

REBOOT PROJECT

THE RIGHT (REBOOT) MOVING INTENSITY

The reboot project is not an exercise/ training based program.

However, I strongly recommend;

- 1) Exercising as often as possible – daily if possible.
- 2) Policing a more manageable, more conversational-paced intensity.



The key focus of the reboot project is suppressing the appetite with the right food and a lower volume.

*Appetite balance is harder to achieve when exercising at higher intensities,
particularly with lower aerobic conditioning.*

I strongly recommend DTI exercise principles throughout the reboot project.

DTI (Default Training Intensity) Exercise.

DTI (default training intensity) defines your most fitting exercise 'effort' during the reboot.

DTI exercise fires the fat-burning energy tank (promoting ketosis) and balances your optimum appetite.

If weight loss is one of your key reasons for rebooting, DTI exercise is undoubtedly the most fitting exercise for you right now – matched with the reboot dietary menu.

In short: Choose a rhythmic & continuous movement. Gradually increase 'your' intensity towards a conversational paced/effort. Hold this somewhat comfortable effort until you finish.

That's right! For now, I want you consistently logging 'easier' non-stop movement.

Now is not the time to be blowing the doors off.

You choose: Walking, Running, Riding, Rowing, Swimming, Step-machine, Elliptical machine, whatever – remember it must be rhythmic & continuous while holding your all-day conversational effort, only.

**The more you exercise, holding your DTI (default training intensity)
throughout the reboot, the better.**

A note on weight loss.

DTI exercise not only draws energy from fat reserves (and promotes healthy ketosis), but DTI exercise helps you define your optimum caloric volume via your appetite.

It could well be that harder (relative) exercise burns more calories during the exercise session, but consequent appetite is typically amplified, leading to excessive calories.

DTI Exercise Benefits	When pressing over your DTI
<ul style="list-style-type: none">• Drives ketosis and weight loss (when needed).• Hunger suppression > the hormone leptin.• Mindset balance > dopamine, serotonin.• Balances circadian rhythm > prime sleep.• Lowers acidity > boosts immune health.• Lower risk of injury.• Lowers inflammation.• Is enjoyable for most people.	<ul style="list-style-type: none">• It trains the sugar burning system.• Appetite boost 4 hours post > hormone, ghrelin.• Appetite is drawn towards sugar or alcohol – quick fixes (particularly later in the evening).• Increases the stress hormone cortisol.• Increases temperature disrupting sleep patterns.• Increases risk of upper respiratory illness.• Harder re-balancing ideal hydration.

Determining YOUR DTI!

1. Perceived effort.

Press up to what you think is your all-day conversational effort and hold this intensity to the finish.

If you can't hold a lighter conversation while on the move, you are pressing too hard, and over your DTI.

Or

2. Calculate your DTI in Heart Rate (beats per minute).

- a) 183 minus your Age = (This is your Heart Rate in Beats per Minute).
- b) If you've suffered significant illness within the last five years; minus 6 =
- c) You've been largely sedentary over the past two years; minus 3 =
- d) You have suffered more than one cold & flu over the past 12 months; minus 2 =
- e) You are challenged regularly with muscle or joint inflammatory conditions; minus 3 =
- f) You are challenged with lifestyle stress; minus 3 =
- g) You've mainly been healthy for two years; add 5 =
- h) You've exercised regularly for three years; add 3 = (This number, your HR, is your DTI ceiling).

Your DTI Zone: From 10 beats lower than your DTI up to your DTI. Eg. 122-132bpm.

Throw on a heart rate monitor, police your DTI ceiling, and log the DTI minutes your lifestyle allows.