

FITNESS REDEFINED

FITNESS HIERARCHY

- Traditional Fitness
 - Burn Calories
 - Moderate Intensity
 - High Amounts
- Skyterra Fitness
 - Regular Movement
 - Low Intensity 80% - High Intensity 20%
 - Individualization

Traditional weight-loss protocols use exercise as a primary driver for weight loss focusing entirely on caloric expenditure. The Skyterra Way understands that obesity is a hormonal imbalance and that it requires individualization.

THE COMPENSATION EFFECT

- Caloric intake increases in response to exercise
- Active couch potato syndrome – too much exercise decreases non-exercise activity
- High caloric restriction and excessive exercise decreases your basal metabolic rate

HOW EXERCISE STEERS WEIGHT LOSS

- Insulin Sensitivity (*LOOK GOOD*)
 - Improving insulin sensitivity helps our body to burn fat
- Metabolism (*QUALITY of LIFE*)
 - Maintaining muscle mass is crucial for sustaining weight loss
 - Improves mobility, daily living activities and stamina
- Mood, Performance and Brain Health (*FEEL WELL*)
 - How we feel leads to improved lifestyle choices and productivity
 - People who regular exercise are less likely to develop age related diseases

MOVEMENT

Inventory

QUESTIONS	YES	NO	TIME
Are you sitting at meals?			
Are you sitting during your commute?			
Are you sitting at work?			
Are you sitting during the evening?			

- Recommendations
 - Reduce current movement inventory by 1 hours
 - Break up sitting (30min with 2 min / 60min with 5min / 2hrs with 10min)
 - Reduce optional sit time, if you don't have to sit try not too
- Strategies
 - Walking first thing in the morning or after meals
 - Setting an alarm clock on your phone for every 30 minutes “stand up” app
 - Taking conference calls or create walking meetings

MOBILITY

Inventory

QUESTIONS	YES	NO	AMMOUNT
Do you have a breathing practice?			
Do you work on your mobility?			
Do you drink ½ your body weight in ounces of water?			
What kind of shoes are your wearing? Do you know?			

- **Recommendations**

- Establish a breathing practice (5 minutes per day)
- Create a self maintenance routine (soft tissue, stretching for 10 minutes per day)
- Add electrolytes to water in between meals
- Wear shoes that allow your foot to strengthen and move naturally

- **Strategies**

- Breathing - Always use your nose, initiate from the belly (horizontal) and breathe light. Basic cadences include: “Deep Belly” 4IN:8EX or “Square” 4IN4EX4IN4EX
- Mobility - Triage your body, select 2-3 techniques and get consistent practicing them
- Hydration - Spike your water with sea salt or purchase “Lyteshow”
- Shoes – Find shoes that have a wide toe box, low heel to toe differential (drop) and make sure they’re flexible. Brands doing this well include: Altra Running and Topo Athletic, use code: TOPOFORD10 for free trial pair.

RECOMMENDED READING

- Spark, The Revolutionary New Science of Exercise & the Brain, James Ratney, MD
- Why Exercise Won’t Make You Thin, TIME Magazine: <https://www.sscnet.ucla.edu/polisci/faculty/chwe/austen/cloud2009.pdf>
- Get Up, Why Your Chair Is Killing You, By: James A. Levine, MD
- The Oxygen Advantage, Dr. Patrick McKeown
- Breathe, Dr. Belisa Vranich
- Deskbound, Kelly Starrett, DPT and The Roll Model, Jill Miller