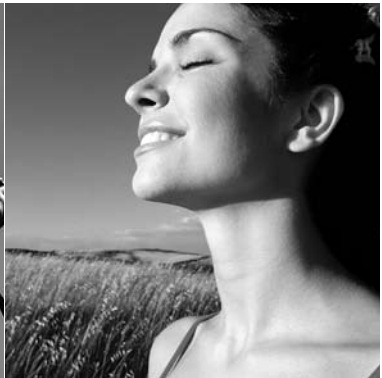




WELCOME TO FITNESS



BY **JAY BLAHNIK**



WELCOME TO FITNESS

The Nautilus Institute™ is a research-based initiative of Nautilus, Inc. that provides the motivation and education to help more people embrace lifelong health and fitness patterns. The suggestions and recommendations in this guide represent the fundamental beliefs of the Nautilus Institute, and we hope you are able to begin or improve upon a lifetime of high-quality fitness and health. *Start Smart. Stay Smart. Do it For Life!™*



Jay Blahnik

Jay Blahnik, an advisory board member at the Nautilus Institute™, is recognized as one of the premier fitness instructors, trainers and educators in the world today. He has taught sold-out exercise classes and seminars in over 30 countries across the globe, and is known for his results-oriented, simplified training approach. Jay was chosen as one of the Top 5 Instructors in the world by Shape magazine, and Men's Health listed him as having one of the Top 10 workouts of all time. He was also selected as the International Instructor of the Year by IDEA and Can Fit Pro, the two largest associations of fitness professionals in the world. He has appeared in over 25 award-winning videos and developed some of the most successful health club exercise programs in history. He has been the fitness expert in hundreds of magazines, newspapers and on television, and consults for some of the biggest exercise, sports and fitness companies in the world. Jay is also one of the fitness experts for MSNBC.com, and his recent book entitled, *Full Body Flexibility*, has been a critically acclaimed best-seller.

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EXERCISE AND HEALTH

It is not a secret that lack of exercise is increasingly becoming a major health issue. Obesity is on the rise, and being overweight can contribute to an increased risk in heart attack, diabetes, high blood pressure and other life threatening illnesses.

Most people do not get enough activity during the day to make up for the time they spend at their desks, driving their cars or sitting in front of their televisions. We have learned that exercising is not simply something we must do to look good and have a great body.

Exercise is a requirement for health, and overall wellness, not to mention it can help you feel great!

The good news is that we are seeing more and more research that indicates we don't have to work out intensely to see the benefits. Sure, it is great if you can work out for thirty to forty minutes at a time, five days a week. But it is not essential. Shorter bouts of exercise can have a great effect (especially if you are just starting out), and a little bit of exercise at a time is much better than none at all.

And what is really exciting is that research indicates that whether you are young or old, people who work out at light to moderate intensities may have an easier time sticking to their exercise programs than those people who work out harder and more often.

So, you do not need to be an athlete or a fitness "die-hard" to benefit from exercise... you just need to get started, work out at levels that are comfortable and enjoyable to you, and stick with it!

YOUR NEW HOME FITNESS PROGRAM

There are many great reasons why home exercise equipment has increased in popularity over the years, but topping the list is convenience. For any fitness program to be successful, it must be something you will stick to on a regular basis. With home exercise equipment, you can roll out of bed, put on a pair of sweats and start working out while the coffee is brewing. No getting in the car and having to drive to the health club. No standing in line waiting for the equipment to become available.



And there is the comfort and safety factor. Who wants to walk or run outside when it is dark or is raining? Or try to ride a bike in the middle of heavy traffic? With your home exercise equipment, you can exercise in the comfort and security of your home.

Privacy and cleanliness are also important. Now you can exercise without feeling rushed or that anyone is looking at you (which is great if you are embarrassed about carrying around a few extra pounds). No more sharing sweaty equipment or wondering if you will catch athlete's foot in the health club shower.

The biggest advantage, however, may simply be the time factor. With work schedules ever-changing and busy family obligations, having a home gym offers you the benefit of being able to work out when it is most convenient. No classes to plan your schedule around, or peak times to avoid. This is especially convenient if you have children at home.

It couldn't be easier!



STEPS TO **GETTING STARTED**

Now that you have made the commitment to start exercising at home, here are some suggestions that may help you stay motivated.

The First Step Is the Most Difficult

Any new habit is difficult to establish at first, but it can be done. Be patient, and plan to start slow and easy. Less is more when you are first starting out ... don't overdo it!

Get a Physical Exam

If you have been inactive for several years or you're new to an exercise program, be sure to consult with your doctor before beginning any exercise program. Especially if you are over 30, have health problems or have a history of heart disease in your family.

Plan for Your Home Fitness Center

Set aside an area or a room in your house or apartment that is exclusively for fitness, and make sure that it is as comfortable as possible, so you'll enjoy using it. If you like listening to music, watching television or looking outside while exercising, make sure these things are accessible. Remember, if you don't enjoy the space you are exercising in, you won't be motivated to continue your program.

Find an exercise buddy

Research has shown that starting an exercise program with someone can increase your chances of sticking to it. If you have a buddy that is also starting a program, you can encourage, motivate and challenge each other.

Make fitness a part of your schedule

Include it in your daily planner just as you would any other appointment. Plan ahead for the week so that you can be sure to fit it in. Even if you are pressed for time one day, a little exercise is better than none at all. Do what you can to fit it in, even if you have less time than you hoped for.

Use Positive Affirmations

Affirmations will help you program your subconscious to accept new beliefs. Saying to yourself a couple of times a day, "I am living a healthier lifestyle by exercising several times per week at home," can help you stay on track.

Set Goals

Setting goals can be helpful in keeping you motivated, but remember to keep them realistic. Short-term and long-term goals can make this easier. How many days do you want to exercise this week? How many workouts would you like to have done by the end of the year?

COMPONENTS OF FITNESS

Over the past 25 years, many people have focused on walking, running, cycling, swimming and other types of aerobic activity as their only means of exercise. However, we have learned that two other components of fitness are just as important. These other two components are muscle strength and flexibility. So in addition to having a strong heart and lungs, we also need to be able to pick up a full bag of groceries and tie our shoes without having to sit down. When developing your home fitness program, it is only appropriate that you develop all three components in order to achieve balanced overall fitness. Let's take a look at all three components:



Cardiovascular Fitness

Training the heart and lungs to be stronger and deliver more oxygen throughout your body with less effort.

It can help reduce the risk of heart disease, and help you manage your weight. It is the cornerstone of fitness, and can be achieved in many ways such as walking or running on the treadmill or outdoors, climbing stairs, cycling, using a StairMaster® stepper, or swimming in the pool or ocean.

For many years, it was suggested that moderate level cardiovascular activity (activities that make you sweat and breathe at a moderate pace) should be done three to four days a week for 15–45 minutes at a time. It is now recommended that you attempt to do some cardiovascular activity EVERY day, if possible.

The good news is that the cardiovascular activity does not need to be moderately intensive everyday, nor does it need to be sustained for 15–45 minutes at a time.

So while it is ideal to challenge your heart and lungs by doing something like a strong power walk every other day for 15–45 minutes, it is more important to make sure you do at least a little bit of cardiovascular activity every day, even if you don't do it for very long or very intensely.

For example, you might try using a Schwinn® Fitness exercise bicycle for a scheduled, moderate level workout for 20–30 minutes on Monday, Wednesday, Friday and Sunday (see the intensity monitoring section for further details on how hard to work out). On the other days, you might try going for a leisurely stroll 10 minutes in the morning and in the evening (or whenever you can fit it in).

Whatever you do, just make sure you get your body moving, and your heart and lungs pumping for some period of time every day.



Muscular strength

Training your muscles to remain strong using resistance such as dumbbells, elastic tubing or your body weight.

In the past decade, we have learned that building or maintaining muscular strength is extremely important for a balanced fitness program. And it is especially important as we get older.

We have learned through a variety of studies that those individuals who just train aerobically (without strength training) do maintain their cardiovascular endurance over the years, but they generally lose lean muscle mass as they get older. However, those individuals who combine strength training and cardiovascular training can maintain their lean body mass as they get older.

What this means is that if you just do cardiovascular activity, your body will naturally lose muscle mass as you get older, and that means that you will actually get “fatter” as you age, unless you incorporate strength training. We have also learned that consistent strength training helps maintain bone and muscle mass. For women, strength training (along with cardiovascular training) may also protect against post-menopausal bone loss and osteoporosis in their later years.

Strength training is not complicated. It is recommended that you do 8–12 repetitions of 8–10 major muscle groups at least two days a week. However, you don't have to do all these exercises at once. You can break them up into shorter workouts throughout the day. For example, you can do just upper body exercises in the morning, and your lower body exercises in the evening. Or, you can alternate strength exercises with cardiovascular exercise (often known as circuit training) by switching back and forth every couple of minutes.

The best part is you don't need complicated equipment or fancy machines. You can do everything you need to do with a simple pair of dumbbells, or you can try Bowflex® SelectTech® dumbbells, which provide you a wide variety of weight options in a revolutionary all-in-one dumbbell. You can use elastic tubing, or simply do body weight exercises such as push-ups or lunges.

Flexibility

Being able to bend, reach, twist and turn with comfort and ease as we perform daily tasks, play or exercise.

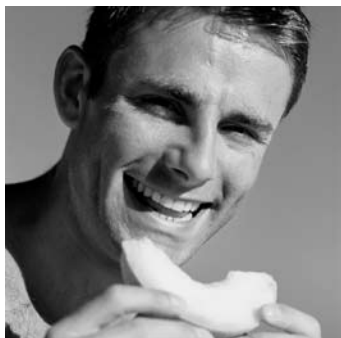
It is perhaps the most ignored component of fitness, but certainly the easiest one to incorporate into our daily lives because it can be done anywhere and almost at any time.



To maintain your flexibility, you simply need to stretch. This could be as simple as reaching for your toes, or reaching overhead when you wake up in the morning. Or maybe you enjoy it so much that you would be interested in trying the Nautilus® yoga workout video. You can even incorporate stretching into your strength training workouts by stretching the muscles you have used immediately after you have completed your exercise set.

Like cardiovascular training, it is recommended that you stretch every day. However, you do not need to create a formalized program. You can simply make sure that you stretch your major muscle groups throughout the day. Make sure you include your thighs, calves, hamstrings, back, chest, neck and shoulders.

Do what feels good, but also remember to mix it up. Don't just do traditional "reach and hold" stretches. Also, try gently moving through a range of motion that is comfortable to you. For example, you don't have to stretch your neck simply by pulling on your head with your hand. You can also just rotate the neck slowly around and look side to side.



NUTRITION

Every good health and fitness program will also include a good nutrition component. Good nutrition is likely the most important factor in maintaining ideal body weight and managing weight loss. There are a variety of schools of thought regarding which nutrition program, diet or eating plan is best. While we do not promote or endorse any particular one, here are some things to consider that will help you get on the road to a healthy diet:

Understand Caloric Balance

How many calories you intake, and how many calories you burn off will determine whether you will gain or lose weight day to day. It is impossible to achieve weight loss without some sort of “caloric deficit” that can be obtained through cutting calories, or burning off more than you take in. The wisest approach is to do a little of both—cutting calories and exercising. It is the only proven long-term weight management program that is successful. You should ensure that you are consuming at least 1,200 calories per day total. A total weight loss of no more than two pounds per week is recommended for long-term weight management.

Eat a Variety of Foods

Regardless of your eating plan, you should be sure to include a variety of foods in your diet, maximizing your intake of fruits and vegetables whenever possible. Colorful meals and snacks that are divided amongst the four food groups will ensure that you obtain the nutrients needed for your body to function at optimal levels. Any diet that focuses on just one food group source or processed foods can be unhealthy in the long run, and should be avoided. Don't focus too much on any particular meal or snack, but rather on your overall intake of a variety of different foods during any given day.

Drink Water

Our bodies are made up of over 70 percent water, and most of us don't drink enough. Carry water with you everywhere you go, and drink as often as you can. This helps the body function at optimum levels, and can significantly help with weight management.

Eat More Often and Be Mindful of Your Portions

Research has shown that it can be helpful to eat smaller meals more often versus three larger meals a day. Many portions we eat are much larger than necessary, and can be laden with calories. So, try eating healthy snacks more often and reducing the amount of large meals you eat. Sharing your snacks or food with others (or breaking your portions in half) can help you better manage your caloric intake.

MONITORING YOUR INTENSITY

When you are doing cardiovascular workouts, it is important that you work at the appropriate intensities when you are first starting out. It is also important that you work out at a variety of intensities after you have built a fitness base. Research in recent years has indicated that one of the best ways to monitor your cardiovascular intensity is to pay close attention to how you are feeling when you work out. Most individuals can do a very good job of choosing the correct intensities if they simply categorize how they feel into one of four intensity “zones.”



These zones could be described the following ways:

Zone Description

Zone	Description
1	Easy Warm up Cool down
2	Challenging, but comfortable Steady endurance pace
3	Challenging and slightly uncomfortable Race pace Borderline out of breath
4	Breathless Not maximum, but winded Can't keep the pace for very long

When you are first starting out, you should exclusively work in the Zone 1 and Zone 2 intensities. After a few weeks, you can occasionally incorporate Zone 3 and Zone 4 intensities for short periods of time. Remember, when you begin to incorporate Zone 3 and Zone 4 intensities, you will find that you will likely have to drop down to Zone 1 intensities shortly thereafter as brief recovery periods.

For variety, you can spend a little bit of time in each of the four Zones during one workout, and then spend your time in just one Zone during the next workout. Prenatal woman should always remain at Zone 1 and Zone 2 intensities, and anyone unaware of their current medical condition should also avoid Zone 3 and Zone 4 without prior clearance from their doctor.



These Zones can be translated into target heart rate numbers if your home fitness product has a grip or telemetric heart rate counter. Research has shown the best way to do this is not to establish heart rate numbers based upon age, but rather based upon how you feel.

The following chart will allow you to log your heart rate numbers based upon how you feel when working out. Simply log the heart rate numbers you find when you feel you are working at each of the specific intensities.

Zone	Description	Your Heart Rate	Approximate Percentage of Maximum Heart Rate
1	Easy Warm up Cool down	Insert the heart rate you get when you are in Zone 1	50% – 65%
2	Challenging, but comfortable Steady endurance pace	Insert the heart rate you get when you are in Zone 2	65% – 75%
3	Challenging and slightly uncomfortable Race pace Borderline out of breath	Insert the heart rate you get when you are in Zone 3	75% – 85%
4	Breathless Not maximum, but winded Can't keep the pace for very long	Insert the heart rate you get when you are in Zone 4	85% – 95%

As you get in better shape, the heart rate number you obtain for each zone will get higher and higher, which means your heart is able to handle higher intensities. Or you may find that your numbers don't change, but you are able to stay in Zone 3 and Zone 4 longer than you used to.

Don't get too attached to any specific number or target heart rate. If you train properly, you will notice numbers that used to be difficult have now become easier. You will also notice that if you are sick or over-tired, you may find that numbers that usually feel fairly easy are one day much harder, and it is a good sign to take a break. If you notice that numbers that are usually very challenging are one day fairly easy, then it is a good time to push yourself.

Listening to your body and using your heart rate numbers (when available) will enable you to keep track of your intensity and see your progress as you train.

BEATING THE DROPOUT ODDS

The Surgeon General's Report on Physical Activity and Health summarizes a few main points:

1. Regular physical activity offers substantial improvements in health and well-being for a majority of Americans.
2. If you exercise regularly, you'll reduce your risk of heart attack, cancer, diabetes, high blood pressure, osteoporosis and even the common cold.
3. Regular exercise, regardless of the intensity, can help you control stress, sleep problems and depression.



The benefits of exercise and activity are AMAZING! And yet, only 22 percent of Americans engage in exercise for 20 minutes a day. And even among individuals who begin exercise programs, the dropout rate is about 50 percent.

So, how do you beat these odds? The answer appears to be in how you start and maintain your exercise program as well as how you create an exercise habit. Why are you starting an exercise program? For most individuals, it is to lose weight and look better, which are great reasons. However, since changes in your body shape and size can be gradual, and won't happen overnight, it is important to focus on other benefits so that you will remain motivated.

Thrive on the energy that exercise gives you. Watch your health risks scores go down. Pay attention to how much easier everyday activity is. Notice how much better you are sleeping. These kinds of additional benefits will continue to keep you motivated if you make them just as important to you as weight loss.

Additionally, try not to view exercise as punishment. Look at it as an investment in your health. If you don't feel motivated to work out one day, think of something that is appealing to you that is active, and change your workout. Try not to let your workout become routine or mundane, and always remember that some exercise is better than none at all. So, if you feel you are not motivated to continue, stop your workout early, or skip a day. It just might be the thing you need to get you excited about your next workout.

Possibly the most important thing is to keep progressing your exercise program slowly. Big increases in time or intensity can set you up for injury, and cause you to drop out. Unless you are a world-class athlete, there is no reason to work out at world-class levels. Remember to give yourself some days off and get proper rest. Finally, try to anticipate lapses. If you are traveling, or your schedule is becoming busier, and you are fearful you may get off track, try planning ahead. For example, book a hotel that has a workout facility or change up your workout so that you keep your interest high and your boredom low. The bottom line is you must be creative and innovative to keep up your fitness program. With some imagination and planning, it is easy to do.

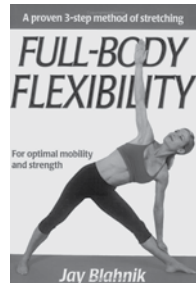
Exercise is one of life's joys. It energizes you, helps you look and feel better and puts you on the road to better health. Your home fitness equipment and gym is worth its weight in gold. Congratulations on making the choice to get started!



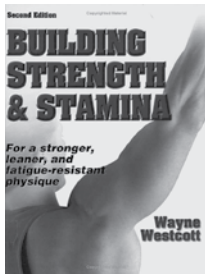
SUGGESTED READING



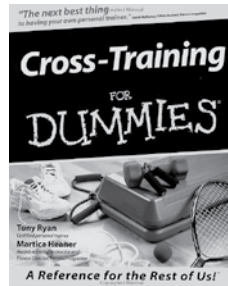
The Complete Home Fitness Handbook
by Edmund Burke
Human Kinetics



Full Body Flexibility
by Jay Blahnik
Human Kinetics



Building Strength and Stamina
by Wayne Westcott, PhD
Human Kinetics



Cross-Training for Dummies
by Tony Ryan and Martica Heaner
For Dummies



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