



CHOLESTEROL
MANAGEMENT PROGRAM

WEEK THREE PROGRAM MANUAL

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Mediterranean
wellness



Make Exercise Part of Your Day

When it comes to exercise, research shows that every step counts! It can benefit our metabolism, be an energy boost, and aid in chronic disease management!

Here Are Some Simple Tips:

- Put on music and for the length of 3 songs do some strength training exercises.
 - Examples of strength training exercises: squats, push-ups, plank, calf raises, sit-ups
- When dinner's in the oven, put music and dance like no one is watching!!
- Make it habit that before you get a shower you do a strength training exercise.
- Get off the bus a couple stops early. Make this your new stop.
- Park further away in the work parking lot. Make this your normal parking spot and pick up the pace when walking.
- Take the stairs. If you need to go up 14 flights, take the elevator to 7 and walk the rest.
- Walk to do as many errands as possible. Walk to the bank on your lunch break or to the store to pick up groceries.
- Find a buddy to take a 15-minute walk with you on your work break. Holding each other accountable will help you stick with it.
- When enjoying a television show, commit to doing strength training exercises during the commercial breaks (leave the dumbbells by the television for a reminder).
- When on a business call, if you can, stand up and do calf raises or simply walk around the room.
- Take 5 minutes away from you work station. Set an appointment with yourself. Set your computer calendar to ding a certain time. Stretch, take a brisk walk or do a burst of some sort of strength training activity. Or are you going to check social media on your phone? March in place while doing so.
- While pumping gas or waiting for the bus, do calf raises.
- Make it a habit that throughout your day (when possible) to do a set of push-ups!

Kaizen For Physical Activity

Kaizen? What is Kaizen? It is a Japanese concept referring to continuous improvement.

This term is usually used in the business sector but can benefit the health progress and other goals in our personal lives.

Kaizen is a philosophy for creating change in small steps, in order to allow our brains to gradually adapt to the changes we are shooting for. Initial responses to kaizen have been positive, because under these circumstances the brain responds to gradual changes the best.

Here are 10 rules of Kaizen that may benefit you in your personal exercise routine:

1. Realize that problems create opportunities.
 - Example: Traffic before and after work could help you fit in exercise. Stay after work a bit to allow traffic to die down or drive in early to beat it. Make this your exercise time.
2. Ask "why" five times and seek out the root causes.
 - Why are you not fitting the physical activity in?
3. Seek ideas from others vs. the idea from one.
 - How many times do you look to one resource for your activity advice?
 - Seek out new resources—be it a person, or website, etc.
4. Think only of applicable solutions vs. why it cannot be done.
 - Start small (and then build from there): What is one way you can add in some extra steps to your work day?
5. Think outside the box.
 - What is an exercise you have always wanted to try but have never done? How can you make this attempt happen?
 - What is something that is part of your daily routine that you can also add some movement into? For example, do calf raises while you brush your teeth.
6. Don't make excuses that something is impossible. Think of what can be done!
 - Fitting more movement into your day is possible (you know this)! You know now, so we tackle the how!
 - Remember short bursts of exercise do add up! Every little bit does count.
 - Five minutes of strength training in the morning while the coffee is brewing and five minutes while dinner is in the oven may be way more manageable for you than trying to get to the gym before work. Fit it in when you can!
7. Don't wait for the perfect solution, choose a simple solution.
 - We will never have a perfect scenario. But we must recognize that, for activity, something is always better than nothing!
 - Short bursts of exercise really do count. You may not have a solid hour each day to do the activity you enjoy, but that does not mean you should do nothing. Do short bursts of exercise on your busy day and then make an appointment with yourself to enjoy the activity you really enjoy!
8. Use wisdom, not money.
 - Exercise does not have to cost a dime (we also know this too!)
9. Regularly assess and correct your mistakes.
 - When you get off track, think of what caused it, what was the trigger, and what is the new solution to a sustainable plan?
10. Self-improvement is a continual process.
 - Nothing happens overnight and we can always improve and enhance our process. As the Japanese proverb goes: Fall down 7 times, get up 8.