

DISCOVER THE KEY TO BURNING MORE CALORIES

Welcome to the course – and to your exciting new lifestyle as you transform your body into a fit, calorie-burning machine!

Before we jump in, please note a couple of items that will help you in your endeavor to burn off those pesky calories:

1. **Lesson activities.** At the end of each lesson, there are some activities that will help you implement the strategies taught in that lesson. For your own

success, please take the time to do these exercises before you move on to the next lesson.

2. **Additional resources.** Also, there's an Additional Resources box for each lesson. You'll find something valuable for you in this box. It might be an additional article, inspiring graphic, affirmation, or tracking chart. Please download, print, and use these handouts, as they'll help you to apply the course strategies to your life.

And without further ado, on with your first lesson...

MOVE YOUR BODY

It's easy to get preoccupied with counting steps or repetitions at the gym. However, burning calories doesn't have to mean formal exercise.

It's more effective to simply focus on moving your body instead of worrying if you're lifting enough weights or walking enough steps.

The key to staying in shape is constant movement.

When you get used to staying active all the time and finding new ways to move your body, exercise won't feel like a chore.

KEEP THESE TIPS IN MIND THROUGHOUT YOUR DAILY ROUTINES:

1. **Practice fidgeting.** Do you move around in your chair? Do you play with the corners of your sweater or tug at your shirt? Fidgeting is often viewed in a negative way, but it can burn calories all day long. **Fidgeting can help you lose weight and stay in shape.** These small movements can add up to big changes in your body.
 - Feel free to swing your arms or legs, or simply tap your feet. You'll be burning calories.
 - Research studies support the idea of fidgeting more. One study from the Rochester Mayo Clinic in Minnesota found that fidgeting burns 54 percent more calories than being motionless or lying down.
 - If you can fidget while walking, then you burn even more calories. The same study found that walking and fidgeting at the same time burned 154 percent more calories than being motionless.

- Your body is constantly burning calories. It's estimated that by simply sitting you can burn 600 calories a day. However, you can burn an additional 950 calories by fidgeting.

2. **Find excuses to move more.** Whether you decide to walk around during a break or stand up and move during a commercial on TV, **the key is to keep moving.**

- Any time you're stuck waiting in an office or other location is a good excuse to get some exercise. You don't have to make it complicated. Simply walk around or stand up.

One of the best ways to incorporate fitness and exercise into your daily life is to move as often as possible and fidget frequently, regardless of what else you're doing at the time.

A fitness tracker can remind you to keep moving. Learn how a fitness tracker can help you burn more calories, and discover how to get the most from them, in the next lesson. See you there!

HERE'S WHAT YOU NEED TO DO TODAY:

1. **Consider your own daily routines.** Choose 3 activities that you normally do each day. Maybe you'll pick sweeping the floor, cooking a meal, and surfing the internet. How can you adjust each activity to burn more calories?
2. **Follow your plan!** Starting with the next time you do each activity, and then each time thereafter, implement your calorie-burning adjustments.

You'll soon make it a habit to move your body more frequently and burn off more calories – doing the same things you normally do each day!