

# Day 4 - Exercise

Exercise should be your friend, not your enemy.

The way most people approach exercise is by going to the gym and walking on a treadmill or sitting on a bike, or going for a walk around the block.

This is a good start, BUT it really leaves out the best way to really help you lose weight.

Weight training!

Weight training is NOT reserved for any particular type of person. It is for everyone!

You do NOT have to be a young male, an athlete, a certain age or any other distinction.

You can start at ANY stage of fitness or life. (I have had clients start at age 94!)

Proper progressive weight training will build your strength, your bone density and build muscle mass. More muscle mass means more energy consumed and thus an easier time losing weight.

Weight training exercise sessions also utilize more energy for a long time after the workout making them FAR more effective than cardio based exercise.

Many women come to me afraid of doing weights thinking it will bulk them up or they will get hurt.

This couldn't be further from the truth. The reality is weight training is THE MOST BENEFICIAL exercise you could possibly do if you want to lose weight and tone up!

Once you start and make it a regular habit you will find it is enjoyable and fun!

This is not to say you shouldn't do any cardio exercise. If you enjoy it you should do as much as you feel able! If you are not a huge fan of exercise and you want the most bang for your buck? Then weights is the crucial starting point and everything else is secondary.

I have had many clients do 2 X 45 minute sessions of weight training with me each week combined with changed eating patterns and see AMAZING results!

Exercise does not have to be long and aimless, get into the gym, do the work and get out again.

No need to spend hours everyday exercising unless you truly enjoy it.

Another aspect of exercise is finding things that you enjoy. Do you like hiking? Swimming? Sport?

Whatever exercise you enjoy you should try and get as much of it in as you can!

Have you given up a sport that you could try to get back into? Could you head up to the local pool or beach a few times each week?

Have a look through the questions below:

As always, if you need a hand send me an email to [daniel@freemansfitness.com.au](mailto:daniel@freemansfitness.com.au)

**Would you workout at home or at a gym?**

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**What are some fears/barriers that you have around weight training?**

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**How can you overcome these?**

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**What sports would you like to play?**

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**What other exercise do you enjoy and how can you start to integrate that into your week?**

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