

ESSENTIAL PROGRAMME

HABIT 8

Regular (Basic) Exercise



...powerful habits to transform your life!

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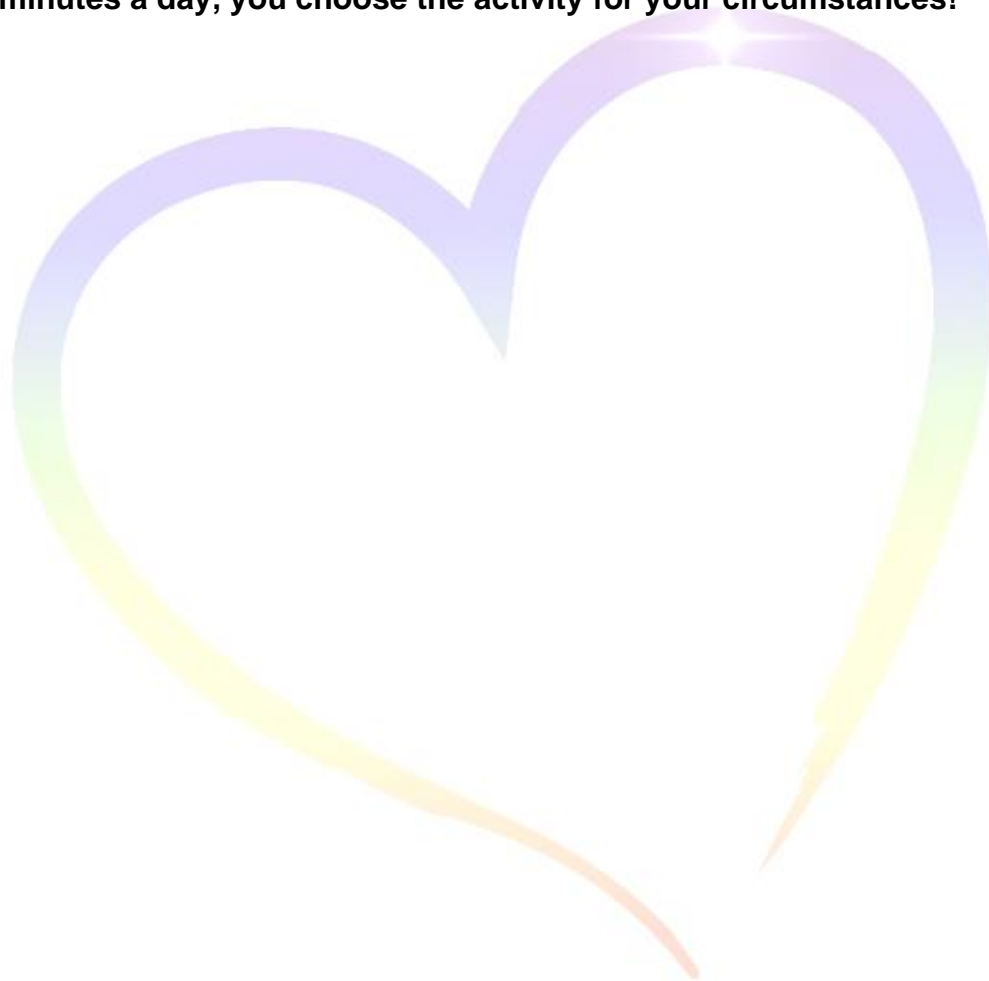
Quick Guide

Habit 8 is entitled ~ **Regular (Basic) Exercise.**

This one will fill you with endorphins and make you feel good 😊!

Whether its visits to the gym, regular walks or only exercising whilst watching TV (almost effortless method, we'll reveal how), everyone knows that regular exercise is good for them. From increased energy levels to burning a few calories to feeling more positive about yourself, there are multiple health benefits.

Just 20 minutes a day, you choose the activity for your circumstances!



Disclaimer

All the information and recommended action steps provided in this publication are with the sincerest intentions to genuinely help and inspire you to enhance your health and general wellbeing. It is the culmination of thousands of hours of research into published medical studies and health/wellness/success related publications. The authors accept no liability for the results of any actions the reader takes following the information contained within. We strongly advise you to do your own research prior to adopting any of the suggestions and consult a medical, health or competent professional if in doubt with any aspect of it.

Habit No 8 ~ Regular (Basic) Exercise

“Walking is the best possible exercise. Exercise equals endorphins. Endorphins make you happy 😊”



11 Essential Habits Jigsaw ~ so far...

- 1 - You're optimally hydrating and powering your system with the essential fluid of life.
- 2 - **You're energising your body with the incredible healing power of mother nature.**
- 3 - You're adopting a disciplined eating routine for a multitude of health benefits.
- 4 – **You're optimally breathing to help your body & mind function more efficiently.**
- 5 - You're energising and recharging your body with a quality sleep routine.
- 6 – **You're feeling good as you laugh your way daily to multiple health benefits 😊.**
- 7 – You're supercharging your health & immune system with a focused gut health routine.

Regular (Basic) Exercise

Exercise is one of those things that some people love, some people tolerate, and some people loathe. But the most important aspect, that we all know is that exercise in some form, is very good for our health and wellbeing.

If you enjoy it and exercise regularly then that's wonderful, you'll already be receiving the health and wellbeing benefits. The more you can do, the merrier!

If you do very little or no exercise, then this habit is very important for you.

Getting outdoors

This habit is simply about getting outdoors every day and going for a walk, in nature where possible. If you live in the city, just head for the nearest park.

Research tells us that just by walking in nature you experience the following;

- ✓ A boost in energy levels
- ✓ A reduction in stress levels
- ✓ A reduction in anxiety/depression
- ✓ A feeling of calmness and positivity
- ✓ Improved cognitive functions
- ✓ Burning calories
- ✓ **A feeling of wellbeing (enhanced by vitamin D from the sun)**



It's also free 😊!

The elite families have always made it a daily habit to go for a walk on their estates. as they understand the importance from a health and wellbeing point of view.

Whether it's doing a form of exercise or just getting out for a walk, it will flood your system with endorphins and serotonin, the feel-good hormones 😊.

Bad 'modern day' habits

I'm concerned about the growing amount of people using their cars when they could have easily walked to their destination in minutes.

I regularly see this with supermarket car parks and school runs. I understand the convenience of it and sometimes it's completely practical, however there are many times when the journey could have easily been done on foot.

With school runs, there's a double bonus as both the parents and the kids can become fitter just by walking to school every day.

In my health talks, I often refer to the car as the British umbrella as huge numbers of people automatically revert to it when it's raining. My answer is buying more umbrellas and tell the kids to put their coats on.

Just 20 minutes a day

I personally walk the kids to school every week day, no matter what the weather. We notch up 7,600 steps per day just on the school run. What a positive impact on our health and wellbeing that we don't even have to think about, as it's a habit.

If you need to take your kids to school by car for practical reasons, find 20 minutes somewhere else in the day to walk (in nature if possible). This alone will improve your health markers and give you the benefits highlighted in the 'getting outdoors' paragraph.

Just 20 minutes a day will reduce the risk of type 2 diabetes, help maintain a healthy weight and lower the risk of heart disease. It's also the lowest risk of injury of all activities and aids hydration (movement helps the internal hydration process in your cells).

If you have kids, try and take them with you as often as you can. I appreciate it's not always the easiest thing as they'll see it as boring but with child obesity on the rise it could make a significant difference to their health.

If 20 minutes is a bit of a stretch due to time or health reasons, start with 10 minutes and build from there.



Consider conscious walking

Most people are in such a rush to get where they are going, they aren't paying much attention, they're on autopilot which is walking unconsciously. This is often head down, back arched, staring at a mobile phone screen.

To walk consciously, you are switching your brain chatter off and simply becoming fully aware of and noticing your surroundings as you go.

Breathe deeply, listen to your own footsteps, and feel the wind/rain/sun on your skin. This will bring you into the moment and improve the experience 😊.

Changing your mindset around exercise

In the busy lives we all lead nowadays, we often do activities on autopilot for convenience, let me give you an example;

Notice when you're next going into a supermarket car park or a retail park how most people try and park as close as possible to where they intend to go.

Now this seems obvious, however from my experience, you can actually get there quicker if you park more centrally in the car park.

The reason is that as most people go for the closest spaces, so it often takes a little bit longer to park (as more activity in that area) whereas more central spaces tend to be easier and quicker to park.

So, you'll often find you can get into the shop quicker by parking slightly further away and walking the rest (smiling at the other people still parking up as you pass them). More importantly, you're getting more exercise into the bargain and feel better 😊.

Why not make it a habit to park further away from where you're going and walking the rest of the way? All the extra steps with habits like this add up to more calories consumed and more feel-good chemicals in your bloodstream!

Track your steps (suggestion)

There are many phone applications (apps) that will track the number of steps you take.

I personally use a tracker watch so I don't have to take my phone/gadget with me every time I do exercise.

By setting a daily target of say 8,000 steps, you then have an incentive to get out and walk to make sure you hit your target.

Its infectious, not only does it get you into the habit of doing a certain amount of daily exercise, but you also feel good when you hit your target 😊.

Its, win, win as they say!



Unconscious exercise tools

Here's a couple of little gems with some (almost) effortless benefits!

1. Exercise ball

It started with an experiment!

I did this in my own home to see what happened...

I placed a 55cm exercise ball (aka yoga or gym ball) in the middle of my living room, out of curiosity.



What happened next was totally unexpected.

Every time somebody went into the living room to watch TV or read, they automatically put their feet on the ball (whilst sat on the sofa) and started moving the ball around with their feet.

The thing is, they didn't even realise they were doing this, it was subconscious. Sometimes it lasted for an hour or two.

On another occasion, I brought it into the room when David and myself were having a meeting, as I wanted to explain my experiment to David.

Anyway, I left it in the room with David while I went to put the kettle on and when I came back into the room, he was sat on it bouncing 😊. Its infectious, you can't leave it alone when its right in front of you.

Generally, you would either lay down or sit up on your sofa or chair to watch TV. Either way, your legs are going to be fairly static.

Now if you are just resting your feet on the exercise ball, something magical starts to happen after about 30 seconds.

You automatically start to move the ball with your feet, it happens every time, its irresistible 😊!

It works best if you just leave the ball around, so it is always nearby when you sit down (unconscious temptation). However, if you like having the living room very neat, simply hide it away and get into the habit of bringing it out when you're relaxing in there.

2. Mini trampoline

Also known as a rebounder, this is an exercise tool with fantastic benefits;

- ✓ Burns calories.
- ✓ Boosts your immune system.
- ✓ Strengthens your core.
- ✓ Stimulate your lymphatic system.
- ✓ Improves your posture.



Like the exercise ball, you can leave it around and jump on for 5 minutes here and there (whilst the kettle's boiling) and have some fun.

This is brilliant for kids exercise as they can't resist regularly jumping on it, I walked in on my grandson bouncing on mine, whilst playing video games 😊.

You'll find yourself using it without even thinking about it, so will the kids!

Unconscious workout

I came to realise both tools were a simple way to get a workout and burn a few calories for very little effort!

People are just drawn to play with both without really noticing.

So, you and the kids can watch TV and get a workout without paying much attention as your sub-conscious takes care of it 😊!

Brain studies

Now let me explain, I have read many studies showing how exercise is beneficial to the human brain and this includes light exercise.

Our brains are more like Play-Doh than Porcelain. It is an adaptable organ that can be moulded by input in much the same way as a muscle can be sculpted by lifting dumbbells.

The more you use it, the stronger and more flexible it becomes.

Fidgeting study

It gets better!

In 2016 a major study was published involving 12,776 British women who were followed closely to identify one thing and one thing only.

Would fidgeting protect their longevity?

The study concluded **IT DID**. Women who sat for 7 hours a day or more were associated with a whopping 43% increase in the risk for all-cause mortality.

Compare this to women who fell into the middle or even high categories of fidgeting. They had no greater risk of dying even when they sat for 7 hours or more each day.

Remember the optimal hydration habit (habit 1), light movement or just fidgeting also helps transport the water through the fascia around your body and into your cells where it's needed.

Study reference



Hagger-Johnson, G et al “Sitting Time; Fidgeting and All-Cause Mortality in the UK Women’s Cohort Study” American Journal of Preventative Medicine 50, no 2 (2016) 154 – 160.

Book recommendation

[‘Spark, How Exercise Will Improve the Performance of Your Brain’](#) Dr John J Ratey, Eric Hagerman.

Final words

The human body thrives on movement and exercise to boost its health and wellbeing. Whether it’s just a short walk, make sure it becomes a daily habit.

To supplement this (or if your circumstances prevent regular exercise) consider purchasing an exercise ball and/or a mini trampoline.

Recommended habit action steps

- ✓ Do some simple exercise every day to suit your circumstances (walking for 20 minutes daily is ideal).
- ✓ Set a daily target and track your progress.
- ✓ Always walk where practical, instead of taking the car.

Here are the related essential programme visual aids....



The Rules for Being Human

1. You will receive a body.

You may like it or hate it, but it will be yours for life.

2. You will learn lessons.

Life is a constant learning experience and everyday provides opportunities to learn lessons.

3. There are no mistakes, only lessons.

Your development towards wisdom is a process of experimentation, trial, and error. Compassion is the remedy for harsh judgement of ourselves and others. Forgiveness is not only divine, it's also 'the act of erasing an emotional debt'.

4. A lesson is repeated until learned.

A lesson will be presented to you in various forms until you have learned it. What manifests as problems, challenges, irritations, and frustrations are more lessons. They will repeat until you learn them, then you go on to the next lesson. To blame anyone or anything else for your misfortune is an escape and a denial; only you are responsible for you and what happens to you.

5. Learning lessons does not end.

While you are alive, there are always lessons to be learned. Surrender to the rhythm of life, don't struggle against it. Be humble enough to always acknowledge your weaknesses and be flexible enough to adapt from what you be accustomed to.

6. "There" is no better than "here."

When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here."

7. Others are merely mirrors of you.

You cannot love or hate something about another person unless it reflects something you love or hate about yourself. Be tolerant; accept others as they are and strive for clarity and self-awareness. Strive to truly understand and have an objective perception of your own self, your thoughts, and feelings.

8. What you make of your life is up to you.

You have all the tools and resources you need. What you do with them is up to you. Take responsibility for yourself. Learn to let go when you cannot change things. Don't get angry about things.

9. Life is exactly what you think it is.

You create a life that matches your beliefs and expectations. You get what you think about and dwell on most of the time, it is a precise universal law called the 'Law of Attraction'.

10. Your answers lie inside you.

The answers to life's questions lie inside you. All you need to do is trust your instincts and your innermost feelings, whether you hear them as a little voice or a flash of inspiration.

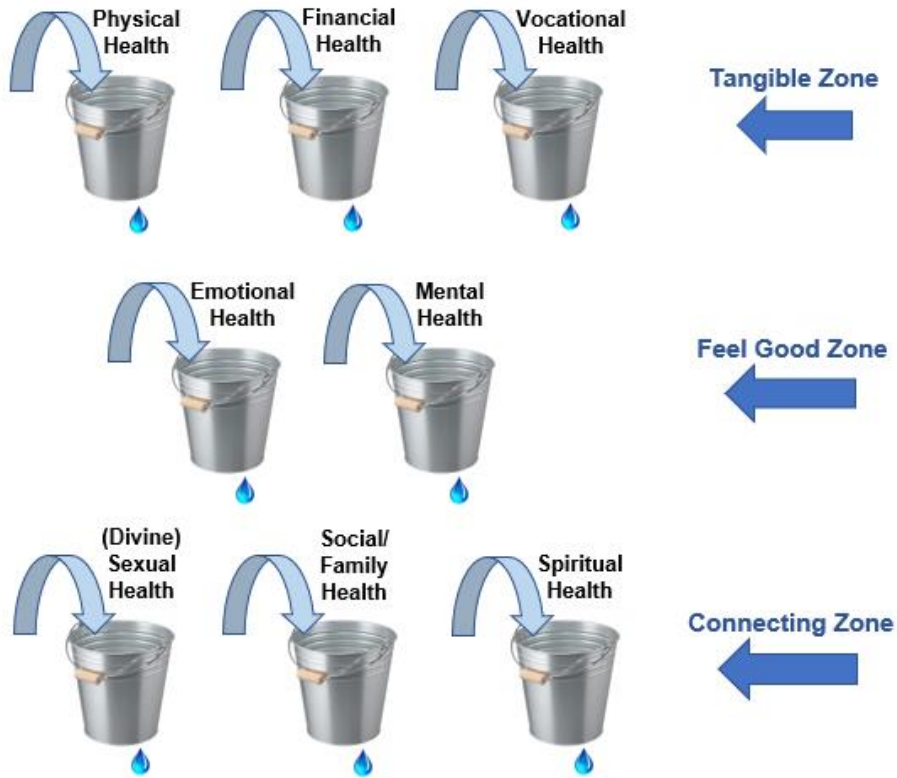
11. You will likely forget all this...but you can remember it whenever you want 😊.



Key Charts & Visual Aids

Your 8 Health Buckets

(each has a continual, very small leak)



OMEGA

