



MACHE 2009 Annual Conference Friday Workshops

Workshop: HealthWISE3: Phy. Ed, in 12 Minutes a Day

Speaker: Dr. Pete Wurdemann, D.C.

Session: III **Time:** 3:00 p.m.

Surging to Your Homeschool Potential in 12 Minutes

1. Painful and long workouts cause your _____ to work against you.
2. Doing long duration and low intensity workouts, cortisol (stress hormone) levels go up causing you to _____ weight.
3. With Surge Training, your _____ work for you.
4. Surge Training equals _____ duration and _____ intensity at your _____ ability.
5. _____ minutes of Surge Training creates testosterone and growth hormone which builds muscle and burns fat.
6. The key component to metabolism is _____.
7. _____ is the number one cause of death after the age of 65. Think muscle strength & balance!
8. Combine _____ with Surge Training for maximum results.
9. Surge intervals can be _____ seconds. (Sixty is for elite athletes only.)
10. Goal to reach for: _____ not just lighter.
11. Another factor in weight loss is _____.

12. Your _____ system is a key component to your health.
13. Formula: _____ second spike / _____ second recover (or different exercise) / _____ second spike. This is done a minimum of 3 sets 4 times a week.
14. The best time to access those fat burning muscles and build hormones is in the _____ before _____.
15. Drink plenty of _____. It helps to avoid injury and muscle soreness.
16. _____ keeps the body guessing and makes for a better workout with better results.
17. Pay attention: I'll say it one last time in a different way. It's not about your _____, but about what percent of your body is fat.
18. While doing exercises maintain good _____.
19. Speed and _____ will vary depending on fitness level.
20. When working out use both _____ and _____ body.
21. The key to working out is _____.

