

Total Body Radiance

Starting a Walking Habit

Total Body Radiance Lesson #6



Main Focus: *Your main focus this week is on creating a designated walking habit (i.e. walking on purpose instead of, or in addition to, just trying to increase your steps)*

Well, welcome to week 6! If you've kept up each assignment all the way to here, you're doing very well, and should be feeling the effects of the changes you're making. You should be quite pleased with your results so far, not only in how you're feeling, but in the tiny amount of effort you've had to invest to get there.

This week we'll be moving a few things forward at once, but still using very small steps.

Let's start with what's new: taking a walk outside every day. Now, in your attempt to get your daily step count up, you may have been taking actual walks each day anyway, but this week I want to encourage you to [walk first thing in the morning](#) – after you drink your lemon tea and do your breathing exercises. We will start with just 5 minutes of walking (it's hard to find a legitimate excuse to *not* walk for 5 minutes!) and then we will gradually (VERY gradually) be increasing the time of this walk week by week. If you absolutely cannot make it in the morning, set a regular time of day that can be somewhat flexible (we will be increasing the length of the walk over time) where you can create a REGULAR habit of walking. If you keep it to a regular time, it will be easier to turn this into a habit.

This walking time will soon become your “me” time and your time for directed spiritual growth. We're going to be starting by creating warm-up and cool-down segments. You will develop specific patterns of speed and meditation for three 5-minute segments of warming up, and three 5-minute segments of cooling down. This means that once you've reached 30 minutes of daily walking, you'll be spending 15 minutes warming up, and then immediately moving to 15 minutes of cooling down.

This week we learn the first 5 minutes of the warm-up. You will recognize this exercise as it's basically a modification of your morning breath prayer exercise. You can now replace that breath prayer time with walking. There is a recording of this on the website that you can transfer to your iPod or mp3 player and let it guide you as you walk.

Here's how it works:

1. Before you head out the door, do a few loosening exercises – you'll see these on this week's video, and on the instruction mp3 I've created to accompany you on your walk.
2. Start walking, but at a VERY slow pace – as if you were accompanying an unsteady toddler on your walk. The mp3 has a “click track” that will help you walk slowly enough.
3. As you walk, consciously tip your pelvis back as you inhale, and then curve it forward as you exhale. Do this a few times until you get the hang of it. Exaggerate the movement a little to give your lower back a great stretch.
4. Once you've got the coordination between your breathing, your pelvis movement and your walking, begin to add the standard breath prayers from your morning routine. However, begin now to pray the same prayers for others as well as yourself. The recording allows you to put different names in there as you pray.
5. Try and keep your speed to about 90 steps per minute (you can purchase a clip-on metronome if you like, or use the recording supplied with this course which has the correct walking rhythm in the background)

You are probably going to feel that you are walking MUCH too slowly to get any benefit out of the exercise. You probably have a picture of power walking in your head that includes a vision of long strides, sweat, and heavy breathing. In this program I'm going to challenge you to walk much more slowly so that you increase your body's ability to burn fat for energy, and, therefore, not only help you slim down, but have an almost unending supply of energy for your day-to-day efforts. If you want more information on this, I would suggest you read the book "[The Maffetone Method: The Holistic, Low-Stress, No-Pain Way to Exceptional Fitness](#)" If you just want a quick overview of the "why's" and "how's", here's a really good article from a training log I found online: [Training for Increased Endurance](#) The "endurance" referred to in that article is not only for marathon and iron man athletes, but for homemakers, business men, parents, and the general population trying to get through their day without collapsing!

Now, there's also a reason why we're going outside, instead of finding a means of walking indoors: the combination of the fresh air and the sunlight (even on a cloudy day!) will do wonders for your body. The *minimum* ideal time is 20 minutes, but we're going to start slowly. To get more information on the benefits of going for a walk outdoors (especially for women) let me recommend the book: [When Your Body Gets the Blues: The Clinically Proven Programme for Women Who Feel Tired and Stressed and Eat Too Much](#)

This book has an abundance of great information on women, stress, depression, and the effects of walking outdoors. Well worth a read. There is also a website here for those of you who want more information: www.thebodyblues.com

Sometimes the weather can dampen your desire to get outside, especially in the winter and when it rains. The key to making even miserable weather walker-friendly is to make sure you have good clothing. As a friend of mine likes to say, "There's no such thing as bad weather, just bad clothing". I've included some links with this lesson that will help you choose the right clothing for the right weather.

Finally, before you go walking, it's important that you start and finish safe. Here are some great tips to take to heart: [Walking Safety Rules](#)

Don't worry too much about stretching after your walk at this point. It's too short and slow to make much of a difference. We'll deal with stretching later.

Now, on to our Nutritional Focus:



Main Nutritional Focus: *Resist the Starch—But eat “Resistant Starch”*

We’ve all been told to reduce the amount of starchy foods in our diet, because they are the types of foods that pack on the pounds. While it is true that refined starches, such as white flour, sugars, white rice, and snack foods should be kept to a minimum if not eliminated, there is a type of starch that you **MUST** include in your diet that will significantly increase your rate of weight loss.

There is a type of starch, called “resistant starch,” a special type of starch that is encased in foods such as whole grains like brown rice, potatoes, and legumes. A “resistant starch” is so named because it resists the enzymes that normally break down starches during digestion and reverses the order in which the body burns food. Usually carbohydrates are used first, but resistant starch seems to move fat to the top of the list to be burned for energy before it has a chance to be stored.

Because of this digestive anomaly, including foods that contain the highest amount of resistant starch in the diet will help your body resist the accumulation of fat. Research shows that just by eating one meal a day containing resistant starch, a person can burn 20 to 25 percent more fat, and this increase is sustained throughout the day—even if only one meal contains resistant starch. Also, this fat burning effect is sustained as long as you keep eating foods containing resistant starch on a daily basis.

The type of food you should include in one of your meals each day is legumes (beans, peas, and lentils). Research published in the *Journal of Nutrition*, shows that legumes contain substantially higher percentages of resistant starch than do grains, flours and grain-based food products. The study’s author claims “The nice thing about legumes is they have a great deal of dietary fiber plus the resistant starch.” Additionally, foods high in fiber have been shown to assist in the reduction of absorption of between 30 and 180 calories per day.

Of the 29 food and feed ingredients examined in the study, the legumes (seven varieties) contained substantially higher percentages of both dietary fiber and resistant starch. Black beans, for instance, contain the highest amount of total dietary fiber (43 percent), and 63 percent of their total starch content is resistant starch. Frozen green peas, when cooked, contain about 26.3% resistant starch.

This makes legumes a miracle food for weight loss, and you will do well to make sure that you get a ½ cup serving of cooked legumes every day. In addition to their weight loss enhancing properties, legumes also lower blood cholesterol levels, improve blood sugar levels (especially in those with diabetes), and reduce the risk of many cancers.

Below is a list of common legumes:

Adzuki (akuki) beans	Black beans	Black-eyed peas
Canellini (white kidney beans)	Fava beans	Garbanzo beans (chickpeas)
	Soy beans	
Great Northern beans	Split Peas, green	Split Peas, yellow
Green peas	Kidney beans	Lentils, brown
Lentils, green	Lentils, red	Lima beans
Mung beans	Navy beans	Pink beans
Pinto beans	Soy beans	

Try these great recipes to get your ½ cup serving (or more) of legumes every day!

Black Bean Soup with Fresh Cilantro

Canned beans make preparing this soup quick and easy. Pureeing a portion of the soup gives it a nice creamy consistency. Servings: 8 (serving size = 1 cup)

Ingredients:

2 tablespoons coconut oil
1 medium yellow onion, finely chopped
4 medium carrots, sliced
¼ cup red bell pepper, diced
4 medium garlic cloves, minced
2 teaspoons cumin
2 teaspoons oregano
1 ½ teaspoons chili powder
3 cans (15 ounce) black beans, rinsed and drained
5 cups low sodium chicken broth or vegetable broth
1 cup low sodium tomato sauce
dash sea salt
dash pepper
½ cup fresh cilantro leaves, chopped

Instructions:

Heat the oil in a 6-quart saucepan over medium heat. Add the onion and sauté for 3 minutes. Add the carrots, bell pepper, garlic, cumin, oregano, and chili powder and sauté for 3 more minutes.

Add the beans, broth, and tomato sauce and bring to a boil, then reduce heat and simmer, uncovered, for 20 minutes, or until the carrots are tender.

Allow the soup to cool slightly, then puree 3 cups of it in a blender or food processor. Return the pureed portion to the saucepan, stir, and adjust the seasoning. Add the cilantro and serve immediately.

Nutrition per serving: 267 calories; 4g Total Fat; 3 grams saturated fat; 15g protein; 38g carbohydrates; 13 grams dietary fiber; 0 mg cholesterol; 425 mg sodium.¹

¹ © 2009 Recipe taken from *Plan-D: The Amazing Anti-Diet That Will Change Your Life Forever* by Dee McCaffrey, CDC. <http://www.plandee.org>

Roasted Garlic Hummus

Hummus is an excellent dip for raw veggies, a great sandwich spread, or for dipping baked tortilla chips. Servings: 4 (serving size = 1/2 cup)

Ingredients:

1 can (15 ounce) garbanzo beans
6 medium garlic cloves, skins left on
½ teaspoon cumin
Juice of 1 large lemon, about 2 tablespoons
1 tablespoon extra virgin olive oil
1 tablespoon sesame Tahini
¼ cup water (add more or less for the desired consistency)
dash of sea salt

Instructions:

Preheat oven to 425°F.

To roast the garlic, wrap the garlic in parchment paper and bake for about 30 minutes, or until the inside of the garlic is soft and oozing. Let cool. Remove garlic from skins.

Combine all ingredients in the bowl of a food processor or in a blender and process until smooth, stopping to scrape down the sides as needed. Adjust the seasoning and serve.

Top with chopped fresh parsley, a dash of cayenne pepper, or toasted pine nuts.

Refrigerate any leftovers for up to 5 days.

Nutrition per serving: 193 calories; 6g Total Fat; <1 grams saturated fat; 6g protein; 27g carbohydrates; 8 grams dietary fiber; 0 mg cholesterol; 155 mg sodium.²

² © 2009 Recipe taken from *Plan-D: The Amazing Anti-Diet That Will Change Your Life Forever* by Dee McCaffrey, CDC. <http://www.plandee.org>

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

One more thing for those of you feeling a little flagged in your enthusiasm. Last week my friend Sue Nixon introduced you to Essential Oils through her document "Wellness Through Therapeutic Essential Oils". If you want to try a simple means of keeping your spirits up and your body on track, read on:

Motivation

Zig Ziglar, a motivational speaker, said "Motivation doesn't last. Neither does washing - that's why it's recommended daily."

Most of us have desires to better ourselves; have made mini or major goals; lists of things to do or be; or have accomplishments we want to achieve. Staying on task, remembering our goals, and continuing to be motivated is often the struggle with our ambitions.

Achievement is often the best source of finding the energy we need to keep on keeping on. It is its own best reward: the more you achieve the more you feel motivated to continue. Goal setting is primary to success. Using 'prompts' to help us stay motivated and remember our aspirations are beneficial. For example:

- **Journals:** Keep your goals, motivational quotes, and accomplishments recorded, and review them often.
- **Lists:** place lists of your goals in prominent places to catch your eye and inspire yourself.
- **Books:** Use inspirational reading to help you set goals and stay motivated.
- **CD's or tapes:** Listen to motivational or lively music when you are sluggish to stimulate yourself and get you moving. Listen to inspirational and self help music or readings. Public libraries are a good source for these and books on tape/CD's.
- **Positive Affirmations:** give them to yourself or team up with someone of like mind.
- **Essential Oils:** Use Therapeutic Essential Oils to motivate your body and help your mind take action. Diffuse, smell directly from the bottle, or apply to your feet, neck or chest.

“Motivation” Blend: By mixing these four Essential Oils you may create feelings of empowerment, anchoring, self-love, confidence, joy and a sense of well being.

- Roman Chamomile
- Ylang Ylang
- Spruce
- Lavender

Apply to chest or neck to stimulate the mind. Only use pure Essential Oils, not scents.

[Click here](#) for a pre-blended bottle of “Motivation”



This week's assignments:

Again, we have dropped a couple more of your first habits from this list. That doesn't mean you should stop doing them! We're assuming you've created a habit already, and that you probably no longer need to be reminded.

1. Begin a designated walking routine
2. Eat “resistant starch” - a ½ cup or more per day.
3. Eat something raw at every meal
4. pray your weight-loss prayer daily
5. Add a second glass of water to your daily tonics until you meet your daily requirement
6. Write in your journal daily.

Now, see, isn't that simple? 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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suggestions in this program are not intended to replace a consultation with a physician or other qualified healthcare professional. All matters regarding your health require medical supervision. The authors shall have neither liability nor responsibility to any person or entity that incurs any loss, damage, or injury caused directly, or indirectly from any information or suggestion in this program.

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