

Total Body Radiance

The Game Is On!

Total Body Radiance Lesson #8



Main Focus: *Increase your daily walking habit to 15 minutes, and start your Game Challenge!*

Ok, this week is going to be way too much fun! You will be starting your Game Challenge and getting yourself pushed into high gear!

So, before we start on that, we're going to talk about increasing your walk to 15 minutes, and adding a different meditation and breathing exercise. If the breathing exercises are starting to annoy you, let me encourage you with this article: [15 Clever Things To Know About Your Breathing](#). Remember, doing deep breathing as part of your warm-up/cool-down activities is like doing two workouts at once. Stay focused and encouraged! The meditations help us focus on the breathing and keep in rhythm with it while filling our minds with good things!

Oh, I feel better already!

Let's start by dealing with this new five-minute segment, which will become part of your warm-up sequence. We will be learning the skill of "Alternate Nostril Breathing". This exercise has its roots in the Yogic tradition, but we are going to focus on just the physical aspects and add our own meditation to it. "Alternate Nostril Breathing" is very good for the following:

- Balances body temperature
- Balances the mucus production.
- Helps promote weight loss
- Raises your energy level while calming your mind
- Helps combat depression, anxiety, and other mental imbalances
- improves brain function by equally oxygenating both hemispheres of the brain
- improves your sleep

Now, here's how the exercise is actually done (see the video or listen to the mp3 for a demonstration):

1. Use right thumb to close off right nostril.
2. Inhale slowly through left nostril to count of four
3. Pause for a second
4. Now close left nostril with ring finger and release thumb off right nostril
5. Exhale through your right nostril to count of three
6. Pause
7. Now, inhale through right nostril to count of four
8. Pause
9. Use thumb to close off right nostril
10. Breathe out through left nostril to count of three.

This particular rhythm of inhaling longer than exhaling is an energizing rhythm. This will “perk you up” for your walk and help to keep you focused.

It sounds more complicated than it is. Try doing two or three rounds of it so you can get the hang of it. When you are comfortable with the actual practice, let's add the meditation (a very simple one so you can concentrate more on the breath pattern):

- Inhale 4 beats: God be in my head (pinch and pause)
- Exhale 3 beats: and in my understanding; (pause)

- Inhale 4 beats: God be in mine eyes, (pinch and pause)
 - Exhale 3 beats: and in my looking; (pause)
 - Inhale 4 beats: God be in my mouth, (pinch and pause)
 - Exhale 3 beats: and in my speaking; (pause)
 - Inhale 4 beats: God be in my heart, (pinch and pause)
 - Exhale 3 beats: and in my thinking; (pause)
 - Inhale 4 beats: God be at mine end, (pinch and pause)
 - exhale 3 beats: and at my departing. (pause).
- (“God Be In My Head” *Sarum Primer*, 1558, Public Domain)

Now, on to our Nutritional Focus:



Main Nutritional Focus: Shrink Your Portions

Switching to eating healthier foods is one thing, but often times even when we make a switch, we’re still eating too much. This week you should focus on paying attention to how much food you are eating and making sure you are within healthy portion guidelines. You may find that you need to shrink your portions if you are eating too much.

Compare the amount of food you eat to the recommended amounts:

- 1 cup is about the size of a baseball—a serving of vegetables or fruit is about 1 cup
- ½ cup is about the size of ½ a baseball – a serving of cooked rice or pasta is about ½ cup
- Deck of cards—a serving of meat, fish or poultry is about 3 or 4 ounces. Another good visual is the palm of your hand (don't count your fingers!) – for example, one chicken breast, ¼ pound hamburger patty or a fish filet
- Golf ball or large egg—one quarter cup of dried fruit or nuts

- Computer mouse—about the size of a small baked potato
- Compact disc—about the size of one serving of pancake or small waffle
- Thumb tip—about one teaspoon of peanut butter
- Six dice—a serving of cheese

Get out a measuring cup or a food scale and practice measuring some of your favorite foods onto a plate, so that you can see how much (or how little!) a ½ cup or 3-ounce serving is. This will help you "eyeball" a reasonable serving!

Once you know how much a proper portion size is—you can use smaller plates or bowls that will help keep you in check. That way you don't have to measure every time. For instance, if you know that the serving size for your favorite cereal is 1 cup, get a small bowl that holds only that amount so that you can just fill the bowl instead of measuring.¹

See? I told you this would be easy!



LifeTransformation Group: *The Game is On!*

Alright! Let's get this game going! I hope you have your teams ready (your team and your opposition)! Here are the rules:

1. Honesty is key. Lying might win you more points, but they're badly won. The whole point is to use the competition to keep you on track.
2. Every day encourage someone on your own team
3. Every day contact someone from the opposing team to tease them and taunt them (nicely!)— communication is key!
4. Keep track of your daily points
5. At the end of the week, gather and share your results.
6. Get in a team huddle and talk about how you're going to help each other win the next round.

Remember, this lasts for 1 full month! You must celebrate all victories in your team, and come up with solutions for all weak areas, with everyone helping everyone move forward.

¹ Dee McCaffrey, CDC ©2009 Tips adapted from *Plan-D: The Amazing Anti-Diet That Will Change Your Life Forever*. www.plandee.org Used with permission

And that's it for this week. Let's condense those points quickly into your tasks and habits for the week:



This week's assignments:

1. Keep up with a 15 minute designated walking routine
2. Shrink your portions
3. Eat the "rainbow"
4. Eat "resistant starch" - a ½ cup or more per day.
5. Eat something raw at every meal
6. pray your weight-loss prayer daily
7. Add a fourth glass of water to your daily tonics until you meet your daily requirement
8. Play the "Game On" Challenge!
9. Write in your journal daily.

Now, see, isn't that a simple task for this week? I told you you could do *THAT!*



Disclaimer:

To the best of our knowledge, understanding and ability, the information presented in this program is true and accurate as of its publishing date.

However, this plan is educational only and is not intended to replace a consultation with a qualified healthcare professional regarding your own specific situation and medical history. For this reason it is strongly recommended that you consult with your physician before starting this or any other diet or weight loss program.

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As always, my thanks to "[TemplatesWise](#)" for providing the music for the recording!