



## What type of exercises should you be doing?

While, we don't spend a lot of time discussing exercise in the program, that doesn't mean that it isn't important for your overall health and wellbeing. Any movement you can do is beneficial, whether it's weight training, going for a walk, stretching, or simply doing bicep curls with cans from your pantry while you sit on the couch.

Now, throughout your journey, you might find that you reach a certain weight loss goal, but you may still need to improve your body composition to reach your health goals. Now, if this is the case, we recommend weight training or body weight training. These exercises are excellent in helping you gain healthy, lean mass in the form of muscle mass or bone mass.