

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Weight Loss: Finding Time to Exercise**

**By Kathryn Martyn, M.NLP**

**Weight Loss: Finding Time to Exercise by Kathryn Martyn, M.NLP**

Exercising During Commercials

I'm getting up an hour earlier these days. At first I said I'd never be able to do it: I was already sleep deprived rising at 6 AM how would I ever get up at 5 AM? I'd never be able to get to sleep earlier (this is still true), and a hundred other reasons why it wouldn't work. And then I tried it, and it does work. I'm still sleep deprived, but that extra hour in the morning is a Godsend. I love it.

How do you Present Ideas to Yourself?

So why did it take me so long to "just do it?" Probably the way I presented the idea to myself. Notice I used words such as "never" and "already" as in "I'm already sleep deprived." I kept telling myself it wouldn't work, that it was a bad idea and until the first time I actually tried it, I secretly believed when the alarm rang, I'd just turn it off and go back to sleep. I'd forgotten how much I enjoy getting up early. Mornings are my best time of day. I'm the most productive in the morning so it makes sense to give myself an extra hour.

I Don't Have Time to Exercise

Sometimes a small adjustment in how you run your day can help enormously in freeing up some time for things like exercise. "I don't have time." I hear that a lot, but if asked, "What's your favorite TV show?" most people can list a few -- hours spent sitting and watching. There's nothing wrong with enjoying some

## Weight Loss: Finding Time to Exercise

TV, but there's also no reason you can't exercise during the commercials.

When I was a kid and it was my turn to clean the house, I made a game out of it. I loved TV, watching probably six or seven hours a day then, so missing a show to clean was not going to happen. So I'd clean during commercials. Today there are over 20 minutes of commercial time during each hour of the show. That's plenty of time for getting things done. As soon as the show broke for commercial, I'd jump from my chair and dash to wherever I'd left off. I'd bring in laundry and fold it while I watched. I'd iron in front of the TV, I'd bring in piles of miscellaneous debris

from other rooms and sort it into piles for where it belonged, then on the next commercial I'd go put things away.

I'd move from one room to the next, carrying things that belonged there with me, and returning with things that did not. Eventually the house was clean, and hadn't missed my programs.

If you enjoy TV, consider how much time there is available during the commercials and start using it. Whether for exercise or cleaning, or anything else you need to get done: responding to correspondence, studying, paying bills, grooming the cat – there are lots of little chores we need to do, no reason we can't carry them into our TV room and get them done.

### Turn TV Time into "Get Fit" Time

You can turn your TV room into a fitness room easily. A cushy floor mat, if the room isn't carpeted. A pair of dumbbells or two. Empty bleach jugs make good dumbbells, but be careful if they are only partially full of sand, dirt or water (whatever you use to fill them with something to create the weight), as if the weight shifts during the movement you could injure yourself.

Canned food make good homemade weights. I have half pound and one pound cans, heavier can may be too difficult to hold. Go on a scouting expedition around your house and see what you find that could work as weights then store them behind the couch and start using them. Twice a week or three times, consistently, and you'll start noticing a change within a short time – usually in a month or six weeks definitely.

My first exercise equipment was a pair of dumbbells, a one pound

and a five pound set. You don't have to have a fully equipped home gym to exercise at home.

Push ups are an incredible exercise, men's and women's style. No special equipment needed, just get on the floor and start. Standing squats (pretend you are going to sit in a chair, then stop at about or before chair level, and return to standing straight). There are even books written for exercising on the commercial breaks. I put together a page with a few of the books I've found which present this concept such as "The Commercial Break Workout: Trim and Tone Two Minutes at a Time" by Linda Buch and Seth Anne Snider-Copley.

### Grab some Extra Minutes and Get Started

I wanted to get up an hour earlier so I could work out in the mornings. When I exercise first thing, nothing else interferes.

No matter what comes up, it doesn't take away from my fitness program. Unexpected calls or invitations, traffic jams, "There's no bread," yells my son who still thinks it's my job to keep the pantry stocked, so I need to run to the store, nothing ruins my day's plan to ride my bike or lift weights. The consistency of a regular exercise program just makes me feel good – you might find it does the same for you, and if you have had a difficult time finding time – make time. Grab some extra minutes during commercials on TV, get up earlier, find whatever works for you. Write it on your calendar, make a date with yourself, and get started.

Kathryn Martyn, Master NLP Practitioner, author of the free e-book: *Changing Beliefs, Your First Step to Permanent WeightLoss*, and owner of <http://www.OneMoreBite-Weightloss.com> Get The Daily Bites: Inspirational Mini Lessons Using EFT and NLP for Ending the Struggle with Weight Loss. <http://www.onemorebite-weightloss.com/getnews.html>

## **Rapid Weight Loss Tips, Techniques and Strategies**

**By Jeff Smith**

### Rapid Weight Loss Tips, Techniques and Strategies

It seems everyone is looking for that magic bullet – rapid weight loss secret that will instantly shed excess weight and turn you into a supermodel.

## Weight Loss: Finding Time to Exercise

The fact is, there are healthy, effective and simple techniques you can use to achieve weight loss – and keep it off over the long term.

Tip 1: Rapid weight loss requires a multi-faceted approach that combines diet, exercise, emotional support and in some cases, diet supplements.

Start by learning about and mapping out a low-carb diet you can live with. You can use the resources below to get more information on finding a low-carb diet you can live with. Develop an exercise program that results in at least 15 minutes of activity each day – walking, running, swimming are all good.

Tip 2: Set realistic goals. Rapid weight loss depends on your ability to focus on a disciplined mix of diet and exercise. By setting realistic goals, you will not become discouraged and lose your focus.

Tip 3: Listen to your body. Though there are many rapid weight loss plans out there, everyone's body and metabolism reacts differently to these programs. Some people can't progress on the diet as fast as others. So, substitute a more rigorous exercise program to compensate. Others are not able to exercise as rigorously – learn to listen to your body and adjust your diet plan accordingly.

Tip 4: Drink lots of water. Drink at least 6 – 8oz glasses of water each day. Weight loss depends on flushing your system out, and you must stay hydrated during that process.

Above all else, be consistent. Moderate dieting, exercise and supplementation applied in a consistent way, day after day will result in better weight loss than massive action followed by a return to old habits.

As you can see, a moderate diet plan and moderate exercise program combined with solid emotional support is the key to succeeding with rapid weight loss.

Struggling with your weight loss program, diet program or exercise plan? Need more information on what works, diet recipes, diet plans and diet information? We know how you feel, and finally you have a place to go to get answers – visit:

[Rapid Weight Loss Tips, Techniques and Strategies](#)

[Natural Weight Loss Products, Can You Believe?](#)

[Can Weight Loss Improve Your Health And Make You Feel Better?](#)

[Weight Loss Supplement](#)

[Are Weight Loss Supplements Right For You?](#)

[Obesity and Weight Loss](#)

[Control your Headache!](#)

[Gag Gifting.](#)

[101 tips to stay fit and live longer.](#)

[The Forum List](#)



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**