

METABOLIC RESET

The First Three Months

04



Welcome

Welcome to Week 4 of The Metabolic Reset Program! This week, we're focusing on movement as a tool to supercharge your metabolism. Exercise isn't just about burning calories; it's about activating muscle, balancing hormones, and building a metabolism that works for you.

Opening with a Bang

Imagine having a body that feels strong, energized, and resilient—a body that keeps you moving through the day with ease. This week, you'll learn how to create a movement plan that supports your metabolism, builds muscle, and elevates your energy. Let's put your metabolism into high gear!

Big Promise

By the end of this week, you'll understand how different types of exercise impact metabolism, have a personalized workout plan that works with your goals, and be set to build a routine that makes you feel energized and empowered.

02



Roadmap

In this module, we'll cover:

1. **Types of Exercise for Metabolic Health:** The roles of strength, cardio, and NEAT (Non-Exercise Activity Thermogenesis).
2. **Benefits of Muscle Mass:** Why muscle is crucial for metabolic health.
3. **Designing a Balanced Workout Routine:** A structure that supports your metabolism and goals.
4. **The Science Behind HIIT and EPOC:** How high-intensity exercise impacts calorie burn.
5. **Building Your Personalized Movement Plan:** Steps to create a sustainable, enjoyable exercise routine.

03

Content




Inside?

Types of Exercise

for Metabolic Health



Different types of exercise provide unique metabolic benefits. Here's how each type contributes to boosting your metabolism:

- **Strength Training:** Builds muscle, which increases your Basal Metabolic Rate (BMR) because muscle tissue burns more calories at rest than fat. Strength training also creates a “post-exercise burn,” where your body continues to burn calories after you’ve finished working out.
- **Cardiovascular Exercise:** Supports heart health, lung capacity, and fat-burning. Cardio, particularly high-intensity interval training (HIIT), helps create a calorie deficit and boosts metabolic flexibility (the body’s ability to switch between fat and carbs for fuel).
- **Non-Exercise Activity Thermogenesis (NEAT):** NEAT includes all daily physical activities that aren’t structured exercise, like walking, gardening, and household chores. Increasing NEAT can significantly impact your daily calorie burn and is a sustainable way to boost metabolism. 

Benefits of Muscle Mass for Metabolic Health

Muscle is metabolically active tissue, meaning it burns calories even at rest. Here's why building muscle is essential for boosting metabolism:



- **Increased Resting Metabolic Rate (RMR):** More muscle means a higher RMR, so you burn more calories throughout the day.
- **Improved Insulin Sensitivity:** Muscle tissue absorbs glucose, improving insulin sensitivity and reducing the risk of insulin resistance.
- **Enhanced Body Composition:** Adding muscle creates a leaner, more toned body composition, even if the scale doesn't change dramatically.



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Designing a Balanced Workout Routine



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A well-rounded workout routine that includes strength, cardio, and NEAT will best support your metabolic health and energy. Here's a suggested structure:



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Designing a Balanced Workout Routine

07

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Strength Training (2-3 Times per Week)

- Focus on major muscle groups, like legs, back, chest, arms, and core.
- Use weights, resistance bands, or bodyweight for muscle-building.
- Compound movements (e.g., squats, lunges, push-ups, rows) work multiple muscles at once, providing the most metabolic benefit.



Designing a Balanced Workout Routine

08

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Cardio (2-3 Times per Week)

- Mix moderate-intensity cardio (e.g., brisk walking or cycling) with high-intensity cardio (e.g., HIIT).
- Aim for 20-30 minutes per session, adjusting intensity as needed.
- High-intensity intervals (30 seconds of effort followed by 1-2 minutes of rest) are efficient for fat burning and cardiovascular health.




Designing a Balanced Workout Routine



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NEAT (Daily)

- Look for ways to increase movement throughout the day. Consider taking the stairs, parking farther away, or setting reminders to stand or walk during breaks.
- Aim for at least 7,000-10,000 steps per day to keep NEAT levels high. 

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The Science Behind HIIT and EPOC (Excess Post- Exercise Oxygen Consumption)



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HIIT is highly effective for boosting metabolism, thanks to EPOC, or Excess Post-Exercise Oxygen Consumption, which is the increased calorie burn after a high-intensity workout as your body recovers.



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Why HIIT Works for Metabolism:

- **Burns Calories Quickly:** Short bursts of high-intensity activity are effective for burning calories in a short time.
- **Increases EPOC:** Your body continues to burn calories for hours after a HIIT session as it returns to its resting state.
- **Improves Metabolic Flexibility:** HIIT trains the body to efficiently switch between carb and fat burning, promoting long-term metabolic health.





Building Your Personalized Movement Plan

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Building Your Personalized Movement Plan

Creating a personalized, sustainable plan is the key to consistent movement. Use this framework to build your routine:

- **Strength Training:** Choose 5-6 exercises that target major muscle groups. Aim for 2-3 sets of 8-12 repetitions for each exercise. Start with bodyweight exercises or light weights, and gradually increase as you gain strength.
- **Cardio:** Pick your favorite types of cardio (e.g., brisk walking, jogging, HIIT). Aim for 20-30 minutes per session, adjusting intensity based on your fitness level.
- **NEAT:** Incorporate movement into your day-to-day life. Set reminders for standing breaks or short walks, and consider using a step counter to monitor activity.



Additional Resources



- **Recommended Reading**

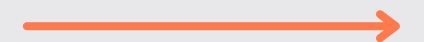
- "Body for Life" by Bill Phillips – A guide to strength training and building a sustainable routine.
- "HIIT: High Intensity Interval Training" by Sean Bartram – Includes HIIT workouts for all fitness levels.

- **Exercise Videos**

- **Strength Training:** Search for “beginner strength training” or “bodyweight workout” videos on YouTube.
- **HIIT Workouts:** Look for 15-20 minute HIIT routines to try different intervals and styles.

- **Mobile Apps**

- **FitOn:** Free workouts including strength, HIIT, and cardio options.
- **MapMyRun:** Tracks distance, pace, and duration for walking or running.





You've completed **Module 4** on exercise and movement! By incorporating strength, cardio, and daily activity, you're giving your metabolism the support it needs to thrive. Movement is a powerful tool for health, energy, and metabolic balance.

This week, focus on:

- Building a **balanced workout routine** with strength, cardio, and NEAT.
- Tracking your **progress and energy levels** to see how exercise impacts your metabolism.
- Practicing **consistency**: Small steps every day add up to big changes over time.

Foundations

Next week, we'll explore stress management and sleep optimization, essential components for metabolic health. Keep up the momentum,



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Thank You

