Four Minute Fitness Program for Diabetes

You don’t need to do very much once you’ve developed the efficient fat burning metabolism that you’ve learned about in Diet Deception!

Yes, just four minutes a day is enough!

Welcome to the final step in my program, this step you will discover how only minutes of exercise a day can help boost your insulin sensitivity and get you living your life diabetes free. If your day is anything like mine you will understand that the last thing on your mind is exercise. In today’s world there doesn’t seem to be enough time to go around. Tim & I are getting to a point in our lives where we are supposed to start to slow down and relax more; however it seems we are busier than we ever have been. If you are feeling the same way, I have some great news for you.

I know many of you are thinking, like in many other programs where you finally get to the end to hear that unless you follow this rigid exercise program and sweat for hours a day this program will not work. Well you are in for a pleasant surprise, with just minutes of exercise a day, a healthy diet and Melabic you can normalize your blood sugar and get on the right track for success.

That’s right just four minutes a day along with a low insulin living will leave any signs of diabetes in the dust and leave you looking and feeling much better. Lots of exercise can
just cover up the ill effects of a poor sugar burning metabolism. Remember this program is going to switch your metabolism into fat burning mode whether you exercise or not.

Now let’s face facts… If you are like Tim & I you hate formal exercise, especially if you are overweight. Right?

So what are the chances of you breaking this lifetime habit if I tell you to go out and buy a treadmill and exercise like crazy?

Slim? Yes slim!

So my GOAL is to make exercise super easy for you.

But before we reveal the details of my 4 Minute Fitness Program, let’s first understand the link between diabetes and exercise.

Remembering that diet is the key element in my process and exercise is the lesser of the two. I am not saying that exercise is not good and if you like it and enjoy it, by all means you can do lots of it. After having said that I think it is very important that you remember to exercise sensibly and in moderation to avoid stress and injury to the body.

Exercise has been proven to have the following positive affects

1. Lowers blood sugar
2. Lowers Leptin levels
3. Increase insulin sensitivity
4. Improves circulation, which helps transport essential nutrients (Melabic) to your cells so they get the proper nourishment
5. Makes you look and feel better
6. Lose inches
7. Decrease stress
8. Increase energy levels

From the list you can see that exercise can have many positive effects on your life, now combined with your new found diet and Melabic, you can only imagine for the moment how life changing this will be.

One of the questions that my readers ask me all the time is

**What is the Best Time for Exercise?**

My Goal is to make exercise as simple but as effective as possible. Exercising in the evening after your last meal is the best time. This burns up every drop of excess sugar from dinner before you go to sleep. No matter how well you eat you will always have some sugar to burn. Even Broccoli has sugar. Here are a couple of helpful tips when it comes to your optimal time to exercise.

**TIP # 1 Exercise Curbs the Dawn Phenomenon**

For those who suffer from what is know as the Dawn Phenomenon (blood sugar levels are high first thing in the morning), exercise before you go to bed is ideal. Eating at least 3 hours before you go to sleep and a few minutes of exercise will help burn excess sugar and stabilize your blood sugar level.

**TIP # 2 Exercises as the Morning after Drug**

Exercise can be used from time to time when we slip on our diet. Occasionally when we slip up and eat a meal very high in sugar, exercise can be used to burn of the excess sugar and keep insulin and leptin levels from drastically spiking. This in turn keeps the excess sugar from being stored as fat.
Even though the average weight loss in response to my program may be initially small we can guarantee that the effect of these changes are long-lasting and will greatly enhance your quality of life and diabetes management skills. A study from Kansas State University reveals that exercise --- such as the one that we recommend in this program --- can prevent diabetes by raising blood levels of the good HDL cholesterol and reducing the amount of fat in your belly (Journal of the American Diet Association, Volume 100, Issue 11, 2001).

**How exercise Works**

It is very elementary. After a meal, your blood sugar rises, calling out for extra insulin, which begins to lower the levels of the good HDL cholesterol that eventually causes fat to be deposited in your belly. The only places you can store extra sugar are in your liver and muscles. Exercise uses up sugar from muscles so that after you eat, sugar gets flushed out from your intestines into your bloodstream and then directly into empty muscles.

However if you don't exercise, this same sugar can go into your blood stream and stay there, calling out extra insulin that lowers HDL and increases belly fat.

In addition to that, your blood sugar level can rise to a dangerous level and this excess sugar can eventually stick to your cells ultimately begins to destroy your body.

To make it more simple and straight: When you eat, your blood sugar level rises. In diabetics, most of the damage is done within 20 minutes after you eat because that's the time blood sugar levels are at their highest.¹ The higher the blood sugar rises, the more

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¹ *Diabetics Need to Exercise* by Dr. Gabe Mirkin The Washington Times, January 22, 2006.
sugar sticks on the cells of your stomach. Once sugar is stuck on a cell, it can't get off. It is eventually converted to a poison called sorbitol that destroys the cell. This cell destruction causes most if not all the horrible side effects that diabetics suffer from.

**However a Word of Caution**

Exercise extreme caution. Remember working your body too hard can be more damaging than working it too little. This is especially important for those who are insulin resistant or diabetic. A high intensity workout can increase stress hormones and cause blood sugar levels to rise tearing down muscle to burn as fuel. This can be very damaging for someone who is more likely to burn sugar and store fat.

**How and Why Is this Program Effective?**

As I mentioned before, for diabetics, the type and duration of exercise can have a huge impact on blood sugar responses during the activity. Likewise, the intensity of the exercise can also have a considerable impact. For instance, if you are diabetic, you would have easier time monitoring your blood sugar levels during a short, intense activity like climbing stairs or jumping jacks than during a prolonged activity such as long distance running.

Finally, exercise training can improve your fat utilization for a given intensity of activity, sparing muscle glycogen and blood glucose.
The Bottom line

Is that with an understanding of the body fuels used for an activity, the effect of insulin levels and food intake, you can significantly reduce the amount of trial and error necessary to manage your blood sugars effectively.

And you don’t need to spend hours on any activity. My Four Minutes Fitness Program is designed especially for individuals like yourself. I have a few exercises and routines for you at the end of this report; however these are only there to give you ideas of some different things you can do for exercise. I can’t express enough about the fact that a lot of times it’s not what you do for exercise it’s just getting out and doing it.

Many people are at different levels and have different situations, you may be very active or may have physical constraints – REMEMBER exercise within your limits, but remember to exercise. I am not talking about 2 hours in the gym or a personal trainer; just a few minutes a day combined with diet and Melabic will be all you need to change your life.

Here are a few things that Tim & I started doing for exercise

- Walk the dog in the park down the street
- Park the car at the end of the parking lot and walk to store
- Go up and down the stairs at home
- Sit ups while watching T.V
- Leg raises
- Push ups
I trust that you are starting to understand that when it comes to exercise, consistency and action are the key elements.

Once you make exercise part of your new lifestyle you will never look back remember, every drop of sweat that you will expend on my Four Minute Fitness Program for Diabetics will lead you towards a happy, healthy living!

**Let’s Get Started**

Below you will find some workouts that you can start doing. The great thing is that you can use your own body weight to do these effectively. Remember you may not be a fitness star overnight, but the **MOST IMPORTANT THING IS THAT YOU ARE TAKING ACTION!!!!**

**From The Heart**

Congratulations on your new life. I know you will succeed in taking charge of your health and your life. If Tim & I can do it anyone can. Remember to take things one step at a time. I have given you a blueprint to a lifestyle that will nourish your health and well being. I discovered a 3 step program that has changed many peoples lives and it’s about to change yours. You control your life moment by moment through your daily habits.

If you should fall, like most of us on occasion will, just get back up. Don’t dwell on the past for it doesn’t exist. Don’t dwell on the future for there is no such thing. Just focus on the present moment and enjoy the process of creating health and living life diabetes free.

I believe in you and I wish you all the success in the world along your journey to be diabetes free. This is not a good- bye, this is only the beginning, I truly care for you, and I
admire your courage and will. I will continue to dedicate my life to making people aware of how they can reverse diabetes and take back their health and remember I would love to hear from you, so feel free to pass your success story my way.

To Your Health & Happiness

Julia Hanf

PS Keep reading for some sample 4 minute workouts and remember stay positive and I know you can do it

I have given you some exercises that you can pick and choose from; remember to exercise within your limits. Tim & I have found the following site very useful in helping us manage our Step 3. For a complete set of 4 Minute workouts please visit http://www.yourdiabetesecure.com/quatro.html
High Knee Drill
1. Stand in place with feet hip width apart.
2. Drive knee up towards chest and quickly place the foot back on the ground.
3. Drive other knee up in a moderate to fast jog with minimal ground contact time.

Ankle Bounces
1. Stand with feet shoulder-width apart and knees slightly bent. Arms should be at sides and bent up to 90°.
2. Hop continuously on both feet using only the ankles to project body up.
3. Remember to extend the ankles to their maximum range on each hop to ensure proper mechanics (or full plantar flexion).

Toe Bounce Walks
Start on the balls of your feet. Bounce up and down using only your ankles extending to propel you off the ground. Stay on the balls of your feet at all times. This should be a light quick bounce to your walk while staying on the balls of your feet.

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Workout #1

**Adductor Raise**
1. Lie on your side and lean up on your elbow. Place your top foot over your lower thigh.
2. Maintaining this position and raise your lower leg keeping it straight.
3. Repeat for the required number of repetitions and then repeat with the other leg.

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**Lateral Leg Raise/Hip Abduction**
1. Lay on your right side, resting your upper body weight on your elbow.
2. Using your hand for balance, lift your left leg upward as high as possible.

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is comfortably possible.  
2. Hold for 5 seconds and slowly lower to starting position. 
3. Repeat for the recommended repetitions and repeat with the other leg. 

**Trainer's comments:**

**High Knee Drill**
1. Stand in place with feet hip width apart. 
2. Drive knee up towards chest and quickly place the foot back on the ground. 
3. Drive other knee up in a moderate to fast jog with minimal ground contact time. 

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**Trainer's comments:**

**Single Leg Hip Extension**
1. Lie on your back on the floor with your knees bent and feet flat on the floor or on a balance disc. 
2. Raise one foot into the air and press your other foot into the floor or disc until your hips come up off the floor. 
3. Press until your hips are at full extension. 
4. Return to the starting position and repeat for the prescribed repetitions. Repeat
with the other leg.

**Trainer's comments:**

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| 1) Lie face down on the floor with hands palm down, fingers pointing straight ahead, and aligned at the nipple line.  
2) Place hands slightly wider than shoulder width, and feet should be at hip width with toes on floor.  
3) Start position: Extend the elbows and raise the body off the floor.  
4) Lower your entire body (legs, hips, trunk, and head) 4-8 inches from the floor starting with the head first and follow with the shoulders and waist. It should look like you are diving down towards the ground.  
5) Return to the start position by extending at the elbows and pushing the body up.  
6) Remember to keep the head and trunk stabilized in a neutral position by isometrically contracting the abdominal and back muscles. Never fully lock out the elbows at the start position and avoid hyperextension of the low back.  |

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**Trainer's comments:**
### Crunch
1. Start position: Lie back onto floor or bench with knees bent and hands behind head. Keep elbows back and out of sight. Head should be in a neutral position with a space between chin and chest.
2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench.
3. Return to start position. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

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### Pushup Superman w/ Alternating Arms
Starting Position: Start the movement in a plank position. Holding that position, raise your right arm and left leg off of the ground.

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Return to the starting position and repeat with the other arm and leg. Hold each lift for 1-2 seconds.

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**Lying Side Crunch**
1) Lie with back on floor or bench with knees bent.
2) Start position: Let your knees fall to the right so that your hips are somewhat rotated.
3) Leading with the chin and left shoulder, contract abdominal muscles and raise left shoulder off floor or bench towards left knee.
4) Return to start position. Repeat with other side.
5) Remember to keep head and neck in neutral position throughout movement. Do not twist excessively - elbow does not need to touch knee.

**Trainer's comments:**