

DAVID LEE'S
**VITAL HEALTH
EXERCISE**

*How to Become Fit in a
Crazy Western Society*



Vital Health Exercises: How to Become Fit in a Crazy Western Society

David S. Lee

Hon. Bask., Bed. B.R.E., N.H.C., Canfitpro.
Certified Naturotherapist, Shiatsu Therapist,
Iridologist, Bio-Nutritionist and
Western/Chinese Herbalist

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Helping people rebuild from the inside out

"These statements have not been evaluated by the Food and Drug Administration. These programs and products are not intended to diagnose, treat, cure or prevent any disease. This manual should be used with the guidance of a health professional to get the best results."

In memory of my dear mentor and friend Julian Beecroft

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Preface

I wrote this book to help people understand that getting in shape is not about jumping on the latest fad or using a certain machine or joining a particular gym.

It's about transforming your perception of yourself.

It's about knowing that you are worthwhile and valuable enough to take the time to exercise, stretch and move your body so that it becomes strong, supple, lean, agile and fit. It's about looking after your "temple" (your body) — the place where you experience your life day to day. Your body is the centre of your world. If it does not work well or feel well, then your experience of everyday life is greatly limited.

It's about a lifestyle change that starts with a mental shift in your thinking. It's about making a clear life plan and life-changing decisions that transform your habits and ways of thinking about food, drink and exercise. It's about learning that whole, natural foods are out there for you to enjoy and to cook and prepare, so you can carry out the exercise routines in this book with vigor and stamina. It's about experiencing mental sharpness and clarity of thought and a sense of well being that will give you a secure sense of peace; one that says you are on the right path.

In this book, I outline various exercise routines you can do anywhere — all you need is floor space and an exercise mat or towel. If you do them regularly and learn to master them, you will always stay in good shape. Your body will stay flexible, agile, and strong. You will feel good when you go outside in your shorts and t-shirt. However, realize that this is only one half of the equation of getting in shape. Hopefully, you also are following a healthy, nourishing meal plan with lots of fruits, vegetables and quality protein. You may want to check out my Vital Health Nutrition book for guidance in that area.

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Life Plan

Welcome to my Vital Health System of fitness training.

Before we start making changes in your daily life, such as making time to exercise and implementing these new activities, we need to look at the reasons why you are choosing to make this lifestyle change.

When you begin any fitness or health program, you are changing not only the way you live your life, but also the underlying beliefs about how you should live your life. Whether you admit it or not, you have certain life values that guide you in making these daily life choices.

One of the programs I have developed over the years is the Life Plan. I encourage my clients to fill out their Life Plan at the beginning of my nutritional or training program. The Life Plan helps you identify your values and plan how you want to live out the different aspects of your life. Through the Life Plan, you will gain a clear understanding of why you want to exercise regularly and become more fit. When people have a clear understanding of why they want to lose weight, look better, and be fit they are less likely to quit when the going gets tough.

I hope you work through the Life Plan section. I put it here so it will help you succeed.