



**Do you want to find a
place to start that is an
EASY FITNESS
PROGRAM?**

**This may help...it is aerobic exercise, low impact, good intensity to high intensity (up to you and your pace).
Get something to use like a stepper block (lower than a 90 degree angle for your knee).**

**You don't have to start anything complicated...just
"last foot down, first foot up".**

Step up on your block and down again. The last foot to come down to the floor becomes the first foot to go back up on the block. You don't have to think about which foot you use to do what. You can just watch TV and work on your stepper block. You can find better routines to do on your block and addition forms of exercise. Anytime you want to get in a good workout that is a "no-brainer", you can do this one.

To burn fat, all you need to do is elevate your heart rate for a minimum of 20 minutes, 3 times a week. It is vital to eat healthy food... 70% of your results will be from what you eat.