to burn calories. The same goes for doing activities while watching TV. Watching the news or something heavy and dramatic can put you into a negative state as those programs are often focused on negative things that you will ultimately resonate with and reduce your efficiency by vibrating at or near the level of the program. Try watching something light and funny.

Lastly, try to take the standpoint when doing any exercise as it is something you GET to do for yourself and not something you NEED to do in order to meet some goal so you can feel better.