

# *How Much & Type of Exercise Do I Really Need*

Here are some basic guidelines for exercise, how much, what type and how long.

There are basically 2 types of exercise:

- Recreational - leisurely movements like walking, long bike rides, and things that are long and slow like paddle boarding or canoeing and you can carry a conversation
- Intentional – exercise that is specific for an outcome at a higher intensity and you are elevating your heart rate e.g. interval training on the bike, treadmill, elliptical trainer, weight training, CrossFit, pilates for the purpose of building strength and/or endurance

When making a change in your diet and lifestyle always start gradual and increase the time and intensity.

When starting the keto lifestyle don't do intentional exercise if your energy is low. Start with recreational exercise and wait until your energy improves

Weight training, high intensity interval training (HIIT) should be limited to 2-3 or 3-4 days a week no more than 30 minutes. It depends if you are a seasoned athlete or not. Most seasoned athletes do 3-4 a week, you will figure out what is right for you. If you are prone to injuries then maybe 2-3 may be best for you.

My favorite HIIT method is simple: 1 minute warmup followed by 20 seconds at almost maximal capacity followed by 10 seconds slow or recovery, and repeat for at least 7-8 minutes with 1 minute cool down. You will feel exhausted by the time you are done if done correctly. I wouldn't recommend the HIIT method until you have at least been exercising for 1 month and have some endurance capability. You can tell by taking a few flights of stairs and if you feel winded you are not quite ready.

Yoga, walking, stretching are lower intensity and could be done 1-2 days a week for 30-60 minutes.

Recreational exercise such as hiking, long bike rides or any movement that can be done for hours and you can keep a conversation going should be done at least once a week.

On the days of higher intensity workouts taking Omega 3 supplementation prior to your physical activity will help decrease the inflammatory process precipitated by your workouts.

Never do 2 intense workouts 2 days in a row. You must allow for recovery time in addition to adequate rest, proper sleep and adequate nourishment.

Exercise variation is the best option for strength training – pilates, body by science workout, opposing muscle workouts and performing compound exercises too.

One of the best exercise equipment I have is my mini rebounder (trampoline) in the garage which I use throughout the day at 5-10 intervals.