



21 Day

Aerobic Fitness Training Program



Fitness Frontline[®]
of the health system



Hi, I'm John Miller. Thanks for **downloading 21 Day Aerobic Fitness Training program - walk – shuffle – jog – run ebook**.

I hate to tell you this, but if you're not in great shape aerobically, you're probably not all that healthy either. It's as simple as that. In fact your level of aerobic fitness is probably the most important general measure of how healthy you are.

Strange isn't it then that few doctors will take their customers out the back and measure how aerobically fit they are. You'll find out a lot more about your health by doing the 20m run than you will sitting in a dark room attached to a sphygmomanometer!

I've got this belief that it's a big ask in our culture expecting to stay healthy without keeping yourself fit.

It's also true that it's a big ask expecting to get better by having someone do something to you; sooner or later you have to do something to yourself.

If you've got any of the epic metabolic dysfunctions the best way to get rid of them is to become a regular aerobic exerciser. It beats any pill known to man.

Here's what the Surgeon General said in 1979.

'You, the individual, can do more for your own health and wellbeing than any doctor, any hospital, any drug, any exotic medical advice.'

You can measure how fit and healthy you are by taking the [20m run aerobic fitness test](#). I've included it in this ebook. To do the test, mark out two lines 20metres apart and see how many laps you can do in 5 minutes. If you can do 40 you're not in bad shape.

The benefits of being fitter are legion. I've set aside a chapter on that.

WHY 21 CONSECUTIVE DAYS?

It takes 21 consecutive days for the sub conscious mind to lock on to a habit. *We're either ruled by our habits, or they rule us.*

If you haven't been exercising, the habit of lolling around is probably stronger than the habit of getting up and exercising.

At the end of 21 days all that will have changed, if you take up the 21 day challenge.

Of course once the 21 Day Aerobic Fitness Training Program habit is locked into your subconscious you won't have to go through the inner debate each morning about whether you're going to get up or not and go for your walk, shuffle or jog. You'll have the getting up and exercising habit locked in.

The big benefit of taking part in the 21 Day Aerobic Fitness Training program is you'll feel better. That in itself will be your greatest reward. But as well as that it will defrag your metabolic system. That's the other big benefit. You can't subcontract out the defragging of your metabolic system.

AND JUST TO LET YOU KNOW, I've reached the age where I'm a regular 30 minute interval training walk/shuffler who aims to keep his heart rate over the 75% maximum heart rate for my age. I use and recommend the Fitbit heart-rate training system

The 21 Day Aerobic Fitness Training Program

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WARNING – safe training intensity

Before you embark on the 21 day aerobic fitness training program, talk to your physician or fitness practitioner about just how high you should allow your heart rate to go. It will depend on your age and your metabolic fitness.

GET YOURSELF A HEART RATE MONITOR

Measuring your heart rate is an essential part of your aerobic fitness training program. Without it you don't know whether your heart rate is high enough to have a training effect.

I wear a Fitbit Sense. It keeps track of zone points and steps and I find it highly motivating. Using the Fitbit zone system, you get 1 point for every minute your heart rate is over (about) 65% of your age-related, estimated maximum heart rate. I'd say that was a safe working load. You get 2 points per minute when your heart rate goes above 75% of your maximum heart rate.

Maximum heart rate is said to be 220 minus your age.

This booklet has been written based on my experience of wearing a Fitbit Sense watch, donated by Fitbit as part of a Canberra University IT student project.

The most successful aspect of the project was the experience I had using the watch myself. I find it highly motivating, with an aim to average 25 Fitbit aerobic fitness zone points a day and average of 4,000 steps.

I do intervals on the local oval and aim to keep my heart rate in the zone where I accumulate 2 zone points per minute. Based on my age, that's with a heart rate over 106 beats per minute.

As I write, today I've done just over 3,800 steps and achieved 46 aerobic fitness zone points. I'm happy with that. Let's see what tomorrow brings.



1. BENEFITS OF PHYSICALLY ACTIVITY

In affluent societies, regular, systematic, vigorous physical activity strengthens all of the major body systems and, along with diet and stress management is the foundation stone of good health.

Feel better

The most immediate benefit of physical activity is that you feel better. The mind is just another body system, and like all body systems works better when you're aerobically fit.

Stimulate the elimination system

The main players in the body's elimination system are the lungs, perspiratory system, lymphatic and blood systems, liver, digestive system and the kidneys.

Cool down an over stimulated sympathetic nervous system

We live in an age when more and more people have over-stimulated sympathetic nervous systems, particularly people cooped up in offices all day. The fight response that starts with the mind and then works through the endocrine system produces muscle tension, constricts blood vessels and alters a range of body functions.

Warm up an under-stimulated parasympathetic nervous system

The gentle exercises, yoga, tai chi and walking have the effect of stimulating the parasympathetic nervous system and causing muscles to relax and blood vessels dilate. Endocrine function is restored to more normal levels. You feel better

Overcome insulin resistance

Along with a high sugar and wheat flour diet, the major cause of adult-onset diabetes is insulin resistance in the muscles due to lack of regular, vigorous physical activity. Whilst physical activity will not cure a dysfunctional pancreas it will go a long way toward enabling diabetics to manage type II diabetes without medication.

Strengthen the immune system

Vigorous physical activity stimulates corticosteroid production and the increase of white blood cells. When the immune system is strong, you are more resistant to colds and flu. You have an enhanced ability to deal with allergic reactions and you're less at risk of cancer.

Lower incidence of high blood pressure

Elevated blood pressure is directly related to motion starvation. For the greater proportion of people, training aerobically, with vigour for 40 minutes each day will restore blood pressure to normal.

Increased aerobic efficiency and capacity

You can expect a rapid improvement in aerobic efficiency once you start to train.

Reduced risk of heart attack

Cardiac dysfunction usually comes at the end of a long chain of dysfunctions (autonomic nervous system, elimination system, liver ...). The status of all these systems is improved by regular, systematic and vigorous physical activity.

Clears the respiratory tract

Ever person with a regular aerobic training program knows that physical activity has a wonderful effect on clearing the respiratory tract. One wonders how it gets 'cleaned up' under normal circumstances without the stimulation of the lungs and warming of the body.

Reduced blood sugar and cholesterol levels

A key ingredient in a glucose and cholesterol lowering program is regular and systematic vigorous exercise.

Stimulates the bowel

Anyone who runs or exercises with vigour knows that the digestive system works better. One has to wonder at where the gas discharged during activity goes when there is no activity!

Fewer headaches

There is an epidemic of headaches in the Western World. It is the most popular symptom of poor health that people experience (and ignore). If you want to have less headaches, do what fit and healthy people. They train.

Reduction in body fat

It is a tough assignment in an affluent society expecting to stay at your ideal weight without a regular fitness training program. Once the activity level drops you can be certain that sooner or later, you'll start stacking on the weight. A reasonable body fat for a man is less than 20% fat, and for women less than 30%.

Ease musculo-skeletal dysfunction

Bones do what muscles tell them to do. In affluent societies there is an epidemic of musculo-skeletal dysfunction caused principally by motion starvation of the skeletal muscles. Strength, flexibility and postural aligning exercises tone muscles, get bones back into position and increase the ability of the body to do the things that normal fit and healthy people take for granted.

More oxygen to the brain

Physical activity ensures that your brain gets more oxygen. You feel better.

More energy

There is a universal law which says that if you want more energy you need to use more up.

Stimulates the endocrine system to release of a range of 'good' chemicals

When you exercise with reasonable vigour for about 30 minutes or more, your endocrine system clicks into gear. One of the better-known effects is the release of endorphins (that is, naturally occurring opiates) from the brain brings about a naturally occurring high: - you feel better. You have more energy and vitality.

Increased libido

Regular vigorous physical activity has a wonderful effect on improving libido. A lowered libido is a symptom of poor general health. Increase your aerobic fitness and you'll end up lean as a greyhound and toey as a Roman sandal!

Slows down development of osteoporosis

Weight bearing exercise is essential for maintaining and increasing bone density.

Sleep better

When you are vigorously physically active you need less sleep and you sleep better.

Discipline

If you can learn the discipline of regularly and systematically exercising your body, it stands you in good stead for disciplining yourself to do other things in your life.

Distraction

You experience an elevated mood state when you interrupt your normal daily routine with physical activity. It's like having your own little escape from reality.

Looking after your Self

Being involved in regular physical activity is the most potent symbol of your ability to give back to your Self.

Break down the emotional and physical vicious cycle

Whereas it is widely recognised that emotional states affect the body (psychosomatic), it is also the case that physiological states affect the emotions (somatopsychic). So, when you're depressed and miserable, exercise.

Eat less

Strange as it may sound, when you exercise regularly, systematically and vigorously you are less inclined to overeat and/or search out those extra high fat/starch/sugar snacks.

Social

One of the great benefits of physical activity is being with other people. People often feel better when they are doing things in the company of other people, so get yourself an exercise mate(s).

Introspection

Exercising on your own provides an opportunity for introspection. As Thoreau said about his walks in the forest, *'I never found the companion that was as companionable as solitude.'*

2. 21 DAY **WALK** PROGRAM

Why 21 minutes? - because if you do something every day for 21 consecutive days, you'll have developed a habit. You'll will have overcome the battle between willpower and 'won'tpower'. You will have proven to yourself that you have some resolve.

I also know that there will be some important health spin offs: you'll feel better, you'll be sleeping better, you'll have more energy and you'll have lost some fat. You'll experience the joy of being outside in the fresh air as the sun starts to wend its way higher. You'll come back refreshed, relaxed, revitalized and reinvigorated.

By starting off slow you'll avoid the problem of muscle soreness.

1. On day 1 of the program walk for 1 minute.
2. On day 2 walk for 2 minutes.
3. On day 3 walk for 3 minutes, and so on, every day until you've completed 21 straight days of exercise.

At the end of 21 days, you'll be able to puff your chest out with pride because you can now walk for 21 minutes.

Of course, walking for 21 minutes is not a tough assignment for most people. If that's the case, start with a 21-minute walk first up.



They say that people who have a dog walk more often than people who don't. They also say that people with a dog are fitter than people who don't. A tip, get your dog off the lead as soon as you can. Both you and the dog will have freedom.

If you want a friend in Washington, get a dog.
Harry Truman

3. 21 DAY **WALK/SHUFFLE** INTERVAL PROGRAM

If you can walk for 21 minutes it's now time to pick up the pace and move on to the next level of fitness. This will involve a bit more vigor. I suggest you start off with 30 second intervals of walking and shuffling ...

A shuffle is slower than a jog. It's about as fast as a brisk walk, but it gets your heart rate up over 75% of your age-related maximum heart rate. Maximum heart rate is roughly 220 minus you age (beats per minute). For there to be an appreciable improvement in your aerobic fitness, you want to get your pulse-rate up to at least 65% of your age-related maximum heart rate. You'll get the picture from the chart immediately below.

Fitbit zone points per minute- based on % of age-related maximum heart rate.										
Effort	Light	Moderate			Vigorous					
Pts/min	0	1			2					
% MHR	55%	60%	65%	70%	75%	80%	85%	90%	95%	100%
Age										
20	105	114	124	133	143	152	162	171	190	200
25	102	111	120	130	139	148	157	167	185	195
30	99	108	120	130	140	150	160	170	180	190
35	96	105	114	123	131	140	149	158	175	185
40	99	108	117	126	135	144	153	162	180	180
45	94	103	111	120	128	137	145	154	171	175
50	89	97	105	113	121	129	137	145	161	170
55	89	97	105	113	121	129	137	145	161	165
60	86	94	102	110	118	126	133	141	157	160
65	81	88	96	103	110	118	125	132	147	155
70	79	86	93	100	107	114	122	129	143	150
75	76	83	90	97	104	110	117	124	138	145
80	73	80	86	93	100	106	113	120	133	140
85	70	77	83	90	96	102	109	115	128	135
90	68	74	81	87	93	99	105	112	124	130

If you're diligent in your training, over the weeks and months you'll notice that you're able to train with a higher heart rate for longer periods of time. This means you're getting fitter, your metabolic system is becoming healthier.

200 zone points per week (ZPPW) is good; you can call it 'metabolic defrag territory'. Once you start getting 200 or more ZPPW a week you'll keep your metabolic health in pretty good shape. If you want to achieve huge gains in your aerobic fitness and metabolic health, aim for (at least) 300 ZPPW. If you want to end up as fit as a trout, lean as a greyhound and toey as a Roman sandal, this is the way to do it.

BACK TO INTERVAL SHUFFLING

On day 1 shuffle for 30 seconds and walk for 30 seconds. Then start walking and shuffling at intervals of (about) 30 seconds - walk 30 seconds, shuffle 30 seconds. If it gets too tiring, slow down the shuffle, or just keep walking. You can then start shuffling and walking for longer periods: 20 minutes is good, 30 minutes is better and 40 minutes is best.

THE BREATHING CYCLE

Once you start shuffling you'll find you need a breathing system that gets more oxygen into your lungs – and some of the waste products of metabolism out of your lungs.

I use and recommend a **six-step breathing cycle** – it goes like this: breathe out through the mouth on step 1 and breathe in through the nose on step 3. I've worked out that 16 cycles of 1 breath every 6 steps takes about 30 seconds.

4. 21 DAY **WALK/SHUFFLE/JOG** INTERVAL PROGRAM

Now that you can shuffle for 21 minutes, should you be so inclined, you can make the step up to jogging.

On day 1, jog for 30 seconds and walk for 30 seconds, building up to 21 minutes.

Then, if and when you can set yourself up for it, embark on a shuffle/jog interval training routine for 21 minutes.

Then, one day you might become a runner. It will probably depend on your age. I'm at the stage of my life where I'm happy to keep walking and shuffling.

When you can run any distance under twice the time of the world record, report back. You'll be in good shape.

HEART RATE INTERVAL TRAINING

I use and recommend the Fitbit system of keeping track of my heart rate. My fitness training regime has improved since I got my Fitbit watch. I aim to keep my heart rate over 75% of my maximum heart rate. If I walk briskly for 20 minutes I can get my heart rate over 65% of my maximum heart rate. Fitbit gives me 1 aerobic zone point for every minute.

When I shuffle my heart rate goes well over 75% of my age-related maximum. Once I revert to walking it starts to go down, and when it's getting close to the 75% mark, I start shuffling again.



In the beginning was the walk, then the walk became a shuffle,
the shuffle became a jog and the jog became a run

5. THE COMPLETE AEROBIC FITNESS TRAINING PROGRAM

Now that you can jog for 21 minutes you can start jogging for a little longer, one minute more every day.

I'll say it again, 20 minutes is good, 30 minutes is better and 40 minutes is better.

As you approach this phase of your aerobic fitness training program ,start to vary the length of your workouts - making 21 minutes the shortest that you do.

WHY THE EMPHASIS ON WALKING, SHUFFLING AND JOGGING?

No particular reason other than it's convenient. If you don't like running, substitute it with swimming or cycling; or, if you go to a gym, use the stepper, treadmill, cross trainer, rower, Versaclimber or the stationary bike. I use the stepper in the gym, principally because I find it easier on my legs than running around outside all the time.

If you're using a piece of aerobic equipment in the gym the same principles apply. Start slowly and build up.



The more you do it, the easier it gets.

6. 20m RUN - WORLD'S PREMIER FIELD TEST OF AEROBIC FITNESS

Keep track of your progress.

You can measure your progress by completing the 20 metre run test.

By measuring the number of 20m laps you can do in 5 minutes you'll get a very good idea of your health and fitness.

In your daily routine you can also measure your progress in terms of:

- longer distance
- longer time.



How many 20 metre laps can you walk, shuffle, jog or run in 5 minutes?

The 20m run test has been derived from the 'Beep' Test, 20m Shuttle Run, a reliable and valid measure of aerobic fitness, particularly for athletes and very fit people.

The 'Beep' Test a reliable and valid test of aerobic fitness for elite force personnel and athletes. If you can maintain a pace of 8, 9, 10, 11 or 12 laps per minute for as long as you can, you'll get a good score. (This is a test where Sebastian Coe and a few other athletes lasted 17 minutes.)

However, the 'Beep' Test is not discriminating enough for regular folks; a lot of people can't hang on much longer than 2 minutes as the number of beeps per minute speed up. Hence the arrival of the 20m run.

The big advantage of the 20m run is that it's a simple and effective way to measure aerobic fitness and you don't need to lug around a CD player with the beeps on it. Plus every one walks, shuffles, jogs or runs as fast as they can. The most laps I've seen for men is 60 and for women is 55. The fewest laps I've seen for both men and women is 9 laps. So there is a much better distribution curve. (Sebastian Coe would have been able to run at least 70 laps in 5 minutes.)

Ron Clarke, greatest middle-distance runner of the 20th century said something to the effect that 'Most people can run as fast as I can, however they slow down quicker.' Well that pretty much describes the 20m run test. Starting with a good pace and maintaining it provides evidence of good aerobic fitness and good metabolic health.

And aerobic fitness underpins good health. Your measure of aerobic fitness will provide you with the most useful measure of metabolic function.

The 20m run aerobic fitness test can be done by anyone at any time. There's no need for any special equipment. Simply mark out a 20-metre distance on a flat, firm surface and start moving at a pace which you can sustain for 5 minutes.

If you're not in great shape, don't start off too fast. (Try for 5 laps per minute for the first minute and then judge your pace from there.) It may take you a few goes at it to get a feel for the pace that you can maintain for the 5-minute duration of the test.

If you run out of puff, slow down, or walk, but continue going for the full five minutes. Most people who quickly run out of puff and have to continue at a slow walk, usually manage to pick the pace up again after a short while.

The best score I've seen for a person walking extra briskly is 30.

Make sure at least one foot steps over the end line on each lap.

SCORING FOR THE 20M RUN TEST OF AEROBIC FITNESS

Want an idea of what sort of shape you're in?

How many times can you run back and forth between two lines 20m apart in 5 minutes.

Regular folks and secondary school students up to and including year 8

1. Men and boys

Laps	<22	22	24	26	28	30	32	34	36	38	40
Points	0	1	2	3	4	5	6	7	8	9	10

2. Women and girls

Laps	<20	20	22	24	26	28	30	32	34	36	38
Points	0	1	2	3	4	5	6	7	8	9	10



The health and fitness 'resurrection' shuffle.

That which we
persist in doing
becomes easier,
not that the
nature of the
task has changed,
but our ability to
do has increased.

Emerson

7. COUNT FITBIT ZONE POINTS, NOT JUST TIME AND STEPS

Trying to improve your aerobic fitness without an exercise prescription that includes frequency, duration and intensity is like taking a pill that comes without a dosage and without instructions on how often to take it.

In fact it's a nonsense. Very few people ever got fit ambling around the block for 10 minutes three times a day.

This sort of prescribing routine is one of the root causes of the inability of the medical industry to restore people with general metabolic dysfunction to good health. Doctors can't complain that they're too busy when their diagnostic and prescribing practices guarantee that their customers will soon be back on the surgery door step.

The Fitbit Zone system has been built around the idea that you need to focus on both time and effort if you're going to improve your metabolic function.

Zone points	=	Time	x	Effort
		(in minutes)		(on a scale where points per minute are matched against heart rate)
You receive 1 point per minute if your heart rate is over (circa) 65% of your maximum heart rate and 2 points per minute if it's over (circa) 75% of MHR.				

To calculate the number of aerabytes you've used up in a workout, multiply the actual time (T) in minutes by the level of effort (E), rated on a scale of 1 to 10.

40 Zone points a day is good, 50 is better and 60 is best. If you train twice day you can get over 100.

If you can regularly achieve 200 zone point a week, you'll soon notice a difference.

STEPS

Fitbit counts your steps: **4,000 steps a day** is a reasonable target. If you're out walking you'll rack up about 1,000 steps every 10 minutes. You probable do another 2,000 steps just walking around.

If you're in an occupation where you're moving around all day – if you're a gardener, lawn mower, brick layer, parcel deliverer ... – then you may get some of your aerobic activity (and plenty of steps) during work time.

Certainly a few hours gardening racks up plenty of steps.

However, for most people this is not possible because they're cooped up in a cage and chained to a desk or steering wheel all day.

Most of us don't have jobs where we can keep moving around all the time so we have to find some recreational activity that can be done in relatively short, sharp and vigorous bursts.



20 minutes is good, 30 minutes is better, 40 minutes best. There are 252 lots of 40 minutes in a week. Can you find the time to spend 5 of them exercising. Only that way can we hope to make up for the movement our species was designed to do naturally and stave off the myriad body system dysfunctions that are the result of this motion starvation.

If you've got a sedentary occupation then you need to make extra provision – running, cycling, swimming or using the cardio equipment in the gym – to get the amount of aerobic exercise your body needs. If you don't, sooner or later you can expect key body systems to become dysfunctional. Then it's ambulances at the bottom of the cliff for the rest of your life, or until you wake up to yourself.

What's happens in our sedentary society is that people do not realize just how little activity they do; they don't realize just how far they've let themselves go. And if they are active, like walking every day, they're not aware of just how fit they are either. They never measure their aerobic fitness.

8. AEROBIC ACTIVITY DIARY - where intention meets achievement

INTENTION

You will be more likely to achieve your fitness goals if you write them down at the beginning of the week. Break your exercise sessions down into manageable units, day by day, week by week, month by month.

At the beginning of each week write in what you're going to do, when you're going to do it and for how long.

ACHIEVEMENT

After you've done your exercise, record the actual time that you took to do it, and depending on the activity the number of Km or steps ... On each day you can record your progress for up to four activities/sessions.

EFFORT - in Fitbit zone points

Keep track of the number of Fitbit zone points you achieve each day. At the end of the week, tot up the totals in each column. Over the weeks and months, you'll have objective evidence that your fitness is improving. You can then go to your health insurer and demand that you be charged a lower premium!

Keep track of the number of Aerabytes you do each day. At the end of the week, tot up the totals in each column. Over the weeks and months, you'll have objective evidence that your fitness is improving. You can then go to your health insurer and demand that you be charged a lower premium!

There is a space (Wt) to record your weight each day. Weight yourself each morning after you've had your shower. Although there will be variations depending on what you've eaten the day before, I take the view that by keeping track of your weight each day you can take immediate steps to 'get a grip on yourself' if you notice things getting too far out of hand. If you leave it until your trousers feel tight it may be too late!

Tick the space (Medt) on the days when you meditate. Record pressups (P/u), situps (S/u), squats Sq) and blood pressure (SBP - systolic) and DBP - diastolic).

MONTHLY FITNESS TEST

To prove to all and sundry that you're getting fitter and healthier, do the Miller 20m run test once a month. All you have to do is see how many 20 metre laps you can run in 5 minutes. Anyone who can get over 40 laps is pretty good shape. Over 45 and you're in excellent shape. Over 50 and you're in exceptionally good shape! Age doesn't have much to do with it. The older you are the longer you've had to train!

A WORD ABOUT RESTING HEART RATE

Before you get up in the morning, check your early morning resting heart rate at either your wrist or your neck.

If you've got a digital alarm radio on your bedside cabinet, get ready for it to tick over for the next minute – and start counting.

If you have a digital heart rate monitor on your wrist you can look at your heart rate without counting anything at all.

As you get fitter your resting heart rate will most likely come down.

9. AEROBIC FITNESS DIARY RECORD - Week beginning Monday/...../.....

At the beginning of each week write in what you're going to do, when you're going to do it and for how long. After you've done it, record the actual time, and depending on the activity the number of Km, steps and/or Fitbit zone points. On each day there's room to record your progress in up to 3 activity sessions. At the end of the week tot up the totals in each column. Fitbit will do all this automatically for you. At the end of each day you'll get the results from the Fitbit app on your phone, plus they'll send you the weekly results via email. Over the weeks and months, you'll have all the evidence to prove that you're becoming fitter.

ACHIEVEMENT

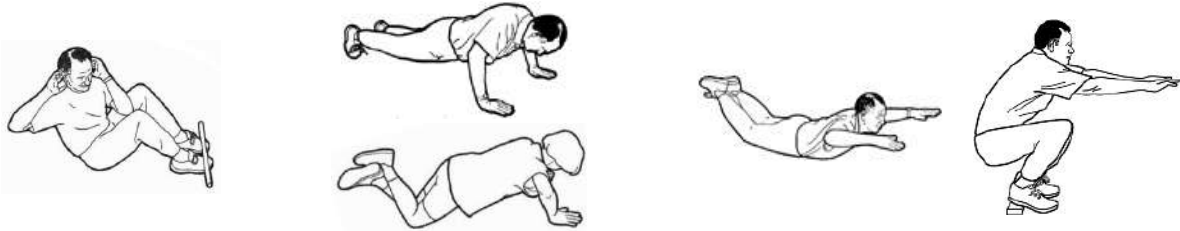
DAY	What and when	Km	Steps	Time	Fitbit Zone points	
					session	Daily
MON						
TUE						
WED						
THUR						
FRI						
SAT						
SUN						
TOTALS						

Health and fitness goals for this week

10. DON'T FORGET THE STRENGTH TRAINING PROGRAM

I know that a lot of people don't like going to a gym. If that's the case there are four key exercises that I'd recommend you do at home.

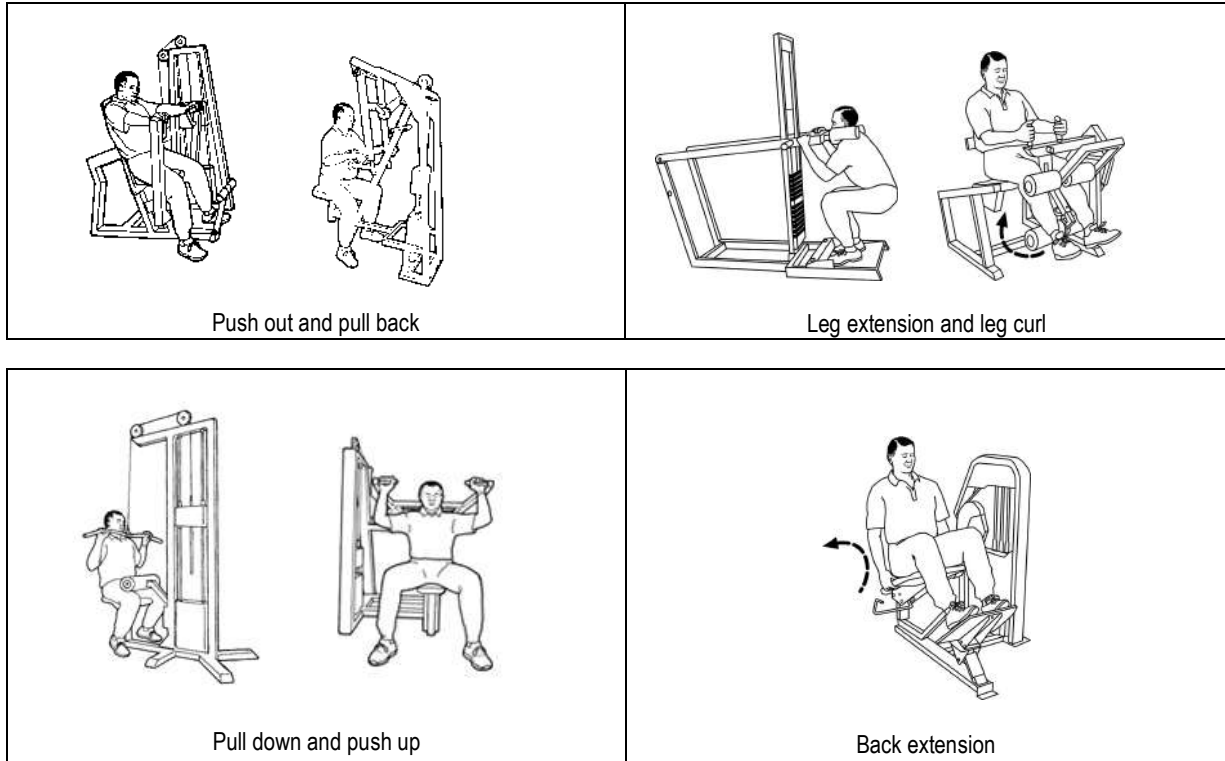
- situps - build up to 20
- pressups - build up to 20, men on the toes and women on the knees
- Superman - build up to 30 second's worth of gentle ups and downs.
- Squat - build up to 20.



WEIGHT TRAINING

A regular and systematic strength training program using machines plays an important part in maintaining strength sufficient to give good support to the skeleton.

The program is based on supersets, where you alternate between two exercises that work opposing muscles in the sequence of repetitions, 12, 10, 8, 6 adding weight to each set. Using supersets, you don't have to sit on a machine looking at your phone in between sets. You just keep going from one machine to the other.



11. DON'T FORGET THE FLEXIBILITY TRAINING PROGRAM

The key to avoiding joint and muscle pain is to keep the skeleton in good alignment. Here's how to do it.

Static back 20 minutes  This is the most comfortable position for anyone with a crook back. Lie in this position for 20 minutes or more to settle down muscles attached to pelvis and spine.	Supine groin stretch – 20 minutes each side  Laying on back, one leg on bolster the other on the floor. Relax in this position for 20 minutes each side.	Hip crossover – at least 20 minutes, 5 minutes a side over and over.  Start with the heel of the right foot up toward the top of the left knee. Push the right knee way from you. Then drop the right foot and left knee onto the floor..
Hip stretch - PNF  Tuck the right foot behind left knee. Take right knee over close to the floor on the right side of your body. Press knees together for 5 seconds, release and let legs flop closer to the floor. Do that 3 times. Repeat on left side.	Super hip and thigh stretch  Start with feet together and extended. Swing the right leg out over the left and grab hold of the right foot with your left hand. Keep your right shoulder on the floor. If you can't grab your foot, grab your sock or the bottom of your trouser. Repeat on other side.	Heels over head  You used to be able to do this when you were a kid. Start doing it again. 30 seconds is enough. With every breath you breathe out, creep back a little further. When you can hold your toes with the back of your hands on the floor, report back!
Sit up straight buttock stretch  Sit with both legs straight out in front of you. Fold the left leg under the right and then the right over the left. Prop yourself on your knuckles; lean forward for 20 deep breaths.	Hamstring stretch  With legs outstretched hold on to lower leg as far down as is comfortable. Bend knees slightly, place hands further down, then straighten legs. Do as many as you like.	.. Buttock stretch  Start on hands and knees. Place right leg over the left, onto the knee and the laces and then slide it back. Prop on elbows..
Cobra  Keep pelvis on the floor. Stretch upwards. Breathe out and feel lumbar spine loosening..	Reverse cobra  Place a cushion underneath your knees Say like this for as long as you like.	 Quadriceps muscles loosener. An essential knee pain relief exercise..

If you want the complete flexibility training program DOWNLOAD the Back in Alignment book from the [Fitness Frontline](http://www.fitnessfrontline.com) website.

12. HEALTH CLIMATE PROFILE

The mind is just one of many body systems in a complex ecosystem. The mind and the rest of the body systems are intimately connected. For instance, when we get mentally stressed, the stress registered in the mind is relayed to the rest of the body via the autonomic nervous system. Conversely when one of the other body systems becomes stressed, the stress is relayed to the mind. You may not realize how stressed you are until you complete this questionnaire, but your body does. The body is incapable of dishonesty!

Circle the number appropriate to the degree to which you experience the symptoms on the left-hand side of the page. The greater the symptom, the higher the score. Total the score at the bottom of the page,

A good score is a low score

	None	Hardly any			A fair bit			A lot			
1. Headaches (including migraines)	0	1	2	3	4	5	6	7	8	9	10
2. Lack energy and vitality	0	1	2	3	4	5	6	7	8	9	10
3. Candida fungus: furry tongue, thrush, itchiness, tinea...	0	1	2	3	4	5	6	7	8	9	10
4. Poor sleep (Score 10 if you frequently use tablets)	0	1	2	3	4	5	6	7	8	9	10
5. Snoring, sleep apnoea (Score 10 if using a gas mask)	0	1	2	3	4	5	6	7	8	9	10
6. Musculo-skeletal pain, back, neck, shoulders, hips, knees,	0	1	2	3	4	5	6	7	8	9	10
7. Frequent colds, flu and sinus	0	1	2	3	4	5	6	7	8	9	10
8. Reflux, unsettled stomach (Score 10 on tablets)	0	1	2	3	4	5	6	7	8	9	10
9. Overweight (1 pt for every 2kg over ideal weight)	0	1	2	3	4	5	6	7	8	9	10
10. Irritable bowel, constipation, trots...	0	1	2	3	4	5	6	7	8	9	10
11. Shortness of breath from asthma	0	1	2	3	4	5	6	7	8	9	10
12. Low level of aerobic fitness	0	1	2	3	4	5	6	7	8	9	10
13. Low level of strength	0	1	2	3	4	5	6	7	8	9	10
14. Low level of flexibility	0	1	2	3	4	5	6	7	8	9	10
15. Rashes, skin outbreaks, psoriasis...	0	1	2	3	4	5	6	7	8	9	10
16. Elevated blood pressure (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
17. Elevated blood cholesterol? (10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
18. Elevated insulin level	0	1	2	3	4	5	6	7	8	9	10
19. Elevated blood glucose? (Score 10 if on tablets)	0	1	2	3	4	5	6	7	8	9	10
20. Are you a sugar addict: drinks, confectionary, biscuits ...	0	1	2	3	4	5	6	7	8	9	10
21. Alcohol intake (2 points per drink/day)	0	1	2	3	4	5	6	7	8	9	10
22. Smoking behaviour (1 point/cigarette/day)	0	1	2	3	4	5	6	7	8	9	10
23. Caffeine intake (2 points per cup)	0	1	2	3	4	5	6	7	8	9	10
24. Anxious about life and your future, insecure,	0	1	2	3	4	5	6	7	8	9	10
25. Are you depressed? (Score 10 if on medication)	0	1	2	3	4	5	6	7	8	9	10
26. Are you in the wrong job?	0	1	2	3	4	5	6	7	8	9	10
27. Do you feel under-appreciated at work?	0	1	2	3	4	5	6	7	8	9	10
28. Do you have a poor work/life balance?	0	1	2	3	4	5	6	7	8	9	10
29. Unhappy with your family life?	0	1	2	3	4	5	6	7	8	9	10
30. Unhappy with your financial status?	0	1	2	3	4	5	6	7	8	9	10

To find out the score of a normal, fit and healthy human being, go to the next page. Don't even think of looking until you've completed the profile.

TOTAL

A good score on the **Health, Fitness and Wellbeing profile** is less than 20. Less than 40 is not too bad. Anything over 80 is symptomatic of a body that's not in good shape. Your metabolic, musculo-skeletal and psychological systems are showing signs of dysfunction.

Remember, the body is an ecosystem and all parts of it are inter-related. You can be pretty certain if something is going wrong in one system there'll be something going wrong in another system.

The other thing to remember is that the cause of the dysfunction is not at the site where the dysfunction is manifested.

The good news is that it's redeemable. In three months time you can halve your score with a good fitness training program.

In the case of psychological health, a daily dose of vigorous aerobic activity does you more good than a daily dose of anti-depressant medication.

THE UPSTREAM DOWNSTREAM PARABLE OF THE HEALTH SYSTEM



I am standing by the shore of a swiftly flowing river, and I hear the cry of a drowning man. So I jump into the river, put my arms around him, pull him to shore and apply artificial respiration.

When he begins to breathe, there is another cry for help. So, I jump into the river, reach him, pull him to shore, apply artificial respiration and then just as he begins to breathe, another cry for help.

So back into the river again; another cry! Again and again, without end goes the sequence.

Irvin Zola

Most people can
run as fast as I do.
They just slow
down quicker.

Ron Clarke: world
champion distance runner

13. GUNNADO

What are you going to do?

When deciding what you're going to do, keep in mind the three components of fitness - aerobic, strength and flexibility.

When are you going to do it?

How long are you going to do it for?

Who are you going to do it with?

