

*What about exercise?*



## *Key principles!*

If you're a little rusty, I strongly recommend the following;

- Move, easily, 'never' exceeding your 60-70% of max effort!
- Walking is King!
- The more the better, with a daily 20-30 minute continuous session being perfect.
- What ever you select, be certain it's rhythmic and continuous in nature.
- If you press too hard, you WILL drive sugar burning! This is NOT good!

## *Hard exercise!*

OK, for those who exercise excess of 10 hours a week, and often push towards their upper intensity thresholds, I recommend the following;

- You will NEED complex & 'some' appropriate simple carbs.
- Don't believe you can train hard solely using the keto-model!
- Oats, rice, fruit, fruit juice, and even sports drink are usually necessary.
- Use largely Keto principles, but increase your carb ratio to 'about' 30%.