

# Acc(u)Life

## EXERCISE

**Exercise is encouraged but not required.  
Exercise will not accelerate your weight loss.**

Exercise can help improve heart and lung health and it promotes muscle and bone health. Fat is the layer covering the muscle, so with fat loss and toning, you'll look twice as good!

### YES

- Toning/Strength Training (several sets of 10-15 reps)
- Aerobics
- Cycling
- Power Walking
- Yoga
- Sports
- Spinning
- Jogging
- Pilates
- Swimming
- Hiking
- Running
- Dancing

### NO

- **Body Building**  
(using excessive weights where you are physically limited to 8 reps or less)

<b>BEFORE exercise</b>	<b>DURING exercise</b>	<b>AFTER exercise</b>
Dissolve 1 teaspoon of honey in 8 oz of hot tea or hot water. Drink this 20-30 minutes in advance to put a floor under your blood sugar and leave enough time to urinate prior to exercise.	Bring with you 1 liter of sports level electrolyte enhanced water. This is what you will sip during exercise to prevent dehydration from the exertion and perspiration.	Within 1 hour of completing exercise, finish drinking the liter of electrolyte water you started during exercise. If you are feeling hungry after that, in the next hour have another 1/2-1 liter of electrolyte water.

### Helpful tips:

- If you prefer cold drinks, for blood sugar (before exercise) make iced tea or lemonade. Boil 32 oz of water. Dissolve 4 teaspoons of honey in the boiled water. Steep any flavor tea bag; for lemonade add RealLemon or True Lemon to personal taste. Add zero-calorie sweetener if needed. Refrigerate. Makes four 8 oz servings.
- For hydration, make sure bottled water is not labeled "electrolytes added for taste."
- Visit [www.youracculife.com/electrolytes](http://www.youracculife.com/electrolytes) for product recommendations

**You should feel as good as ever while exercising on program.  
If you are not feeling right during exercise,  
please Contact Us for further guidance.**

### \*\*\*IMPORTANT\*\*\*

During the first 2 weeks of Phase 1 (initial detox), you may fatigue more quickly than usual. Listen to your body and end exercise for that day. Continue your regular regimen on the following day and continue to pay attention to your body's fatigue level. You will notice the fatigue disappearing as the pancreas and liver adjust to each other with the chemistry of Phase 1.

**NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND  
DOES NOT PROVIDE MEDICAL TREATMENT.  
PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.**