

M i o



S E N S E



a guide to  
healthy living



foreword by  
**Deepak Chopra, M.D. & David Simon, M.D.**  
authors of **Grow Younger, Live Longer**



- Please consult a doctor before beginning any exercise program
- for more information on Mio™ and MioSENSE, to register your one-year warranty, and to access ClubMIO, visit [www.miowatch.com](http://www.miowatch.com)

Some of the features outlined in this book apply to certain MIO watches.

Please see your user guide for specific information on your MIO watch, as some features described herein may not apply to your model.

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## THE MioSENSE GUIDE FOR HEALTHY LIVING

Congratulations! By purchasing MIO, you have begun your journey towards becoming a totally vital individual. In our experience, cardiovascular fitness is the most sensitive indicator of emotional well-being and physical fitness, and MIO, with its ability to accurately measure your heart rate, is a key tool to this process.

In our book *Grow Younger, Live Longer*, we discuss the 10 Steps to Reverse Aging:

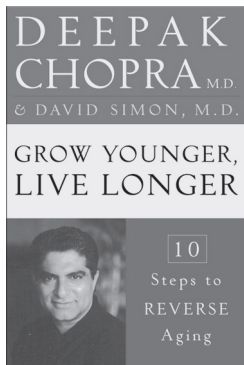
1. Changing your perceptions of your body, aging and time
2. Deep rest: restful awareness and restful sleep
3. Nurturing your body through healthy food
4. Using nutritional complements wisely
5. Enhancing mind/body integration
6. Exercise
7. Eliminating toxins from your life
8. Cultivating flexibility and creativity in consciousness
9. Love
10. Maintaining a youthful mind.

Your heart rate is affected when you are emotionally distraught in even a minor way. Similarly, if you are only slightly out of shape physically, your heart rate will be disproportionately raised, both at rest and during

exercise. We were so pleased to be introduced to the advantages of MIO, for using this tool, we were able come to the following conclusions:

1. Just being aware of the number of calories you consume and the number of calories you burn in a given day allows you to make healthy choices, both in your nutritional intake and the level of physical activity you engage in during the day.
2. By listening to your body and its messages of comfort and discomfort, then correlating that experience with the information you get from MIO (heart rate, target heart rate and cumulative calorie intake), you begin to intuit what it takes to feel physically vital, energetic and fit. As this intuitive experience increases, you spontaneously begin to live in a much healthier way.
3. One of the most crucial components of our 10 Steps to Reverse Aging program is stress management. We have found that when people practice meditation, their resting heart rate drops significantly, reflecting a deep state of relaxation. This feedback becomes an important motivating factor for the participants in our programs to continue practicing their stress management techniques, which include meditation, as well as deep, restful, rejuvenating sleep.
4. We have also found that measuring your heart rate immediately after intense exercise and again after sixty seconds is an extremely valuable way to assess both your physical fitness and your emotional well being.

As a result of these observations we have incorporated MIO as an essential component into both our weight management and reversal of aging programs. In fact, we are so convinced of MIO's value that we now include this watch in our anti-aging and weight management kits, along with micro-nutrients and other tools that we use in our workshops.



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## MioSENSE SHAPE ELITE

Whether you are interested in general fitness, cardiac care, weight management or stress management, experts and researchers agree that the key to changing habits and lifestyle is to keep records of eating and exercise. MIO's technology not only assists you with this, but makes it easy, as it's with you wherever you go, anytime, anywhere!

MioSENSE brings together a wealth of information on health, nutrition, diet, fitness and exercise, offering advice and support as you improve your overall well-being. In this and the accompanying MioTABLES you will find the following:

- Information about MIO and MIO's technology
- Information, questions, answers and tips on exercise and nutrition
- Information about MioSENSE cardiac support
- The MioSENSE Weight Management program
- MioTABLES – a list of the caloric, carbohydrate and fat values for basic foods and fast foods, plus non-alcoholic and alcoholic beverages, so that you can record and monitor the calories you consume throughout the day.

## MIO AND MIO'S TECHNOLOGY

MIO is the only watch that uses your personalized information and the latest technology to provide an ECG accurate heart rate and calorie totals – both without an awkward chest strap.

### **How easy is MIO to use?**

Very. MIO has a simple face design with a digital clock readout and easily recognized icons. The four buttons on the side allow you to choose a function and to enter data about yourself and the calories you consume. The sensors on the face (lower button and top sensor) measure your heart rate.

### **How convenient is MIO to use?**

MIO goes where you go, so you can enter your calories while eating at home or when dining out. You can measure your heart rate and calculate your calories burned anytime, anywhere. While many exercise machines measure your heart rate and display an estimate of the calories burned, people often prefer outdoor activities to exercising in a gym, or like to vary their forms of exercise. MIO gives you the freedom to check your heart rate and the calories burned during exercise wherever you are. MIO's calculations and readouts are also based on more personalized information and are more accurate than those taken by exercise machines.

### **How can MIO help me to keep track of my calories?**

MIO calculates how many calories you burn during each exercise session so you can keep a running total of exercise calories burned. In those MIO models able to record calories eaten, MIO deducts calories burned from intake to help you track your progress and let you know how close you are to your net calorie target. You can also use certain MIO models to participate in the 3500 Calorie Countdown program (refer to 3500 Calorie Countdown section in your MIO User Guide). The 3500 Calorie Countdown is based on a simple principle: each pound of weight consists of 3500 calories. You can lose one pound of weight over the timeframe of your choice. Burn or reduce just 500 calories per day to lose a pound of weight per week!

### **How accurate are MIO's readouts of my calories consumed and burned?**

Very accurate – MIO uses complex formulas relying on the data you enter into its memory, including your gender, age, weight, resting heart rate and current heart rate while exercising.

### **How do I measure my heart rate using MIO?**

Simply place your index and middle fingers on the sensors. MIO measures and displays your heart rate, as well as your percentage of maximum heart rate. There's no struggling to locate your pulse on your neck or wrist, and there's no counting and no multiplying in your head. MIO does it all for you!

### **What is the difference between my pulse and heart rate?**

Your heart rate is the number of times your heart contracts in a given period, measured in beats per minute (BPM). Your pulse rate is the number of times blood, forced by your contracting heart, surges through and dilates your vessels in a given period. Heart and pulse rates, for practical purposes, are essentially (but not always) the same.

### **Why is measuring my heart rate better?**

Measuring your heart rate is more accurate. Sometimes, such as with irregular heart beats or premature beats, the heart does not send out enough blood to be felt as a pulse, and the pulse rate will differ from the heart rate. Before beginning any fitness program, you should have a complete physical exam and consult your physician about an appropriate heart rate target zone for your fitness level.

### **What is an ECG and what does ECG accuracy mean?**

An electrocardiogram, or ECG, is a measure of the electrical activity of the heart. This electrical activity regulates heart contraction, so an ECG measures an exact heart rate and rhythm. In measuring heart rate as opposed to pulse rates, MIO increases the accuracy of its measurements and calculations.

### **Is MIO as accurate as watches that use a chest strap?**

Watches with a chest strap rely on wireless transmission, making them prone to radio frequency noise and “cross talk” between units (like that between portable or wireless phones). Also, by relying on radio transmissions, chest strap monitors lag significantly behind the true heart rate,

due to the need for excessive filtering in the software to reduce reading fluctuations caused by noises and muscles.

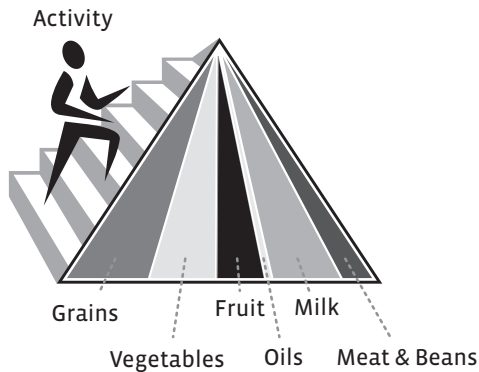
MIO is a self-contained unit with built-in sensors, making it immune to environmental noises. MIO is more accurate than watches with a chest strap because its superior digital filtering techniques allow it to follow your true heart rate, even as the heart rate changes. And you don't have put up with that annoying chest strap!

## **MIOSENSE GENERAL HEALTH AND FITNESS**

MioSENSE is an easy but comprehensive program based on common sense and the latest research in health and fitness, with a focus on the basics of healthy eating and regular exercise.

### **Eating Well**

You may already know that you need to eat a balanced diet based on the recommended portions from the USDA's Food Pyramid. However, the USDA has improved its pyramid to reflect individual needs. Because we are not all the same, there are actually 12 new pyramids reflecting different calorie needs and different levels of activity. See the USDA's interactive sites “My Pyramid Plan” and “My Pyramid Tracker” at [www.mypyramid.gov](http://www.mypyramid.gov).



The different widths of the bands reflect the different amounts of food we should eat from each food group: grains, vegetables, fruit, oils, milk, and meat & beans. The steps up the side represent the need to be active everyday.

## GRAINS

*Make half your grains whole*

- Eat at least 3 ounces of whole grain bread, cereal, crackers, rice or pasta every day.
- Look for “whole” before the grain name in the list of ingredients

## VEGETABLES

*Vary your veggies*

- Eat more dark green veggies
- Eat more orange veggies
- Eat more dry beans and peas

## FRUITS

*Focus on fruits*

- Eat a variety of fruits
- Choose fresh, frozen, canned or dried
- Go easy on fruit juices

## OILS

*Know your fats*

- Make most of your fat sources from fish, nuts and vegetable oils
- Limit solid fats like butter, stick margarine, shortening and lard

## MILK

*Get your calcium-rich foods*

- Go low-fat or fat-free
- If you don’t or can’t consume milk, choose lactose-free products or other calcium sources

## MEAT & BEANS

*Go lean on protein*

- Choose low-fat or lean meats and poultry
- Bake it, broil it, or grill it
- Vary your choices—with more fish, beans, peas, nuts and seeds

As well, check the nutritional facts label to keep saturated fats, trans fats and sodium low, and choose food and beverages that are low in added sugars.

## CARBOHYDRATES

The body needs carbohydrates for fuel, but many researchers believe people should concentrate on complex carbohydrates for better health.

### Complex Carbohydrates

- Found in beans, brown rice, oats, whole-wheat pasta or bread and some whole fruit
- Are processed more slowly, providing longer-term energy
- Help us digest better
- Keep us feeling fuller
- Help protect us from disease

### Simple Carbohydrates

- Found in table sugar, white bread, pasta and rice, as well as potatoes and fruit, particularly fruit juices
- Are processed more quickly, giving us a quick energy source
- Often leave us hungry more quickly
- Tend to be stored more as fat

## FAT

While some researchers believe that all fats should be reduced, others allow for more of the good fats found, for example, in virgin olive oil.

### Good Unsaturated Fat

- Monounsaturated found in almonds, olives, olive and canola oils, peanuts and avocados

- Polyunsaturated fats found in safflower, corn and sunflower oils
- Omega-3 fatty acids found in fish, shellfish, soy products, walnuts, canola and flax oils, wheat germ and leafy green vegetables

### Bad Fat

- Saturated fats found in red meat and whole milk products, cocoa butter, coconut and palm oils
- Trans-fatty acids found in many margarines, vegetable shortening, fast foods, snack foods, commercially baked goods and baking mixes

## PROTEIN

### Good Sources of Protein

- Found in fish, eggs, beans and nuts, which are rich in Omega-3 fatty acids, fiber, vitamins, minerals and/or healthier unsaturated fats

### Poor Sources of Protein

- Found in red meat, which also contains saturated fat and cholesterol

You can also follow these simplified guidelines:

- Eat a variety of foods
- Eat foods moderate in salt and sodium
- Eat foods low in fat, saturated fat and cholesterol, providing no more than 30% of your total daily calories. Limit saturated fats to  $\frac{1}{3}$  of your total fat calories (or 10% of your total daily calories)
  - Use butter, margarine, mayonnaise and oil sparingly

- Favor skim milk, non-fat yogurt, part skim or low-fat cheese, ice milk or frozen yogurt
- Select lean meat, trimming away all visible fat, skinless poultry, fish
- Roast, broil, or boil meats rather than fry them.
- Limit your sugars as well, avoiding foods high in sugars such as candy, sweet desserts and soft drinks
- Eat a rainbow of vegetables, including dark-green leafy vegetables several times a week
- Eat fresh fruits, pure fruit juices and frozen, canned or dried fruit
  - Whole fruits are a better source of fiber than juices
  - Only 100% fruit juice is considered as a serving of fruit
  - Punches or prepared drinks with little juice and lots of sugar do not count
- Eat plenty of grain products in addition to vegetables and fruits for a diet rich in fiber
  - Favor foods made with whole grains and those with little fat or sugars, such as whole wheat bread, English muffins and pasta, and brown rice
- Drink only moderate quantities of alcoholic beverages

## THE LOW CALORIE, HIGH FIBER BENEFITS

Eating more fruit and vegetables can lower your blood pressure and help prevent cancer. One study shows that a combination of low-fat dairy products and 8 to 10 daily servings of vegetables and fruit could reduce blood pressure and heart disease by 15%, and strokes by 27%. The potassium, magnesium and calcium in these products are the active vitamins and minerals. Sweet bell peppers and tomatoes, for example, provide potassium, while cucumbers offer both magnesium and calcium. One medium tomato, 1 cup of butter lettuce or a 2-inch piece of cucumber are considered one vegetable serving each.

You can also help decrease your risk for different types of cancers, such as breast, prostate, cervix and colon, by eating a variety of fruit and vegetables. Phytochemicals are plant pigments that, along with beta-carotene and vitamins C and E, neutralize destructive particles before they can damage your cells. A Harvard study found that eating 4 to 5 servings of tomato-based foods per week reduced the risk of prostate cancer by 10%, while 10 or more servings reduced it by 35%. Vegetables and fruit also provide fiber that can reduce blood fat levels, improve intestinal function and reduce risk of bowel cancer. You should eat a rainbow of colors to obtain a variety of phytochemicals.

## WATCH YOUR SERVING SIZE

Too often we eat the equivalent of more than one serving in a meal. For example, most spaghetti dinners include the equivalent of 2 to 3 servings of pasta.

### 1 Serving Size:

#### Milk, Yogurt, and Cheese:

- 1 cup milk or yogurt
- 1 ½ ounces natural cheese
- 2 ounces processed cheese

#### Meat, Poultry, Fish, Dry Beans, Eggs and Nuts:

- 2–3 ounces cooked lean meat, poultry or fish
- ½ cup cooked dry beans
- 1 egg
- 2 tablespoons peanut butter

#### Vegetables:

- 1 cup raw leafy vegetables
- ½ cup other vegetables, cooked or raw
- ¾ cup vegetable juice

#### Fruit:

- 1 medium apple, banana or orange
- ½ cup chopped, cooked or canned fruit
- ¾ cup fruit juice

#### Bread, Cereal, Rice and Pasta:

- 1 slice of bread
- 1 ounce ready-to-eat cereal
- ½ cup of cooked cereal, rice or pasta

#### Fats, Oils and Sweets:

- Use sparingly

## TEN TIPS FOR DIETING

1. **Eat breakfast.** You will feel more energetic and be less likely to binge later if you eat breakfast.
2. **Eat slowly.** Allow time for your stomach to send the message that you are full. If you eat quickly, you may overeat: it takes about 20 minutes for your stomach to send the signal to your brain that you are full. Also, try eating a little fat with or just before a meal to prevent your stomach from emptying quickly so that you feel fuller longer (i.e. peanut butter on your toast, 6 walnuts, 12 cashews or 20 peanuts before dinner).
3. **Budget your calories throughout the day.** Scheduling regular meals and snacks throughout the day will prevent hunger and keep you on track.
4. **Read food labels.** Food is the fuel your body runs on. Fill it with nutritious energy. Check the number of calories in a product and try not to waste your calories on highly-processed “empty” calories. Favor fresh fruit, vegetables and foods made with whole grains.

5. **Keep away from tempting foods.** Don't keep foods that are too hard to resist in the house. If you buy it, chances are you will eat it.
6. **Break the relapse cycle.** If you think you've blown it, don't give up. One meal or one bad day does not mean failure. Determine what causes you to relapse and then avoid making that mistake again.
7. **Engage in activities that don't involve eating.** Fill your life with experiences, not food.
8. **Reward yourself.** Budget your calories to include something you really like. Then enjoy them! If you constantly deny yourself, you will probably binge.
9. **Be realistic.** Don't overestimate how much you can lose or underestimate how long it may take. This will only discourage you. The National Institutes of Health (NIH) recommends a gradual weight loss for long-term benefits.
10. **Count your calories.** Count your calories. Set calorie targets and keep track of the calories you consume and burn each day.

## Exercising Regularly

### How much and at what intensity level should I exercise in the beginning?

When you measure your heart rate using MIO, it will display your heart rate in beats per minute (BPM) along with your percentage of maximum heart rate, so you can easily monitor your exercise intensity.

If you are a sedentary person, you need to begin slowly. Exercise at a moderate intensity level around 55% of your maximum heart rate, for 20 minutes, 3 to 4 times a week for 6 weeks. Gradually increase your work out time, slowly working your way up to sessions consisting of one 40 to 60 minute session or several shorter sessions.

Remember to always consult with a doctor before beginning any exercise or diet program.

### How can I motivate myself and avoid becoming bored with exercise?

- Find something fun to do. If you enjoy an activity, you are more likely to keep to your program.
- Find a partner or a group to exercise with. Your motivation and dedication may increase if you look forward to spending time with others or if you feel others are relying on you for support.
- Focus on what you like about exercising. Remind yourself that exercise is an opportunity to spend time with other people, to be alone and clear your mind, or to simply look and feel better.
- Exercise early in the day if possible. You're less likely to put off working out to another day.

### How can I avoid feeling torn between my need to exercise and my obligations to my family?

You are an important member of your family, and you need to look after yourself before you can effectively take care of others. Remind yourself that a healthy, happy parent with a positive sense of self will have more energy and patience for his or her family.

### **Should I force myself to exercise even when I feel tired?**

Learn to distinguish between the pseudo tiredness you feel because of a sedentary lifestyle, and the genuine tiredness you feel because you haven't had enough sleep or you're coming down with an illness. If you are feeling the former, you should work out. You may often find that you will feel more energetic when you make the effort to do something. However, if you are genuinely tired, give yourself a break and allow your body to recuperate.

### **How important is it to be disciplined?**

It matters. Remember to exercise at least 3 times a week. Sometimes you need to force yourself to work out. But if life gets just too hectic or throws you a curve ball, and you can't keep to that schedule. Forgive yourself and move on.

### **Should I eat before exercising?**

Your digestive system slows to accommodate exercise, so wait 2 to 3 hours after larger meals before working out. If you eat regularly throughout the day, you probably won't feel the need for extra energy just before exercising. And don't forget to drink water!

### **What about eating carbohydrates before working out?**

Eating complex carbohydrates found in beans, brown rice, oats, whole-wheat pasta or bread and some whole fruit 2 to 3 hours before a work out or an event will give you the energy you need. However, simple carbohydrates found in table sugar, white bread, sports drinks and bananas are better for replenishing energy sources afterwards.

## **TEN TIPS FOR EXERCISING**

1. **Set realistic and meaningful goals.** If you aim too high, especially at the beginning, you are more likely to fall short of your expectations, grow discouraged and give up.
2. **Use moderation.** Begin slowly, allowing your body to adapt to stress and to build strength in both cardiovascular and musculoskeletal (bones, ligaments, tendons, muscles) systems. Gradually increase duration and intensity.
3. **Be consistent.** If you keep missing sessions and try to make up for them by scheduling longer or more sessions, chances are your body won't be able to recover. Plan ahead. Create a realistic schedule that you can keep while juggling the demands of work and home. Try to keep to that schedule and build a firm fitness base so that the odd missed session won't throw your program off-track.
4. **Allow for rest periods.** Allow your body at least one rest day to recover after a demanding activity. You'll be less likely to incur injury and more likely to feel energetic in the next exercise session.

5. **Keep a record of your exercise activities.** A journal of your work out including times, duration, form of exercise, your energy levels and progress, can assist you in adjusting your schedule to be more compatible with other work and family demands. It will also optimize your exercise activities for better performance and overall energy levels.
6. **Vary your routine.** Change activities, locations, exercise partners, even your exercise time (unless you need to discipline yourself with early morning sessions). You're less likely to become bored with exercising.
7. **Exercise with other people.** You may be more willing to work out if you can socialize and if you feel others are relying on you.
8. **Try strength and flexibility training.** Two sessions a week will help build more muscle, increase your metabolism and burn more calories.
9. **Engage in "mental training".** Think positively, practice relaxation skills and use imagery to see yourself fit and healthy.
10. **Be patient and don't let a relapse defeat you entirely.** Wait at least 6 months before reassessing your fitness level and body weight. Don't expect your metabolism to change before 6 to 9 months. If you have a relapse, forgive yourself and get back on track!

## Using Your MIO Heart Rate Monitor During Exercise

Measuring your heart rate with MIO can help you in three ways:

1. **Timing intervals or laps.** MIO allows you to time activity intervals to maximize your training session.
2. **Calculating calories burned.** Many types of fitness equipment provide you with a readout of calories burned during an exercise session. MIO uses more of your personal information (gender, age, weight and resting heart rate) in a complex formula to give you a more accurate, personalized readout. And unlike fitness equipment, MIO goes where you go, so you aren't tied to the gym. MIO also allows you to keep track of the exercise calories you burn. Use MIO to participate in the 3500 Calorie Countdown program. Track your progress as you work toward your goal of 3500 calories. You can lose one pound of weight per week if you burn an extra 3500 calories — that's just 500 calories per day.
3. **Measuring heart rate.** MIO measures your resting heart rate, your heart rate during exercise and the percentage this rate is relative to your Maximum Heart Rate (MHR). You can monitor the intensity of your exercise using your MHR to get the most out of a training session – without the bother of a chest strap!

### Why do I need to know my heart rate?

You can get the most of your work outs by monitoring your heart rate during exercise and increasing or decreasing the intensity of your activ-

ity to reach an ideal or target heart rate that allows you to exercise (and burn calories) most efficiently.

Once you determine your target heart rate for different stages in your work out, discovering whether you are working out too hard or too easy is simple. After a few months of training, you will be amazed that you can estimate your heart rate within a couple of beats.

#### **What is resting heart rate?**

Resting heart rate (RHR) is your heart rate while you are at rest. Some people use resting heart rate as an indicator of fitness – a healthy 33-year-old male has a resting heart rate ranging from 38 to 78 beats per minute (BPM). A highly trained runner might have a resting heart rate of 40 BPM, but the average person measures around 72 BPM.

#### **How can I determine my resting heart rate?**

Use MIO to measure your resting heart rate by taking it early in the morning after waking naturally (an alarm clock can make your heart beat faster) and before rising (simply standing up increases your heart rate).

#### **What is heart rate recovery?**

Your heart rate recovery (HR Recovery) allows you to determine your fitness level by measuring how quickly your heart falls after exercising. Using the heart rate recovery function on your MIO, you can do a simple heart rate recovery test. The watch will display your fitness level, expressed in a rating of poor, fair, good and excellent.

#### **What is a maximum heart rate?**

Maximum heart rate (MHR) is a theoretical point at which, during extreme physical exertion, your heart rate begins to level off and you approach exhaustion. You don't need to exercise at a level to reach this rate – in fact, coming too close can be dangerous for those at risk for heart attacks. Instead, if you know your maximum heart rate, you can adjust the intensity of your activity to reach a heart rate at a certain percentage of your maximum heart rate that will optimize your efforts.

MIO uses a precise formula based on your gender and age to determine your probable maximum heart rate. While your maximum heart rate is not displayed, MIO uses this figure in calculating the ratio in percent of your current heart rate to your maximum heart rate, which it displays so that you can adjust your exercise intensity to meet your target heart rate.

#### **What is a target heart rate?**

Target heart rate refers to an ideal percentage of your maximum heart rate that will help you exercise most efficiently. People who are just starting to get into shape or who are at risk for a heart attack should choose a target range between 50%–60% of their maximum heart rate, ensuring they do not place too much stress on their hearts. Those who are already relatively fit can exercise between 60%–80% of their maximum heart rate.

### **How can MIO help me monitor my heart rate and exercise intensity?**

You can use MIO to measure your current heart rate (CHR) during exercise, to see how closely it matches your target. When you place your fingers on MIO's sensors, MIO calculates and displays your CHR. MIO gives you both the number of beats per minute and, more important, the percentage of maximum heart rate. You can use this percentage to gauge whether you need to increase or decrease the intensity of your work out.

### **How do I know what level of intensity I should be at?**

People have different reasons to exercise: to increase cardiovascular health, to recuperate after heart surgery, to lose weight or to increase athletic performance. Therefore, not everyone needs to exercise at the same intensity. There are five heart rate zones based on the percentage of maximum heart rate.

Determine your goal and exercise at a level that keeps you within one of the following zones:

| <b>Heart Rate Zone</b><br>% of Max Heart Rate | Intensity of Exercise   |
|---|---|
| <b>Health Zone</b><br>50–60%                  | Brisk walking; improves health, but not necessarily fitness (i.e. strength/endurance); good for warm up and cool down sessions; helpful for many patients with heart disease, obesity and arthritis; breathing is comfortable, talking is easy. |
| <b>Conditioning Zone</b><br>60–70%            | Slow jogging; suitable for beginners and warm ups; longer sessions required to burn fat and lose weight; breathing more noticeable, but conversation still fairly easy.   |
| <b>Aerobic Fitness Zone</b><br>70–80%         | Easy running; increases fitness, improves strength and endurance; burns both fat and carbohydrates equally; breathing becomes harder, but conversation still possible.  |
| <b>Anaerobic Power Zone</b><br>80–90%         | Fast running; shorter (1 hour) sessions for athletic training to increase performance; heavier breathing.   |
| <b>Competitive Training Zone</b><br>90–100%   | All-out running; short bursts used in interval training by athletes and in sprint activity in most sports; quite heavy breathing.   |

### **How often should I check my heart rate while exercising?**

Check your heart rate whenever your exercise intensity changes. As a beginner, check your heart rate when you feel difficulty in talking with an exercise partner or if you feel labored while breathing. If your percentage of maximum heart rate exceeds your target heart rate, slow down.

### **My heart rate seems to go over 80% easily. How can I keep it below this?**

Reduce the intensity of walking or running until your heart rate slows. After a few months of training, you can use MIO to measure your resting heart rate. You will likely find that it has dropped several beats.

### **My heart rate spikes quite high early in my run and then drops later.**

### **Should I maintain the same pace and wait for my heart rate to drop, or should I slow down initially and speed up later?**

Warm up and cool down at approximately 60% of MHR. Only after warm-up should your intensity reach the target heart rate.

### **Should I try to keep my heart rate in the same range throughout my work out?**

Most people find that exercising at only one fixed or target heart rate (usually the “fat-burning zone”) does not work for them – they are becoming less fit and gaining more fat every year. People need to learn the new way of training – strap on a MIO and train within multiple zones to get fit!

### **What is the fat-burning zone?**

This is equivalent to the conditioning zone – exercising at 60%-70% of MHR. Because the body burns more fat relative to carbohydrates in this zone, many believe you can burn more fat if you exercise at this lower rate.

### **So is the fat-burning zone the best one to help me lose weight?**

Not necessarily. We burn fat in all the heart zones – the burn rate is the key factor. It’s true that your body does burn a greater percentage of fat when you exercise at a moderate intensity (60–70% of MHR). But as you increase the intensity of your work out, you burn more total calories, including a higher total amount of fat. At the higher intensity level, you may burn a lower percentage of fat in comparison to carbohydrates, but you still burn more total fat during the same period of time than you do at the lower intensity. Exercising in the Aerobic Fitness Zone (70–80%) for the same amount of time helps you lose more weight.

On the other hand, if you have been exercising hard but not losing weight, then you might have been working out too hard for too short a period. To burn more total calories, you may need to increase your exercise time at a lower intensity. Remember, human physiology works on the principle of individuality – each person burns fuels unique to their physiology.

### **Will I burn even more calories and/or fat if I exercise in the anaerobic power zone (80–90% MHR)?**

Yes and no. Yes, you will burn more calories per unit of time, but you will not be able to sustain this workload for very long. When exercising, stick

to the aerobic fitness zone. Try working out as long as you can, as close as you can to your anaerobic threshold in order to burn the most calories.

#### **Will exercising help my body to burn fat even at rest?**

Yes. Fit and unfit people burn fat differently. Muscle cells do have a higher metabolic activity than fat cells and burn more fat during recovery and rest.

#### **Does weight training, in addition to aerobic exercise, help me to lose more weight?**

Yes. Your body is composed of slow twitch cells and fast twitch cells. Aerobic activity (walking, less intense running) activates slow twitch cells while anaerobic activity (weight training and fast running) stimulates fast twitch cells. If you exercise only aerobically, you are not developing all your muscle cells. Adding weight training develops fast twitch cells, increasing your metabolism and helping you lose more weight.

Between the ages of 30 and 70, your fat free mass (muscle) declines by about 40%. Muscle loss is thought to be the single most important reason you store more fat as you age. The loss of muscle and resulting metabolic slow down makes you susceptible to gaining fat. Each pound of muscle burns approximately 50 calories a day. A loss of just 1/2 pound of muscle (25 calories expended daily) could theoretically cause you to gain 2.6 pounds of fat in a year.

#### **Does my fitness level influence my heart rate? Can I expect changes as my fitness level improves?**

As you gain cardiovascular fitness, your resting heart rate may decrease. Also, your heart rate should decrease more rapidly after exercise. Remember to reset your resting heart rate on MIO periodically to ensure that your calorie burn calculations remain accurate.

### **STARTING A MIO WALK/RUN PROGRAM**

The 3500 Calorie Countdown is based on a simple principle: each pound of weight consists of 3500 calories. You can lose one pound of weight per week if you burn an extra 3500 calories each week—that's just 500 calories per day! Over 6 months, if you burn off 500 calories more than you consume each day, you could lose 26 pounds! The National Institutes of Health (NIH) recommends a gradual weight loss, as those who lose weight slowly tend to keep it off after one year.

Here's a proven introductory program to help you build up to burning 3500 calories each week by gradually increasing the intensity, duration and frequency of your workouts. Since you burn approximately 250 calories during a moderate 45-minute workout, burning 500 calories can be a challenging goal: not many of us could burn that many calories right away! Just as you need to be patient about losing weight gradually to achieve long-term results, you need to allow yourself to build up slowly to burning 500 calories a day. If you set unrealistic goals, you may find yourself giving up before long.

The 3500 Calorie Countdown combines a Walk/Run program with an alternating Cardio, Strength and Flexibility program that eases you into exercising regularly and gradually builds up your endurance. Remember to warm up and cool down for 5-10 minutes at the beginning and end of each session, gently stretching your hamstrings, quadriceps, lower back, shoulders and neck. You won't need any additional tools or equipment—just add these simple, effective exercises to your existing workouts and alternate them with the Walk/Run program to build Cardio, Strength, and Flexibility.

Using MIO and doing the 3500 Calorie Countdown will result in weight loss. Bear in mind that once you lose weight, keeping it off is the next challenge. By consuming only enough calories to maintain your desired weight and continuing with your exercise regimen, you will keep those pounds off. However, unless you change your eating and exercise patterns permanently, you risk regaining lost pounds in 1-5 years. While a recent study by Dr. Eric Ravussin of the Pennington Biomedical Research Centre finds that restricting calories and exercising are equally effective in losing weight, he notes that health and longevity appears to improve for those who exercise. Moreover, the National Weight Control Registry (NWCR), which records information on people who have lost at least 30 lbs and kept it off for more than a year, reveals that 90% of those who keep off the weight engage in exercise.

Use MIO\* to time your intervals using the Walk/Run Dual Interval Timer, and keep track of you heart rate—aim for 55%-60% of your maximum rate while walking, and 60%-75% of your maximum rate while running.

MIO's Timer Mode has a convenient Walk/Run Timer that allows you to set automatic alternating times for the walking and running segments of this program (see USING THE TIMER section in the MIO User Guide).

Refer to MIO's 3500 Calorie Countdown section in your User Guide to set up your MIO for the 3500 Calorie Countdown program. Start by setting realistic goals—burning 3500 calories might take 4 weeks when you start and as you build up your fitness and endurance, your goal will be to accomplish this in a shorter period of time.

Combine Cardio, Strength, and Flexibility workouts with your Walk/Run program:

- Try the Walk/Run program one day, then alternate with Workout A or Workout B the next day.
- Follow the increase in intensity and duration with the Walk/Run program from week to week.
- For variety try interchanging exercises from Workout A & Workout B and mix them up to create your own favorite workout—each one includes a Cardio, Strength, and Flexibility component.
- Try to exercise for at least 30 minutes, and then gradually build up to 45 minutes and then 60 minutes.
- Use your watch to track the calories you burn and as a heart rate tool to monitor and increase intensity. Remember to check your heart rate often throughout your workouts to get the most accurate calorie burn reading—about every 3 minutes or when the intensity or activity in your workout changes.

Go to our website for more exercise tips and instructions, workouts, personal training advice, and diet & health information – [www.miowatch.com](http://www.miowatch.com)

The MIO 3500 Calorie Countdown is one exercise program to help you achieve your health and fitness goals. Please consult a physician before beginning any new exercise program.

\* Mio models that include the Walk/Run Dual Interval Timer include the MioSHAPE ELITE, MioMOTIVA (including petite), and MioDRIVE

## WALK/RUN SCHEDULE

|                  |                                       |   |
|------------------|---------------------------------------|---|
| <b>1</b><br>Week | <b>Session 1</b><br><i>35 minutes</i> | Run 30 seconds. Walk 4 minutes and 30 seconds. Do this 7 times. |
|                  | <b>Session 2</b><br><i>40 minutes</i> | Run 30 seconds. Walk 4 minutes and 30 seconds. Do this 8 times. |
|                  | <b>Session 3</b><br><i>40 minutes</i> | Run 30 seconds. Walk 4 minutes and 30 seconds. Do this 8 times. |

|                  |                                       |  |
|------------------|---------------------------------------|--|
| <b>2</b><br>Week | <b>Session 1</b><br><i>45 minutes</i> | Run 1 minute. Walk 4 minutes. Do this 9 times. |
|                  | <b>Session 2</b><br><i>40 minutes</i> | Run 1 minute. Walk 4 minutes. Do this 8 times. |
|                  | <b>Session 3</b><br><i>40 minutes</i> | Run 1 minute. Walk 4 minutes. Do this 8 times. |

|                  |                                       |   |
|------------------|---------------------------------------|---|
| <b>3</b><br>Week | <b>Session 1</b><br><i>50 minutes</i> | Run 1 minute and 30 seconds. Walk 3 minutes and 30 seconds. Do this 10 times. |
|                  | <b>Session 2</b><br><i>40 minutes</i> | Run 1 minute and 30 seconds. Walk 3 minutes and 30 seconds. Do this 8 times.  |
|                  | <b>Session 3</b><br><i>50 minutes</i> | Run 1 minute and 30 seconds. Walk 3 minutes and 30 seconds. Do this 10 times. |

|                  |                                       |  |
|------------------|---------------------------------------|--|
| <b>4</b><br>Week | <b>Session 1</b><br><i>55 minutes</i> | Run 2 minutes. Walk 3 minutes. Do this 11 times. |
|                  | <b>Session 2</b><br><i>45 minutes</i> | Run 2 minutes. Walk 3 minutes. Do this 9 times.  |
|                  | <b>Session 3</b><br><i>50 minutes</i> | Run 2 minutes. Walk 3 minutes. Do this 10 times. |

|                  |                                       |  |
|------------------|---------------------------------------|--|
| <b>5</b><br>Week | <b>Session 1</b><br><i>60 minutes</i> | Run 2 minutes and 30 seconds. Walk 2 minutes and 30 seconds. Do this 12 times. |
|                  | <b>Session 2</b><br><i>60 minutes</i> | Run 2 minutes and 30 seconds. Walk 2 minutes and 30 seconds. Do this 10 times. |
|                  | <b>Session 3</b><br><i>50 minutes</i> | Run 2 minutes and 30 seconds. Walk 2 minutes and 30 seconds. Do this 10 times. |

|                  |                                       |  |
|------------------|---------------------------------------|--|
| <b>6</b><br>Week | <b>Session 1</b><br><i>65 minutes</i> | Run 3 minutes. Walk 2 minutes. Do this 13 times. |
|                  | <b>Session 2</b><br><i>50 minutes</i> | Run 3 minutes. Walk 2 minutes. Do this 10 times. |
|                  | <b>Session 3</b><br><i>55 minutes</i> | Run 3 minutes. Walk 2 minutes. Do this 11 times. |

|                   |                                       |   |
|-------------------|---------------------------------------|---|
| <b>7</b><br>Week  | <b>Session 1</b><br><i>60 minutes</i> | Run 4 minutes. Walk 2 minutes.<br>Do this 10 times. |
|                   | <b>Session 2</b><br><i>54 minutes</i> | Run 4 minutes. Walk 2 minutes.<br>Do this 9 times.  |
|                   | <b>Session 3</b><br><i>54 minutes</i> | Run 4 minutes. Walk 2 minutes.<br>Do this 9 times.  |
| <b>8</b><br>Week  | <b>Session 1</b><br><i>60 minutes</i> | Run 5 minutes. Walk 1 minute.<br>Do this 10 times.  |
|                   | <b>Session 2</b><br><i>48 minutes</i> | Run 5 minutes. Walk 1 minute.<br>Do this 8 times.   |
|                   | <b>Session 3</b><br><i>54 minutes</i> | Run 5 minutes. Walk 1 minute.<br>Do this 9 times.   |
| <b>9</b><br>Week  | <b>Session 1</b><br><i>63 minutes</i> | Run 7 minutes. Walk 2 minutes.<br>Do this 7 times.  |
|                   | <b>Session 2</b><br><i>54 minutes</i> | Run 7 minutes. Walk 2 minutes.<br>Do this 6 times.  |
|                   | <b>Session 3</b><br><i>50 minutes</i> | Run 8 minutes. Walk 2 minutes.<br>Do this 5 times.  |
| <b>10</b><br>Week | <b>Session 1</b><br><i>44 minutes</i> | Run 10 minutes. Walk 1 minute.<br>Do this 4 times.  |
|                   | <b>Session 2</b><br><i>41 minutes</i> | Run 20 minutes. Walk 1 minute. Run 20 minutes.      |
|                   | <b>Session 3</b><br><i>45 minutes</i> | Run 22 minutes. Walk 1 minute. Run 22 minutes.      |

|                   |                                       |  |
|-------------------|---------------------------------------|--|
| <b>11</b><br>Week | <b>Session 1</b><br><i>51 minutes</i> | Run 25 minutes. Walk 1 minute. Run 25 minutes. |
|                   | <b>Session 2</b><br><i>56 minutes</i> | Run 30 minutes. Walk 1 minute. Run 25 minutes. |
|                   | <b>Session 3</b><br><i>51 minutes</i> | Run 40 minutes. Walk 1 minute. Run 10 minutes. |
| <b>12</b><br>Week | <b>Session 1</b><br><i>66 minutes</i> | Run 45 minutes. Walk 1 minute. Run 20 minutes. |
|                   | <b>Session 2</b><br><i>66 minutes</i> | Run 50 minutes. Walk 1 minute. Run 15 minutes. |
|                   | <b>Session 3</b><br><i>45 minutes</i> | Run 45 minutes.                                |
| <b>13</b><br>Week | <b>Session 1</b><br><i>50 minutes</i> | Run 50 minutes.                                |
|                   | <b>Session 2</b><br><i>40 minutes</i> | Run 40 minutes.                                |
|                   | <b>Session 3</b><br><i>60 minutes</i> | Run 60 minutes (approximately 10 km).          |

## WORKOUT A

### CARDIO SECTION

#### EXERCISE — SKIPPING FOOTWORK

##### SETUP

*Elevates heart rate and builds coordination.* If you own a skipping rope, skip for 5–10 minutes, testing heart rate frequently – every 3 minutes. If you don't have access to a rope, you can still go through the motions of skipping by doing the footwork.

##### ACTION

Create footwork patterns – with or without a rope. Try hopping on one leg and then change to the other leg. Or try switching your feet, front and back like scissors, and side-to-side like jumping jacks. Skipping can be interesting and fun; the more you do it, the better you become.

|        |               |               |                |
|--------|---------------|---------------|----------------|
| Level: | Beg           | Mod           | Adv            |
| Time:  | <b>5 min.</b> | <b>7 min.</b> | <b>10 min.</b> |

#### EXERCISE – RUNNER'S STRETCH SWITCHES

##### SETUP

*Elevates heart rate and improves leg and hip strength.* Start in a runner's stretch position with your right knee bent and right foot positioned between your two hands, which are placed on the floor. Your left foot extends behind you, ball of the foot on the floor.

##### ACTION

From runner's stretch position, exchange your feet as quickly as possible while keep your hips as low as possible. If you're just starting out, exchange slowly and increase the speed and depth of your position over time.

|                   |           |           |  |
|-------------------|-----------|-----------|--|
| Level:            | Beg       | Mod       | Adv                                    |
| Sets:             | <b>1</b>  | <b>2</b>  | <b>2</b>                               |
| Reps:<br>Switches | <b>10</b> | <b>10</b> | <b>10 singles</b><br><b>10 doubles</b> |

## EXERCISE – JABS & PUNCHES

### SETUP

*Elevates heart rate and builds coordination, and shoulder strength.*  
You require only your arms and legs for this fun, dynamic activity for your workout.

### ACTION

Feet shoulder width apart – now step forward with the left foot into a natural stance and put a slight bend in the knees. This is your natural punching stance. Raise hands to eye level – arms bent at 45, and form a fist with your thumb on the outside. Now jab – a short straight punch directly in front of you with your left hand. Concentrate on keeping your hands up! Switch your stance – right foot forward and jab with the right fist. You can build on this by following up with a second punch with the rear hand. Do it to music or with a workout partner!

|                                 |               |               |  |
|---------------------------------|---------------|---------------|--|
| Level:                          | Beg           | Mod           | Adv                                    |
| Sets:                           | <b>2</b>      | <b>4</b>      | <b>4</b>                               |
| Reps:<br>Left arm, Right<br>arm | <b>10 ea.</b> | <b>10 ea.</b> | <b>10 singles</b><br><b>10 doubles</b> |

## STRENGTH SECTION

### EXERCISE – PLANK

#### SETUP

*Strengthens core and stabilizes the spine.* As a beginner, form a bridge by kneeling down and resting upon your forearms and knees. Contract abs, keeping buttocks relaxed; this will help stabilize your torso. As you improve, perform the exercise from your forearms and toes so there is a straight line formed with your body, running from your shoulders down to your feet.

#### ACTION

Draw your stomach in and up while keeping your back flat, and hold. Ensure you don't flex or extend your spine, but rather hold a neutral spine position throughout. You will feel a burning sensation deep in your stomach indicating you are doing the exercise correctly.

|        |                |                |               |
|--------|----------------|----------------|---------------|
| Level: | Beg            | Mod            | Adv           |
| Sets:  | <b>1</b>       | <b>3</b>       | <b>3</b>      |
| Time:  | <b>30 sec.</b> | <b>30 sec.</b> | <b>1 min.</b> |

## EXERCISE – SQUATS

### SETUP

*Strengthens quadriceps, hamstrings, and lower back, and stabilizes core.* The squat is often called “the King of exercises” because it is capable of inducing better muscle growth than almost any other exercise. Stand with feet together and hands clasped together in front of your chest.

### ACTION

Step forward with one foot and bend the legs at the knees and hips, lowering the torso between the legs. The torso remains upright throughout the movement and acts as a supporting structure. Proper technique is critical - the back must be kept straight and never rounded. Hold the position for 5 seconds and then reverse the direction to stand up straight again with feet together. Alternate legs.

|                   |           |           |           |
|-------------------|-----------|-----------|-----------|
| Level:            | Beg       | Mod       | Adv       |
| Sets:             | <b>1</b>  | <b>2</b>  | <b>2</b>  |
| Reps (each side): | <b>10</b> | <b>10</b> | <b>20</b> |

## EXERCISE – CRUNCHES

### SETUP

*Strengthens core.* Lie on the floor with knees bent and in line with hips. Contract abs, keeping buttocks relaxed.

### ACTION

Place your hands on either side of your head and execute the exercise by crunching your abs forward, so as to touch your elbows to your knees. Really focus on keeping your midsection contracted throughout the entire exercise. Lift and curl gazing upward. Slowly lower your body back to the start position and repeat.

|        |           |           |            |
|--------|-----------|-----------|------------|
| Level: | Beg       | Mod       | Adv        |
| Sets:  | <b>1</b>  | <b>2</b>  | <b>3-4</b> |
| Reps:  | <b>10</b> | <b>10</b> | <b>10</b>  |

## FLEXIBILITY SECTION

### EXERCISE – SIDE-BEND STRETCH

#### SETUP

*Lengthens and strengthens abdominals and spine extensor.* Stand with feet together and hands placed together in prayer position, with arms extended above the head. Feet are grounded, body is tall, and shoulders relaxed.

#### ACTION

Keeping shoulders, mid-section and hips square, bend sideways from the waist to the right side creating a long strong line from left hip to fingertips. Try not to tilt forward or backward and keep torso engaged. Switch sides. Deepen stretch and hold for longer time periods to challenge.

| Level:            | Beg            | Mod            | Adv           |
|-------------------|----------------|----------------|---------------|
| Sets:             | <b>1</b>       | <b>2</b>       | <b>2</b>      |
| Time (each side): | <b>30 sec.</b> | <b>30 sec.</b> | <b>1 min.</b> |

### EXERCISE – WARRIOR STANCE

#### SETUP

*Stretches the chest, shoulders, neck, and groin. Strengthens the shoulders, arms, legs, and the muscles of the back.* Stand tall, arms at your sides.

#### ACTION

On your exhale, step forward with the right foot. Raise your arms above your head (and parallel to each other). Turn your rear foot out to the left and align the right heel with the left heel. Exhale and rotate your torso to the right, squaring the front of your pelvis as much as possible. With your left heel firmly anchored to the floor, exhale and bend your right knee over the right ankle so the shin is perpendicular to the floor. Reach strongly through your arms, lifting the ribcage away from the pelvis. If possible, bring the palms together. Keep your head in a neutral position, gazing forward, or tilt it back and look up at your thumbs.

| Level:            | Beg            | Mod            | Adv           |
|-------------------|----------------|----------------|---------------|
| Sets:             | <b>1</b>       | <b>2</b>       | <b>2</b>      |
| Time (each side): | <b>30 sec.</b> | <b>30 sec.</b> | <b>1 min.</b> |

## EXERCISE – TOE TO TOE

### SETUP

*Strengthens torso, and increases hamstring and hip flexibility.* Stand with legs straight and feet wide apart. Open and lengthen arms out to the side.

### ACTION

Bend at the hips so that your chest is parallel to the floor and arms are outstretched to the sides. Now rotate your torso so that your abs, chest, and outstretched arms turn left and perpendicular to the floor – place your right fingers or flat hand on the floor in the center of your body and left arm reaches to the sky. Switch and place the left hand to the floor and rotate to the right. Hold each stretch for 30 sec. Now try doing it quickly, keeping arms straight and reaching for the feet. Remember to rotate your torso and look in the direction to which you are opening.

| Level: | Beg       | Mod       | Adv       |
|--------|-----------|-----------|-----------|
| Sets:  | <b>1</b>  | <b>2</b>  | <b>3</b>  |
| Reps:  | <b>10</b> | <b>10</b> | <b>10</b> |

## WORKOUT B

### CARDIO SECTION

#### EXERCISE – MONKEY JUMPS

##### SETUP

*Elevates heart rate and builds strong leg and hip muscles.* Think of them as fun squats! Start without jumps if you're a beginner; this motion is still hard work without jumping. To increase intensity, jump higher, faster, and add reps.

##### ACTION

Legs shoulder width apart – crouch down, bend knees and touch both hands to the floor; from there, launch into the air into a jumping motion like you're dunking a basketball. If not jumping, simply stand up and raise your hands to the sky. Squat back down and complete reps.

| Level: | Beg       | Mod       | Adv       |
|--------|-----------|-----------|-----------|
| Sets:  | <b>1</b>  | <b>2</b>  | <b>3</b>  |
| Reps:  | <b>10</b> | <b>10</b> | <b>10</b> |

## EXERCISE – JUMPING JACKS

### SETUP

*Elevates heart rate and builds coordination, leg & shoulder strength. A new variation on the classic. 3-part Jumping Jacks offer a more interesting and challenging way to use jumping jacks – with or without jumping!*

### ACTION

Feet together, arms at your sides. Jump out to a squatted horse stance with knees bent and arms outstretched at shoulder height. Sit into a deep strong stance – you can even pause here and take a deep even breath. Spring back into feet together, arms at your side. Complete the 3-part jumping jack by hopping to open legs in a straight leg stance with arms and hands coming together overhead. Back to feet together, arms at your sides. Repeat the pattern. Build this pattern by practicing regularly, and challenge yourself with speed over time.

|        |           |           |           |
|--------|-----------|-----------|-----------|
| Level: | Beg       | Mod       | Adv       |
| Sets:  | <b>1</b>  | <b>2</b>  | <b>3</b>  |
| Reps:  | <b>10</b> | <b>10</b> | <b>10</b> |

## EXERCISE – BURPIES

### SETUP

*Elevates heart rate and builds great core, leg, and arm strength. Everyone's favorite!*

### ACTION

Start in a standing position and then bend your knees and squat down so that your hands are placed on the floor. Kick your legs back so they are behind you and you are in the 'up' position of a push up. Then hop your legs back under you into a squat position again or walk them there if you are beginning. Spring up as high as you can into a full jump or stand tall, returning once again into your squat position so you are ready to kick your legs back to complete the next sequence. Continue these actions in a fluid motion until you have completed your reps.

|        |          |          |           |
|--------|----------|----------|-----------|
| Level: | Beg      | Mod      | Adv       |
| Sets:  | <b>1</b> | <b>2</b> | <b>2</b>  |
| Reps:  | <b>8</b> | <b>8</b> | <b>10</b> |

## STRENGTH SECTION

### EXERCISE – HORSE-RIDING STANCE

#### SETUP

*Strengthens abdominals, legs, back, and glutes.* Extend arms out to the side and walk feet out to elbow distance apart. Sit straight down like you're about to sit on a stool. Keep back straight, shoulders directly over hips and feet pointing forward as much as possible. To intensify, extend arms directly in front of you and keep level.

#### ACTION

Sit into this stance and focus on your breathing – the deeper and longer you hold this position, the stronger and more focused you will become. Keep mid-section engaged, shoulders relaxed and body tall. Soon, you will be able to sit lower and hold for longer periods of time. Raise your arms in front of you or above your shoulders to intensify.

|        |                |                |                |
|--------|----------------|----------------|----------------|
| Level: | Beg            | Mod            | Adv            |
| Sets:  | <b>2</b>       | <b>2</b>       | <b>3</b>       |
| Time:  | <b>20 sec.</b> | <b>30 sec.</b> | <b>30 sec.</b> |

### EXERCISE – CYCLING KNEE RAISES

#### SETUP

*Strengthens core and increases hamstring flexibility.* Lie on the floor (on your back) with legs extended. Place open hands above your chest and use them as a target for your knee.

#### ACTION

Draw one knee up at a time towards your chin until your knee makes contact with your hands. Keep back flat on the floor, toes pointed, and your heel close to your hamstring as you draw the knee up. Alternate right and left legs – driving the knee up to your hands quickly and then return to legs extended. If you want to challenge yourself, hold your head up while you perform this exercise.

|                   |           |           |           |
|-------------------|-----------|-----------|-----------|
| Level:            | Beg       | Mod       | Adv       |
| Sets:             | <b>1</b>  | <b>2</b>  | <b>3</b>  |
| Reps (each side): | <b>10</b> | <b>10</b> | <b>10</b> |

## EXERCISE – PUSH UPS

### SETUP

*Strengthens core, chest, arms, and shoulders.* Start in a planked position on the hands and toes (or knees if beginning) with body straight and strong.

### ACTION

While performing this classic exercise, remember to keep your body as flat as possible (don't let your back arch upward or downward). Engage your core and try to go as far down to the ground as possible. Be sure you hands are no more than shoulder width apart so you are effectively targeting your triceps muscle.

| Level: | Beg       | Mod       | Adv       |
|--------|-----------|-----------|-----------|
| Sets:  | <b>1</b>  | <b>2</b>  | <b>3</b>  |
| Reps:  | <b>10</b> | <b>10</b> | <b>10</b> |

## FLEXIBILITY SECTION

### EXERCISE – SITTING LEG STRETCH

#### SETUP

*Strengthens and lengthens abdominals and spine extensors; increases hip and hamstring flexibility.* Sit on the floor with legs outstretched to both sides like a “V”. Lengthen the spine and keep torso engaged.

#### ACTION

Draw your mid-section and chest towards your right leg, reaching with both hands towards the feet. Keep your back as straight as possible and lay the body down towards the leg. Take deep even breaths and lower your body gradually. Hold for a minimum of 30 seconds and then switch to the left side. Try the center too!

| Level:            | Beg            | Mod           | Adv           |
|-------------------|----------------|---------------|---------------|
| Sets:             | <b>1</b>       | <b>1</b>      | <b>2</b>      |
| Time (each side): | <b>30 sec.</b> | <b>1 min.</b> | <b>1 min.</b> |

## EXERCISE – CAT STRETCH

### SETUP

*Increases back flexibility and releases tension and stress.* Kneel on all fours, knees under hips and hands under shoulders. Spread the fingers out on the floor with palms flat and contract the abs to bring the head, neck, and back into alignment.

### ACTION

Inhale and tip the hipbones towards the ceiling while drawing the shoulders back and down away from your ears; look up. Exhale and tuck the chin into chest while pressing your belly towards your spine. Round the back and feel a stretch down your spine. Repeat for 4 to 6 breaths, moving smoothly between each move. Deepen the movements over time.

|        |            |            |            |
|--------|------------|------------|------------|
| Level: | Beg        | Mod        | Adv        |
| Sets:  | <b>1</b>   | <b>1</b>   | <b>2</b>   |
| Reps:  | <b>4-6</b> | <b>4-6</b> | <b>4-6</b> |

## EXERCISE – BRIDGE

### SETUP

*Strengthens glutes and stretches lower back.* Lie on your back with feet flat on the floor directly under bent knees and in line with hips. Maintain this structure throughout the exercise.

### ACTION

Squeeze your glutes tightly and slowly lift your tailbone, then buttocks, and then lower back up in sequence off of the floor, supporting your weight on your feet and shoulder blades with arms pressing into the floor. Create a straight line from your shoulders to your knees. Then slowly lower the bridge from the top down. Keep glutes and torso engaged and work on controlling the motion.

|        |                |                |                |
|--------|----------------|----------------|----------------|
| Level: | Beg            | Mod            | Adv            |
| Sets:  | <b>2</b>       | <b>2</b>       | <b>4</b>       |
| Reps:  | <b>15 sec.</b> | <b>20 sec.</b> | <b>20 sec.</b> |

## Ten Tips for a Running Program

- 1. Set goals.** Our Walk/Run program has you running 10 km at the end of 13 weeks. Keep a logbook.
- 2. Stay safe.** Carry identification with your name, phone number and blood type. Wear light-reflective stripes after dark.
- 3. Wear layers.** Remove layers to keep your body cool (some experts also believe that keeping the body cooler during exercise aids weight loss).
- 4. Start your program slowly.** Monitor your heart rate to keep to a moderate, safe pace.
- 5. Think positively.** Focus on the reasons you started running and the progress you're making, rather than on any mistakes or perceived failures. Imagine how good you'll feel at the end of a run.
- 6. Run with a group.** This helps with motivation.
- 7. Set aside specific running times.** Some people find running in the morning best. Others need to vary their times to reduce boredom. Try to keep your commitment to these times.
- 8. Warm up and cool down properly.** Take 5 minutes before and after your run, jogging lightly at about 55% of your maximum heart rate.
- 9. Stay relaxed.** Tensing up may trigger injuries and consumes energy. Try to keep your shoulders and arms from twisting side to side; instead, swing your arms comfortably as you do when walking.
- 10. Listen to your body.** To avoid injury, don't push yourself to train when you feel stressed, sick or exhausted. Also, rest your body so that it can recuperate, especially if you train in the anaerobic zone (including resistance or strength training). Allow a day of rest between more strenuous exercise sessions. Finally, if you experience even minor pains, rest and/or see a physician.

## MioSENSE CARDIAC SUPPORT

If you have a cardiac condition, or have already had cardiac surgery, your doctor has probably told you to follow a strict diet and exercise program. MIO can provide extra support as you follow these regimens.

### My heart surgeon recommends I get my weight down to 160 lbs. Can MIO help me monitor my weight and calorie intake?

Yes. You can calculate a daily calorie target to reach or to maintain a healthy weight. You can then check the MioTABLES for calories in the food you eat and enter these numbers into MIO's memory. MIO keeps a daily running total and tells you how close you are to your daily target. MIO also measures how many calories you burn during exercise and deducts this number from your total.

### What should my overall cholesterol level be?

One half of all Americans have high cholesterol levels. Your cholesterol level is measured in milligrams per deciliter of blood or mg/dl.

- Less than 200 mg/dl is desirable
- 200–239 is borderline
- 240 mg/dl and over is high risk

### How can I reduce my cholesterol levels?

1. **Eat less fat, especially saturated fats.** Using MIO's calorie mode to record all the calories you eat will make you focus on which foods you are eating, which will also help you to control your fat intake.

The MioTABLES also list fat content so that you can check for and avoid foods high in fat.

2. **Control your weight.** Keep track of the calories you eat and burn each day in MIO's memory, so that you can lower your total daily calorie intake to reduce or maintain your weight.
3. **Exercise.** MIO will measure your heart rate and tell you how many calories you are burning so that you can get the most from your exercise sessions.

### How much and which kind of fat can I eat?

While you should follow your doctor's specific orders, a general rule of thumb is to limit all fats to 30% of your total daily calories, and saturated fats to no more than 10% of your total daily calories.

### **Unsaturated fats include:**

- Omega-3 fatty acids found in fish, shellfish, soy products, walnuts, canola and flax oils, wheat germ and leafy green vegetables
- Monounsaturated fats found in almonds, olives, olive and canola oils, peanuts and avocados
- Polyunsaturated fats found in safflower, corn and sunflower oils

### **Fats to be wary of include:**

- Saturated fats found in red meat, whole-milk products (such as many cheeses), cocoa butter, as well as coconut and palm oils
- Trans-fatty acids found in many processed foods such as margarine, fast foods, snack foods, commercially baked goods and baking mixes

### **What should I eat to lower my cholesterol?**

A low-fat diet is essential to lowering your cholesterol. While following the Food Pyramid guidelines in the MioSENSE General Health and Fitness section is a good start, anyone with specific cardiac concerns may want to follow a strict, low-fat diet. Here are some helpful guidelines on which foods to choose:

#### **Lean meat, poultry, fish and shell fish:**

- Consume no more than 6 cooked ounces per day
- Eat fish 3 to 4 times per week
- Replace meat with a vegetarian entrée once a week
- Cut all fat and remove poultry skin
- Limit high-fat processed meats (salami, hot dogs and sausages)
- Limit duck and goose meat
- Avoid organ meats (liver, kidney, sweetbreads, and brain)
- Limit egg yolks (1 to 3 per week).

#### **Low-fat and non-fat dairy products:**

- Skim or 1% milk
- Dry-curd, skim or low-fat cottage cheese, non-fat or low-fat yogurt
- Cheese with 15% fat or less
- Limit cream, sour cream, whipping cream and regular cheese
- Limit whole milk, cream and ice cream
- Limit butter, cheese and foods made with them.

### **Whole grain breads, cereals, rice and pasta.**

#### **Unsaturated vegetable oils like canola, olive, safflower and sunflower oils:**

- Use sparing amounts of vegetable oils, soft margarine and peanut butter, preferably those lowest in saturated fats and cholesterol
- Choose light or fat-free salad dressings and mayonnaise
- Eat only small amounts of nuts and seeds
- Avoid saturated oils (coconut, palm and palm kernel oils)
- Limit solid fats (shortening, soft margarine and lard)
- Use low-fat condiments such as mustard, relish, ketchup, salsa
- Avoid high-fat creamy sauces, choosing tomato-based sauces instead
- Limit fried foods
- Check food labels to avoid hydrogenated oils and fats

#### **Low-fat and home-made desserts:**

- Choose Angel Food cake, low-fat frozen yogurt, low-fat cookies
- Eat fruit
- Stick to home-made loaves and muffins with no more than  $\frac{1}{4}$  cup oil per loaf or 1 dozen muffins
- Limit high-fat baked goods, ice cream, chocolate.

#### **Low-fat snacks:**

- Choose pretzels, plain popcorn, baked chips, cereals, fresh fruit
- Remember to limit even low-fat snacks, as these can have several calories

### **What methods of cooking can I use to reduce fat?**

- Roast meat or poultry using a rack to raise meat, allowing fat to drip away
- Use a moderate temperature (350°) to avoid searing in juices
- Baste with fat-free liquids (wine, tomato juice, or lemon juice)
- Bake in a covered dish with just a little liquid
- Braise or stew with extra liquid, then refrigerate, remove chilled fat and then reheat
- Poach
- Grill or broil, allowing fat to drip away
- Sauté using a non-stick vegetable spray, a sparing amount of canola oil applied with a paper towel, or small amounts of broth or wine
- Stir-fry using a sparing amount of peanut oil
- Microwave, draining fat between two paper towels during cooking
- Steam

### **How can I cut fat without losing all the taste?**

- Drain browned meat in a paper-lined strainer
- Make gravy without fat by blending a tablespoon of cornstarch and 1 cup of room-temperature broth, then add this to the rest of the broth (heated) and simmer to thicken
- Use just one egg yolk in an omelet, adding extra egg whites, or use an egg substitute product
- Drain and rinse in water canned tuna, salmon and sardines
- Steam or bake vegetables without overcooking to retain flavor
- Blend creamy salad dressings with low-fat yogurt

- Add finely chopped vegetables to ground poultry or meat
- Serve smaller servings of foods with fat and larger portions of those without fat (pasta, rice, beans and vegetables)
- Add herbs and spices for extra flavor.

### **How can I limit my fat intake when I'm ordering in a restaurant?**

- Ask for healthier side dishes such as steamed vegetables instead of french fries
- Choose lean meat and fish or skinless chicken
- Choose entrées that are broiled, baked, grilled, steamed or poached
- Select more vegetarian dishes, requesting that they be served without butter or sauces
- Use squeezed lemon juice as a salad dressing
- Choose baked, boiled or roasted potatoes (without butter or sour cream)
- Have fresh fruit or fruit sorbet for dessert
- Find out what low-fat or fat-free choices are available
- If nothing on the menu is suitable, ask if you can have a fruit or vegetable platter

### **What kinds of dishes should I order in ethnic restaurants?**

- **Asian.** Stir-fried or steamed chicken, fish or vegetable dishes; steamed rice
- **Italian.** Marinara sauces; fish or meatless pasta dishes; plain bread; limited grated parmesan cheese
- **Mexican.** Salsa or picante sauces; corn tortillas; soups, salads and fresh seafood

**My lipid clinic tells me that 30% of my daily calorie limit can consist of fat (with a limit of 10% of saturated fat). Why am I allowed this?**

Not all fats are bad fats; some actually contribute to good health. Fats provide the essential fatty acids for healthy skin, and they are a component of important hormone-like substances that help your body absorb the fat-soluble vitamins A, D, E and K, and promote digestion. Finally, unsaturated fats actually lower cholesterol levels. People who have a balance of carbohydrates, protein and fat in their diet, and who meet their daily calorie target, will burn off these fat calories, rather than storing it in their bodies.

**If I consume more than 60–70 grams of fat per day, my doctor tells me I will need to burn off the extra calories to prevent the body from storing them as fat. Can MIO tell me whether I'm burning off those calories?**

Yes. You need to note how many grams of fat you have consumed over your daily limit. Multiply this number by 9 (because there are 9 calories in each gram of fat). If you consume 10 grams of fat over your daily 60 gram limit, you will need to burn off 90 extra calories. When you exercise or go for a walk that day, use MIO's stopwatch mode to determine how many calories you are burning. Then increase the length or intensity of your exercise to burn off those extra 90 calories. Or schedule an extra exercise session and use MIO to check that you burn off those extra calories.

**How many calories do I burn while walking?**

It varies from person to person, but most people burn about 300–350 calories per hour walking at a moderate speed of 3 mph. MIO can provide you with a more accurate reading.

**If I know I am going out to a special dinner of steak and lobster, can I somehow compensate for the extra calories before or after?**

Decide on the portion size of the foods you will allow yourself and check the calorie content in the MioTABLES. Try to exercise sometime during the day at a sufficient length of time to burn off those calories. It's best if you can balance your calories within a single 24-hour period. And it's best to strictly limit "special dinners."

**How much should I exercise each day? What kind of exercise would be best?**

Only your doctor can tell you how much and what kind of exercise you need. Very often those with cardiac conditions are counselled to warm up for 10 minutes, walk for 20 to 30 minutes and then cool down for 5 minutes, 3 to 4 times per week. However, different cardiac conditions require different programs, so be sure to consult with your cardiologist or rehabilitation specialist. Whatever form of exercise you choose and wherever you go, MIO can help you monitor your heart rate and calories burned.

**The doctor says I must get my heart rate up while walking or exercising. How do I know what my heart rate should be?**

Only your cardiologist or rehabilitation specialist can tell you what your target range should be. MIO displays both the actual heart rate and a percentage of maximum heart rate (MHR). The average, healthy person will exercise at 55%–75% of maximum heart rate. However, people with cardiac conditions usually take medication that affects their heart rate reading, so the standard formulas and percentages that MIO uses and displays do not apply. Nevertheless, you can still use MIO. You can undergo a stress test while on your current medication and using the results from this test, your cardiologist or rehabilitation specialist can determine the correct target range. MIO displays your heart rate in beats per minute. You can ignore the percentage of maximum heart rate; just focus on your actual heart rate.

**Can MIO tell me whether I am raising my heart rate high enough?**

Once your cardiologist or rehabilitation specialist has determined your target heart rate range, you can check your heart rate periodically during exercise using MIO. Increase or decrease your exercise intensity level in order to hit your target rate.

**I'm a little concerned about overdoing it and putting a strain on my heart. Can MIO tell me when I'm pushing too hard?**

Once your safe target range is determined, you can periodically check your heart rate during walks or work outs to ensure you are not exercising too strenuously.

**How long should I keep my heart rate up for?**

Check with your cardiologist or rehabilitation specialist – the norm is 20 to 30 minutes.

**Does it take longer to raise my heart rate when I'm in poor or weak shape?**

Actually, most people in poor or weak shape find their heart rates rise more quickly. There are many factors that affect how quickly your heart rate rises, from fitness level to genetic make-up. If you have any concerns, consult your physician.

## TEN SAFETY TIPS FOR A CARDIAC WALKING PROGRAM

1. Don't eat and walk. Go for your walk before a meal or wait at least 2 hours after eating.
2. Take things easy. Don't overdo it the first few times out.
3. Know your target heart rate. Use MIO to help you stay within your target range. If you are on medication, ask your doctor what this range should be.
4. Warm up at a slow pace. Then walk briskly to get your heart rate up.

5. Stop walking if you experience pain or dizziness. Rest until these disappear and then walk home. If these symptoms continue, see your doctor.
6. Drink water a little at a time before, during and after your walk, especially if it is warm out.
7. Dress in layers if it is cold out so that you can peel off clothes as you become warm. The outer layer should keep the wind out.
8. Face the traffic as you walk and choose well-lit streets.
9. Keep the volume on your headset low so that you can hear on-coming traffic.
10. Bring identification and money in case you need to make a phone call.

## **THE MioSENSE WEIGHT MANAGEMENT PROGRAM**

MioSENSE can help you to reduce or maintain a desirable weight. The following is a broad overview of the necessary steps to achieve this. Later in this booklet you will find the tables, detailed instructions and other information you will need to follow these steps.

### **DESIGNING YOUR PERSONALIZED WEIGHT MANAGEMENT PROGRAM**

1. What would you like to weigh? If you want to gain or lose weight, decide how much.
2. How long do you want your weight loss/gain program to take? 3500 Calories is equivalent to one pound of weight, so think about losing/gaining 1 pound per week because slow, steady weight change is more likely to be permanent.
3. Decide how many calories your body needs to function in your daily routine. This is your daily calorie requirement.
4. Set a limit on the number of calories you eat daily so that you eat fewer or more calories than your daily requirement: this limit is your calorie target.

5. Program this target, as well as your birth month and year, gender, weight and resting heart rate into MIO's memory.
6. Using the MioTABLES, check the number of calories you consume throughout the day and enter these into MIO's memory. MIO keeps a tally of the calories you consume, letting you know how close you are to your target.
7. When you exercise, take your heart rate periodically while in stopwatch mode and MIO will tell you how many calories you are burning and subtract them from your total, again showing you how close you are to your target.
8. If you get too close to your daily target, simply eat less or exercise more.
9. Is your lifestyle changing? Are you becoming more active? Are you beginning to lose weight? Go back to Steps 3 through 5. Update your daily requirement and your target in MIO's memory. MIO's calculations will be more accurate if you keep this information up-to-date.
10. When you reach your goal, don't become complacent or rest on your laurels. Continue to use MIO to keep track of your calories so that you stay at a healthy weight. The MioSENSE program is about permanently changing your eating and exercising habits for lasting health benefits.

## EATING WELL AND COUNTING CALORIES

### Why is it important to maintain a certain weight?

Weight continues to be one of the most pressing health issues Americans face today. If we define "overweight" as 20% above "desirable weight," then over one third of adult Americans are overweight. Those who are overweight have a greater risk of coronary heart disease, type II diabetes, stroke, certain cancers (including colon, rectum, prostate, uterus, biliary tract, breast and ovary), as well as degenerative joint disease of both weight bearing and non-weight bearing joints, diseases of the digestive tract (gallstones, reflux esophagitis), thromboembolic disorders, heart failure, respiratory impairment and skin disorders. Should all Americans reach a healthy body weight, experts estimate that life expectancy would increase by 3 years, coronary heart disease would decrease by 25% and congestive heart failure and stroke by 35%.

### How successful are dieters in reaching their desired weight?

Whether motivated by a consciousness of these or other health risks, or simply by a desire to feel healthier, approximately 50% of women and 25% of men are inspired to diet at any specific time. However, their good intentions are often frustrated. In most standard, controlled studies, only 20% of the subjects at the two-year follow-up had lost 20 pounds, and only 5% had lost 40 pounds.

### **What is the key to success?**

Studies have shown that success relies not on quick-fix solutions, but on lasting behavioral modification – you have to start eating well and exercising regularly. Since most successful dieters plan and record both their meals and their exercise, you need to take some time to assess your lifestyle, do the math, set up a schedule, program MIO and start counting calories. Recent USDA studies have shown that 80% of people that successfully lost weight – and kept it off – did so by following the food pyramid and counting calories.

### **Why is it important to count calories?**

Researchers have found that weight management comes down to a simple fact: count your calories and the pounds look after themselves. MIO's calorie management features enable you to record your calories consumed and set daily calorie targets. A University of California, San Francisco (UCSF) study (among many others) notes that the most important element to losing 1 pound per week is to limit your daily calories to 500 less than what you need to maintain your current weight. MIO makes counting and recording calories simpler and more convenient than ever before.

### **Why is counting calories the most effective means of managing your weight?**

The answer is a simple mathematical calculation: if you eat and drink more calories than you burn in a day, your body stores the extra calories as fat. Each pound of fat consists of 3,500 calories. Even a modest reduction in

your weight requires you to burn a lot of calories. It is best to spread this change over a reasonable length of time. That's why participating in the 3500 Calorie Countdown is a great way to get to and stay at your desired healthy weight. When you burn an extra 500 calories per day through exercise and healthy diet, and reach your target of 3500 calories - you will lose a pound of weight. Conversely, if you wish to gain weight, you would add 500 to 1,000 calories to your daily calorie requirement. Your daily requirement is the number of calories you need to perform your average daily activities based on your lifestyle and activity level. You can work this out using a simple formula found in Section X in the instructions.

### **Why is counting calories more effective than other diets I've heard about or tried?**

High-protein/low-carbohydrate diets help you to lose weight, but may not provide your body with sufficient nutrients and could lead to kidney problems. Diet drugs and diet supplements also help you to lose weight, but not to keep it off. Both these quick fixes work only while you are using them. On the other hand, counting calories helps you to focus on nutritional, lower-calorie foods and on regular exercise. This will lead to a healthier lifestyle that produces lasting changes.

### **How can I lose weight quickly?**

You shouldn't. Researchers find that a slow but steady weight loss, accompanied by changes in your eating and exercise habits, is more likely to be permanent. Fad or crash diets tend to show short-term results,

with the weight returning when you revert to old eating habits and a sedentary lifestyle.

#### **Should I try to avoid all fat?**

While it may appear that avoiding fat is the most natural way to lose weight, it isn't. It is natural for your muscle cells to burn fat during low intensity or aerobic activity, so totally avoiding fat is not necessary. Many fat-free or low-fat foods are also packed with other calories. What's more, fat provides the essential fatty acids for healthy skin and important hormone-like substances, help your body absorb the fat-soluble vitamins A, D, E and K, and promote digestion. Finally, unsaturated fats actually lower cholesterol levels. You should limit all fat to 30% of your total daily calories, and saturated fat to no more than 10% of your total daily calories.

#### **Should I drastically reduce carbohydrates?**

Carbohydrates fuel your body, so again, be selective. Choose more of the complex carbohydrates found in beans, brown rice, oats, whole-wheat pasta or bread and some whole fruit that are processed slowly and are less likely to be stored as fat. Eat fewer foods with simple carbohydrates such as table sugar, white bread, pasta and rice, as well as potatoes and fruit that are processed more quickly and are more likely to be stored as fat.

#### **Will caffeine dampen my appetite?**

No. However, caffeine does affect your metabolism, increasing your body's ability to burn circulating fatty acids.

#### **Do I have to deny myself my favorite foods to lose weight?**

If you deny yourself the foods you love, you will likely break down and binge at some point. Budget your calories to include a few treats or add extra exercise to burn them off.

#### **How much water should I be drinking?**

Eight glasses of water per day is recommended for sedentary people, but when you exercise, you'll need more – about a quart of water for every 1,000 calories you burn.

### **IMPLEMENTING HELPFUL ROUTINES**

#### **Should I keep a daily record of everything I eat?**

Yes. The two most important elements in a successful weight management program are planning and recording your meals and exercise sessions. MIO makes this easy for you, by keeping track of all the calories you eat and burn.

#### **Should I measure all my food?**

It helps. Initially, you should buy a small scale and weigh all the food you eat at home. After a while you will learn approximate sizes and volumes.

### **How often should I weigh myself?**

Once a week. This gives you an accurate sense of your actual weight loss. But if you exercise, you will gain muscle mass, which weighs more than fat, meaning your weight may remain constant or even increase initially. However, you should lose inches, and you will feel fit and strong – a much more satisfying result than lost pounds.

### **Can I skip a meal, such as breakfast, to reduce my caloric intake?**

If you starve yourself for all or part of the day, you might binge, consuming more than your daily calorie target. It's better to eat breakfast for more energy throughout the day, and to eat regularly all day.

### **Should I eat frequent, smaller meals, rather than just three a day?**

Many nutritional advisors suggest this. Eating six meals a day is beneficial for lowering your Low Density Lipoprotein (LDL) cholesterol. In the *European Journal of Clinical Nutrition* (1994), McGrath and Gibney found that subjects who simply moved from three to six meals a day significantly lowered their LDL cholesterol. It may also help to curb your appetite.

### **Should I avoid eating a lot in the evening, especially just before going to bed?**

Surprisingly, research suggests that when you eat is not as important as how many calories you consume over the entire day. As at any other time of the day, avoid foods high in sugar, fat and carbohydrates just before going to bed. Some experts do advise spreading the calories equally over the day – your body will be less likely to trigger its starvation mechanism. When you eat less, your body prepares for a famine, slowing your metabolism to conserve the energy in the calories you do eat.

## **EXERCISING WHILE DIETING**

### **Why is it important to exercise while I am on a diet?**

Studies show that body composition is different in those who just diet, those who just exercise and those who diet and exercise. Those who just diet tend to lose fat-free weight such as muscle mass; those who just exercise or who exercise and diet increase their fat-free weight and lose significantly more body fat. Exercise protects lean tissue, even when you're dieting.

### **Why is protecting lean tissue important?**

Protecting lean tissue and, even better, developing more muscle, is as important as losing pounds. Muscle mass determines 80% of your metabolism, so increasing muscle raises your metabolic rate, which in turn burns more calories. Even when your body is just resting, every pound of muscle burns 40–50 calories a day.

### **Do women have to work harder to lose weight than men?**

Women have to work extra hard as their body composition typically has a lower muscle mass and burns an average of 600 fewer calories per day than men.

### **Can I exercise more to burn off the calories of the foods I eat, without worrying too much about the foods I eat?**

In theory you could. But you do need to eat a balance of foods for a healthy body. Also, one of the key elements in this healthy balance of food is the high fiber content. One study proposes that fiber may help to block absorption of the calories provided by fat and protein.

### **Won't exercise stimulate my appetite so that I eat more?**

Most studies show that most people's appetites remain constant or even decrease with regular, strenuous exercise. The math still holds – more calories burned than consumed equals weight loss.

### **Will exercising at a particular time of day help me to burn calories more effectively?**

No. But it is important to exercise regularly, at least 3 to 4 times per week. Many people discipline themselves to exercise early in the morning – it can be tempting after a long day to put off an evening session until the next day, and then the next day, and so on.

### **Which exercise machine will help me to burn the most calories?**

In at least two studies, exercisers on the treadmill burned more calories than those on the stationary bike, rowing machine, stair climber, and cross-country ski machine for a variety of reasons:

- Walking was a more familiar, natural movement that was easier to sustain over a longer period
- Most people worked out at a higher intensity for a longer period on a treadmill without tiring as easily as they did on other machines
- The treadmill forced exercisers to work harder to support their own weight than when on other machines

### **Can I do special exercises to target specific areas for weight loss, such as my waist or thighs?**

Unfortunately, your body doesn't lose weight selectively. The only way to lose weight in particular areas, such as your waistline, is to lose weight overall – a better result in any case.

## **REGULATING YOUR METABOLISM**

### **Does my metabolic rate slow down while dieting, making it harder for me to lose weight?**

Initially, when you eat less, your body prepares for a famine, slowing your metabolism to conserve the energy in the calories you do eat. Many of us have experienced the delight of an initial drop in weight – and the frustration when the weight loss slows and even seems to stop entirely.

Over time, however, your metabolism rises again, usually to within 10% of your original rate. Your body is simply adjusting to your new weight; to maintain a new, lower weight, your metabolism doesn't need to be quite as high as it was before.

#### **Doesn't my body have a certain set weight that is hard to change?**

Evidence suggests that your body does have a "set point." It's not engraved in stone, however. Researchers at Rockefeller University in New York City suggest that your metabolism slows down or speeds up as you lose or gain weight, in an attempt to maintain your initial weight. Still, exercising regularly will speed up your metabolism, counteracting its tendency to slow during dieting.

#### **As I get older, is it harder to lose weight?**

Women do tend to gain 5–10 pounds per decade after turning 30. However, this is not inevitable. Each year after 30, a woman typically loses 1/3 of a pound in muscle mass. This is what slows your metabolic rate, encouraging your body to store more calories as fat. Simply reducing your calories through dieting is not the best defense – exercising to increase your muscle mass and metabolism is.

#### **Can the yo-yo effect of repeatedly losing and regaining weight sabotage my metabolism, destroying my chances of losing weight permanently?**

Research does not support this fear. Your own fear of yet another failure may have more of an effect on your ultimate success than your metabo-

lism. Hope lies in changing your eating and exercising habits for gradual, permanent weight loss. Your metabolism should eventually adjust to your new weight.

#### **Can I use herbs or other products to help me lose weight?**

This is not recommended without a doctor's supervision. Many of these products are not regulated and may contain harmful substances.

#### **What is the best way to boost my metabolism?**

Exercise. It will increase your metabolic rate for up to 15 hours. If you exercise 3–5 times a week, you will maintain a consistently higher metabolic rate. The higher your metabolic rate, the more calories your body burns.

## **AVOIDING STUMBLING BLOCKS**

#### **After being on a diet, why do I often regain more weight than I originally lost?**

One major cause for regaining more weight than you lost is related to how much lean tissue or muscle mass you lost when dieting. If you do not exercise while dieting, your body tends to lose muscle mass. When you stop dieting, the weight returns, but in fat rather than muscle. Since your metabolism drops with the loss of muscle, your body burns fewer calories than it did before you began dieting. So if you eat the same number of calories as you did before you began dieting, your body will burn fewer of them and more will be stored as fat.

### **What if I eat all my calories before the day is over?**

Plan some exercise and eat low-calorie foods such as fruit and vegetables for the rest of the day.

### **If I overindulge one day, can I make up for it the next day?**

In theory, you can reduce or burn off extra calories later to offset the extra you have consumed. It's best, however, to compensate within a single day rather than leaving it until the next day. If you indulge, try to fit in extra activity and eat a little less for the remainder of the day. Best of all, try to anticipate potential binges (birthdays, dinners at friends' homes or at a restaurant) by eating lots of low-calorie foods during the day and getting extra exercise before and/or after.

### **How do I avoid overeating when dining out?**

Be aware of and avoid the foods typically high in calories (refried beans or olives). Look for hidden fats in the preparation methods (cream sauce or sautéed) and for those that add less fat to food (marinara sauce or stir-fried). The MioTABLES have a more comprehensive list of foods to avoid.

## **KEEPING RECORDS THE MIO WAY**

### **Why should I keep records of my eating and exercising habits?**

Studies find that planning and record keeping are essential to successfully establishing and maintaining an exercise program. Keeping a journal of your work out times, duration, activities and energy levels can show

you what works best for you. If you know that you can never quite fit a Thursday work out into your week, you can plan work outs for other days. Also, if you realize that four 45-minute sessions a week seems to be tiring you too much, you can scale back to four 30-minute or three 45-minute sessions.

### **Why is the MIO way of keeping records a better or more convenient way?**

MIO frees you from laboriously recording and calculating your caloric intake on paper. Instead, you can refer to the handy MioTABLES to determine the number of calories to enter, and MIO will calculate and keep a running tally of your total daily caloric consumption. Plus, MIO goes where you go. So when you eat out, you will always have your "records" with you. Also, by simply placing your fingers on the watch face sensors, you can measure your heart rate. MIO then deducts from your daily calorie count the number of calories you've burned during exercise. Other watches may measure your heart rate and display the calories you burn during exercise, but only MIO records both the calories you consume and burn so that you can regulate how much you can eat or how much more you need to exercise to meet your daily target – all without a chest strap!

## STRESS MANAGEMENT

The National Institutes of Health identifies stress as a significant factor that undermines our overall health and even causes weight gain, particularly as we age.

### **Why is managing my stress important?**

Everyone deals with stress differently. Learning to manage it as it happens, rather than after the fact, has helped people with a range of physical, emotional and mental conditions:

- Hypertension
- Diabetes
- Headaches
- Arrhythmias
- Asthma
- Congestive Heart Failure
- Pain Management
- Fibromyalgia
- Environmental Sensitivity
- Chronic Fatigue
- Depression
- Anxiety/Panic Disorders
- Anger Management
- ADD/ADHD
- Increased Stress Resiliency/ Drug/Alcohol Abuse

Reducing stress also helps the body's immune system and helps people cope with physical ailments. Finally, reducing stress can also help control weight gain and avoid health problems that come with being overweight.

### **What possible link can there be between stress and weight?**

Our bodies have reacted to stress in the same way since prehistoric times, although the source back then was likely physical rather than mental. Stress triggers the body's release of hormones and chemicals. Two of these hormones are adrenaline and cortisol. Adrenaline is the hormone that spurs us into action while cortisol raises glucose (sugar) levels, providing us with energy. It also lingers in our system, stimulating our appetites to replace lost energy.

### **How can stress cause me to gain weight?**

The difference for people today lies in the source of stress and our methods for confronting it. We deal largely with mental and emotional stresses that do not require physical action. However, our bodies still produce cortisol, which still triggers our appetites to replace energy that we haven't actually burned. Prolonged exposure to stress maintains unhealthy levels of cortisol in our systems, stimulating appetites that can lead to unnecessary eating.

### **I thought people lost weight when stressed. How can stress cause weight loss at some times and weight gain at others?**

People often experience weight loss at very stressful times, such as death, divorce and job loss. The release of adrenaline and cortisol temporarily suppresses appetite. However, as the stress of these events passes, cortisol prompts the body to replenish lost energy, and people usually regain weight in the long term.

### **What kinds of stress would cause me to gain weight?**

Everyone reacts to stress differently. The most distressing events like death, divorce and job loss, cause stress for the majority of us. However, while some people stress over public speaking, deadlines at work, unhappy work environments, long commutes in heavy traffic, and hectic family schedules, others shrug these pressures off. Those who do not or cannot shrug away pressure may find their systems responding continuously to stress, raising their cortisol levels for long periods of time and risking weight gain.

### **Are there particular health risks linked to this kind of stress and weight gain?**

Long-term stress can lead to:

- Nervous and emotional problems, such as anxiety, panic attacks and depression
- Muscle and bone breakdown
- Suppression of the immune system
- Abnormal reproductive function
- Excess fat deep in the abdomen, which has been linked to heart disease, high blood pressure, diabetes and cancer

### **What can I do to avoid health risks and weight gain when I live with constant or near-constant stress?**

- Exercise regularly and lift weights

- Choose your foods wisely and limit complex carbohydrates and fat between 3 pm and midnight
- Learn to relax regularly
- Do something you enjoy every day

### **Why does exercise help to reduce stress-induced weight gain?**

Exercise expends the extra energy cortisol generates. It also releases endorphins, creating what is commonly known as “runner’s high.” These endorphins produce the same pleasurable response that eating can. Thus we can use exercise rather than eating to trigger the natural analgesics that help us cope with stress.

### **Isn’t regular exercise enough? Do I really have to lift weights as well?**

As we age, our metabolism rate declines and our bodies process carbohydrates less efficiently. Plus, we lose about 1/3 of a pound of muscle mass per year. Since 1 pound of fat burns only 2 calories per day and 1 pound of muscle burns 40 to 50 calories, we need muscle to increase our metabolism and burn more calories.

### **Is avoiding fat enough to help me choose foods wisely?**

You also need to be aware of foods containing refined sugars such as table sugar, candy, pastries and processed starches such as pasta, rice and bread. Try to choose foods with unprocessed starches as well as fruit and vegetables.

### Why does limiting sugar, carbohydrates and fat later in the day help to reduce stress-induced weight gain?

Most people find their energy and concentration levels dropping after 3 pm. Yet, because their day is not over, they consume coffee (a stimulant) or crave high-energy foods to give them an energy boost. If we haven't eaten well during the day, we tend to indulge these cravings, overeat and store the excess energy as fat.

Instead :

- Eat carbohydrates and other high-energy foods earlier in the day, providing the energy you need and use throughout the day
- Don't skip breakfast or lunch, compelling you to make up for lost energy later
- Eat lunch by 1:30 pm and finish dinner by 8 pm
- Bring an emergency snack pack of healthy foods, such as baby carrots or fruit to eat at work or while running errands before dinner
- Plan what you will eat for dinner in advance when your mind is clearer and the temptation to make the foods you crave is less intense
- Eat smaller quantities of food and chew slowly, savoring flavors and allowing your stomach time to send the signal that it is full.

### What is the link between heart rate, stress and relaxation?

When you are stressed, your heart rate is generally higher than when you are relaxed. Dr. Rollin McCraty, Director of Research at the Institute of HeartMath says, "Heart rate is a good indicator of the relative balance between the two branches of the autonomic nervous system, the parasympathetic and

the sympathetic. Lowering heart rate indicates increased parasympathetic activity which is the essence of the relaxation response."

### What can I do mentally to help me manage stress and reach my exercise goals?

**Set Goals.** Set challenging goals that are believable, regardless of your age.

**Breathe.** Breathe long and deep through your diaphragm (breathe slowly from your belly).

**Associate.** Choose to associate with your body by "feeling" every aspect of your walking stride. Visualize fibers splitting and blood pumping to your quadriceps, hamstrings, and soleus (calf muscle). Avoid dissociation, in which runners consciously strive to ignore the distress signals their bodies are sending to their brains by keeping their minds otherwise engaged away from the task at hand.

**Talk to yourself.** Self-talk takes the form of positive affirmations such as "Walking fast is easy." You can also repeat calming words to yourself, such as "relax."

**Imagine.** Picture yourself walking. Several studies suggest that when a subject visualizes him/herself training, nervous impulses are sent down the proper neuromuscular pathways to stimulate muscle fibers.

### What else can I do to cope with stress?

**Take a time-out.** Remove yourself temporarily from stressful situations by walking around the block, moving to another room, or taking 10 deep

breaths. Your response to immediate stressful situations has a greater effect on your health than the stress itself.

**Finish tasks.** Unfinished tasks, even small ones, become nagging stressors that can wear you out.

**Meditate.** Focus on a point on the ground a few feet in front of you. Breathe regularly, counting up to 100 or up to 10 repeatedly. Let go of any thoughts the moment they enter your head, and stay focused on breathing regularly.

**Practice yoga.** Yoga can involve a combination of meditation, deep breathing and stretching, all helping you to relax.

**Laugh.** Develop a sense of humor so that you can not only shrug off minor stress, but also enjoy the benefits of reduced stress hormones, increased beta-endorphins and increased white cell production that enhances your immune system.

**Socialize.** Spend time with family and friends, but avoid spending time with people who make you angry. Group participation (religious, social and work) builds a strong social network that helps to reduce stress and raise your immune system.

**Write.** Write in a journal for about 15 minutes a day, identifying what stresses you, describing what happened and your feelings.

**Try HeartMath.** To improve your mental and emotional state, try HeartMath's research-based stress relief and emotional regeneration

techniques: Freeze-Frame, Cut-Thru, Heart Lock or Quick Coherence Breathing. These scientifically-validated techniques synchronize your heart, brain and nervous system so that you can regulate your emotions and reduce stress. These powerful techniques are available in books and interactive software from HeartMath at [www.heartmath.com](http://www.heartmath.com).

#### **How can MIO help me to avoid stress and possible weight gain?**

Since an increased heart rate is a good indicator of stress, you can use MIO to check your heart rate during stressful or potentially stressful situations. If your heart rate is up, try to meditate or practice deep breathing. These activities will stimulate the relaxation response, bringing down your heart rate and helping your body find its natural balance again. Research suggests that people can consciously influence their own heart rates and promote their own well being. Also, using MIO to keep track of the calories you eat and burn can help you regulate your eating so that you are less tempted to overeat.

## GROWING OLDER, LIVING YOUNGER

You can't stop the aging process, but you can influence how you feel as you grow older and even how long you live. Taking care of your heart not only reduces heart disease, but can also slow the effect of aging on the brain. As the heart pumps the blood, it carries the oxygen necessary for a healthy brain. Taking care of your bones, joints and muscles by balancing different types of exercise can build strength and flexibility even as you reduce wear and tear on the body. Taking care of your immune system can help you avoid illnesses, feel younger and live longer. In *You: The Owner's Manual*, Drs. Michael Roizen and Mehmet Oz, provide much more comprehensive advice on how to feel young even as you grow older. Below are a few summarized tips focussing on your heart, lungs and brain as well as on joints and your immune system. Check with your doctor about whether these recommendations are appropriate for you.

### 20 WAYS TO FEEL YOUNGER AND LIVE LONGER:

1. For a healthy heart (without trying to lose weight), exercise hard enough to break into a sweat in a cool room or to leave you slightly out of breath: 20 minutes, three times per week in the Conditioning Zone (see p. 27).
2. Balance cardio exercise with strength training to maintain and build bone density: 10 minute sessions of weight-bearing exercise, three times per week.
3. Add flexibility training through yoga, which reduces stress on joints, increases strength, and, through its focus on breathing and posture, encourages an inner serenity associated with meditation.
4. Get your blood tested regularly. Ask your doctor how to adjust your diet to aim for these levels:
  - Blood pressure: about 115/76
  - LDL cholesterol: below 200mg/dl
  - HDL cholesterol: above 40 mg/dl
  - Homocysteine: 9mg/dl or less
  - Blood sugar: below 100mg/dl.
5. Check your heart's health by using your MIO to:
  - Take your heart rate after exercising as hard as you can for 3 minutes to see whether you can reach 80% maximum heart rate or better, then
  - Check your heart rate recovery to see whether your fitness level is poor, fair, good or excellent.
6. Eat healthy heart foods that boost HDL cholesterol levels such as nuts (especially walnuts), olive oil and fish (or fish oil supplements). Eat foods rich in flavonoids including tea, grapes, cranberries, 100% natural orange juice, onion, tomatoes and tomato juice.

7. Eat “brain food”:
  - 1 ounce of nuts per day
  - 13.5 ounces of fish per week
  - 1 cup of soybeans per day
  - 8 ounces of tomato juice per day or 2 tablespoons of spaghetti sauce
  - olive oil, nut oils, fish oils, flaxseed and avocados (30% of daily calories from healthy fats)
  - 1 ounce of real cocoa-based chocolate per day.
8. Drink red wine, which includes resveratrol, a flavonoid that acts as an anti-oxidant, helping to reduce aging of the arteries and to boost the immune system: 1–2 glasses a day for men, ½–1 for women.
9. Eat foods that boost your immune system such as yogurt, garlic and pumpkin seeds.
10. To help your body avoid or stave off infections, wash your hands frequently and drink filtered water.
11. When prescribed medicine, finish the full course to ensure you’ve killed the bacteria and to help keep them from becoming resistant to medications.
12. Take one regular aspirin (162 mg) per day.
13. Take vitamin supplements, including:
  - 400 mg magnesium for a stable heart rhythm
  - 600 mg twice daily calcium to lower blood pressure and to strengthen bones
  - 400 IU vitamin D daily if under 60 years of age and 600 IU if over 60 years to help your body absorb calcium and to help reduce blood vessel inflammation
  - 600 mg twice daily of vitamin C and 400 IU daily of vitamin E, which work together as an antioxidant
  - 800 mcg of vitamin B folate, plus 6 mg of B6 and 25 mcg of B12 per day to reduce homocysteine levels and to reduce risk of stroke
  - 1500 mg daily of L-carnitine if over 60 years of age, an amino acid that may decrease arterial aging and improve memory.
14. Quit smoking to reduce your risk for lung and heart diseases.
15. Learn to breathe properly: take yoga or pilates to learn to breathe deeply using the diaphragm. Breathing deeply:
  - Improves lung and blood vessel function
  - Helps your lymphatic system, which removes toxins from your body
  - Reduces stress, helping you to perform better both physically and mentally (try a mini-meditation by taking 10 deep breaths in the morning and evening, and any time you feel stressed during the day).
16. Schedule sleep: 7–8 solid hours per night for men and 6-7 hours for women to reduce arterial aging and your risk of heart attack.
17. Avoid anger, reduce stress (see Stress Management Section) and seek help for depression.

18. Exercise the brain:
- Learn a language
  - Play an instrument
  - Change your daily routines (drive different routes to work)
  - Go on vacation (yes, navigating maps and unfamiliar streets keeps your brain active).
19. Get an education: the more education you have, the more alert your brain remains as you grow older.
20. Daydream: using your imagination and encouraging non-routine thought processes keeps your brain flexible and your cognitive function high.

## INSTRUCTIONS FOR USING MioTABLES

The MioTABLES are divided into four sections: Foods, Beverages, Alcoholic Beverages and Fast Foods. The first three sections list foods and beverages in alphabetical order for easy location. You may find some foods under a group heading: for instance, green beans appear under “beans.” The last section lists fast-food restaurants. The restaurants are listed in alphabetical order as are the dishes and foods.

### How will I know what size the portion is?

Initially, you should buy a small scale and weigh all the food you eat at home. After a while you will learn approximate sizes and volumes (for example, how much 1 cup of soup fills a bowl). When you eat out, you can use some of these helpful equivalents:

- 3 ounces of meat, poultry or fish – the palm of your hand
- 1 chicken breast or 1 medium pork chop – a deck of cards
- 1 cup of potato, rice or pasta – your fist or a tennis ball
- 1 ounce of cheese – a pair of dice or your thumb
- ¼ cup cottage cheese – a golf ball
- 1 pat or tsp of butter or margarine – a quarter.

### How can I determine the number of calories in the dishes I prepare at home?

Check the calories in each of the ingredients in the MioTABLES. Add these up to find the total calories for the recipe, then divide this total by the

number of portions. So if you cut a cake into 10 pieces, you will divide the recipe total by ten to determine the number of calories in one piece.

#### **How can I determine the number of calories in prepared food?**

Check the packaging for calorie content. If you don't have any packaging or the calories are not specified, you may be able to find a roughly equivalent value in the MioTABLES. For instance, we provide caloric values for croissants and hummus.

#### **How can I determine the number of calories in the dishes I eat in a restaurant?**

Because every restaurant has different recipes for their dishes, it is impossible to list precise caloric values. However, you can ask the chef for the caloric content of a dish, or you can estimate some of the dishes using the information in the MioTABLES.

#### **How can I avoid eating too many calories while eating out?**

Ask that salad dressings and spreads such as butter be placed on the side. Be aware of and avoid the foods typically high in calories:  
Avoid foods prepared with or in the following manner:

- Bechamel sauce
- Breaded
- Cream sauce (i.e. Alfredo)
- Crispy
- Curry sauce (coconut milk)
- Deep-fried
- Fried
- Golden brown
- Gravy
- Guacamole
- Lemon and butter sauce
- Melted cheese
- Pan fried
- Sautéed

Choose foods prepared with or in the following manner:

- Boiled
- Braised
- Broiled
- Grilled
- Herbs
- Lemon or lime juice
- Lemon-dill yogurt sauce
- Marinara sauce
- Poached
- Red sauce
- Roasted
- Salsa
- Simmered
- Steamed
- Stewed
- Stir-fried

## MioTABLES

Note for food, beverage and fast food tables:

- Fat and carbohydrates are measured in grams
- All values are rounded up
- N/A – means not available

If you cannot find something in the MioTABLES, log onto Club MIO at [www.miowatch.com](http://www.miowatch.com) and check out the Nutrition Data portal that generates a complete food label, including calories, for most foods

**Replace pages 101-102 with  
pages t-1 to t-81  
from file “MioTABLES”**

**Replace pages 101-102 with  
pages t-1 to t-81  
from file "MioTABLES"**

102

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1.877.566.INFO (4636)

**This sensible guide to healthy living contains:**

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