

## Harper feels weight losers must first love honor themselves

I get people in touch with themselves, giving them new tools to get back on track," Harper said by telephone on Monday. "I think we've all been on track, life just gets us off a little bit."

Harper has transformed his approach into book form in "Are You Ready! Take Charge, Lose Weight, Get in Shape and Change Your Life Forever" (Broadway Books, \$22.95). Harper will be in Nashville at Davis-Kidd Booksellers 7 p.m. Monday to sign copies of the book, released this month, but he offered readers of The Leaf-Chronicle a preview.

The basics of the plan in "Are You Ready!" are in three parts, The Inner Compass, focusing on the self, The Eating Plan, and The Workout Plan: 'The Inner Compass Plan'

Helping readers develop a powerful navigational system on the road to fitness, the plan is a self-empowering, self-loving and self-motivating process, based on four stages:

\* Step 1: Are You Really Ready? Process the fear, blame, and shame that so often stand in the way of lasting fitness. It's all about the three R's: relax, respect, and reinforce

Step 2: Accept Where You Are and Forgive. Liberating techniques restore a healthy relationship with the body, including taking a thorough look at yourself in the mirror, embracing what you see, and forgiving yourself.

\* Step 3: Love Yourself. Move from the self-deprecating zone into an empowering celebration of the self, focusing on aspects that are worthy of love and admiration, building confidence, and setting realistic goals.

\* Step 4: Change Your Internal Tape Recorder, Change Yourself. Stop negative thought patterns and create emotional and mental space to change actions. 'The Eating Plan'

Once a foolproof compass is established, the eating plan is introduced. It includes:

A breakthrough philosophy that takes food out of the emotional arena and reframes it as tasty, satisfying fuel for life

A short course in calories

Cooking tips, a weekly quick meal plan, and extensive, easy-to-follow "approved food" lists that don't have readers scrounging for obscure ingredients

A daily food journal for the real world, designed to become both your best friend and your road map to success

Important tips about the chemistry of stress, and how to keep potential spoilers

The Workout Plan'

Implemented only after the initial components are in place, the workout regimen incorporates realistic goals and maximum motivation.

The two-phase approach begins with cardio workouts only, accommodating almost any fitness level, with tips for perceiving levels of exertion and finding the optimal cardio zone.

The Master List brings the training session home

With basic equipment, such as dumbbells and a physio ball, this head-to-toe workout can be put into action anywhere. Easy-to-follow workout instructions using step-by-step guides and dozens of photographs take the guess work out of working out.

Exercises range from circuit training and core-muscle workouts to yoga poses.

Harper said he enjoys working with people who have a long way to go, such as the contestants

The Biggest Loser."

"People who feel hopeless, people who have just gotten lost in their lives. No matter how bad it's gotten, if you have 10 pounds to lose or 200 pounds to lose, you can make a change," he said. "You choose to live a healthier and happier life on a daily basis."

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Physical training for the main mechanism for enhanced physique:

(1) to promote the strengthening of assimilation. Aerobics moves rich, varied, can fully exercise load according to different age, sex, physical condition and level of training, the purpose of training, tasks and exercise the characteristics of full or in a targeted manner for the content of the whole action, and at any time Exercise self-regulation, which is the body aerobics movement can appropriately be tempered so that we can reasonably cause material and energy consumption temporary, caused immediate advantage of the process of alienation: But after training, after rest and restore energy materials will be more than the original Some level of alienation that is induced by the strengthening process of assimilation. The assimilation process advantage, such cells have caused the body to add more material, more of the new material, the body will develop, physique to be strengthened.

(2) follow the biology of using waste into retreat laws, the Aerobics exercise load, not only to the body or some joints. Ligament, muscle groups, such as a fruitful exercise, but each is very little single joint parade of local activities, mostly for the simultaneous multi-joint movements, although the practice mainly to the movement of skeletal muscle, but is a whole people, systems, the need of organ Close cooperation and coordination, such metabolic strengthen muscles in the capillaries to open a lot to offer to exclude waste material, so that muscle fiber thickening of the muscle increases, increased muscle strength, bone to bear gravity load, promote the bone Increasing density of, more hard bone, lung muscles in the transfer of oxygen and remove more carbon dioxide, and environmental capillaries of the lungs to open a lot, so as to enhance the lung function: as the engine of circulation - the heart, in the physical training In the process of muscle for a lot of blood transmission, it sports a super-quiet state, so that the heart function improved, and promote enhanced physique.

(3) the spirit of regulation. Aerobics of the music, not only enable practitioners to complete a single or set of campaign accurately grasp every film festival and, more importantly, is able to inspire followers of the spirit, the spirit of encouraging practitioners, the human body in a more favorable environment The impact of negative emotions lead to lead to disease, a good mood can prevent or cure disease. Physical training, who also is Lian Lian heart, people feeling comfortable, and promote progress, cultivate character, to eliminate the bad feelings and improve the affordability and psychological resilience, dynamism law in the rich, clear melody of the music accompaniment to the body Exercise, get a good mood, which in turn improve the mood of the body regulating the ability to enhance physique.

4. 4.1 statistical conclusions from the results of questionnaires and interviews in the case that the aerobics movement in promoting the National Fitness Plan is of great significance.

4.2 As aerobics movement of the essential characteristics of their own decisions in the implementation of its National Fitness Plan plays a special role.

4.3 participate in sports aerobics exercise control is the core of its basic movements and exercises methods, requirements should choose advanced, comprehensive and suitable for their own actions to the practice.

4.4 scheduling package aerobics moves to the attention of the scientific, direction and foresight, short-term.

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## About the Author

From [www.theleafchronicle.com](http://www.theleafchronicle.com):

Weight gaining workout routine. Workout plans to gain muscle. Muscle weight gain. Muscle building tips. Exercises for muscle building. Bodybuilding. Free weight training workouts and muscle building routines, guaranteed muscle gain workouts to build muscle and aid fast weight. Fitness walking is a great low impact, body toning, muscle building. Read the next lifestyle workout plan article on Exercise.

Mass building workouts and exercises for gaining muscle mass and strength. who consistently use them in their overall strength training. Add Intensity To Your Muscle Building Workout. One of the biggest difficulties facing bodybuilders is how can they be sure that all muscle. Muscle Building Foods are Essential in Your Post Workout Nutrition Plan Getting key muscle building foods in your post workout nutrition. Exercises, Fitness, Workouts, Exercising, Forums, Diets, Body Building. Muscle and Fat Myths Have you ever wondered how long and how intensely. Get Lean, Fit, Strong, and Healthy with our custom workout programs. Ditch the gimmicks and get a plan that works with. Get Meal Plan Now.

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