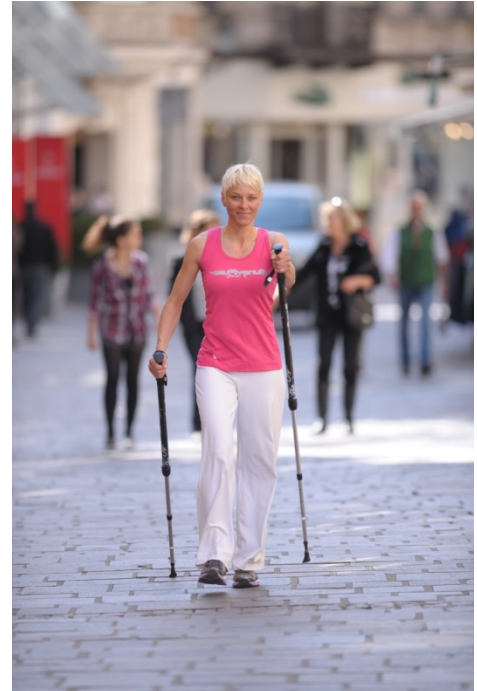


10 000 STEPS WITH BUNGYPUMP

The healthy way to lose weight, that's easy and without any side effects that will harm your health. The idea is to walk 10,000 steps per day with BungyPump poles to reduce weight, increase strength, keep the heart healthy and boost energy levels. The idea was originally suggested by Japanese doctors and nutritionists as a preventative means against heart disease, type B diabetes and many other diseases due to an inactive lifestyle. BungyPump may be a part of this idea.

The program is very simple, first take a pair of BungyPump poles (enough with 8.8 pounds of resistance), a pedometer and wear it on you when you're exercising with BungyPump. When you know how many steps you walk each time you go out and exercise, gradually increase until you reach 10,000 steps in total per day.



The perfect speed

Count only the steps you take at a brisk pace. Walk with springiness in your steps; this will increase the demand for oxygen in your body that causes your heart, lungs and muscles to work more efficiently.

In order to find out which speed is perfect for you, you need to walk so that you can hold a conversation with someone without getting out of breath. If you can't hold a conversation at the pace you're walking, slow down the speed of your steps and adjust it to be suitable for you. When you walk at an appropriate speed your heart will beat faster, breathing will be faster and you will notice an increase in body heat (if possible, use a heart rate monitor for your workouts for the results to be more objective and qualitative).

How many steps does a person walk per day?

Most people walk between 3,500 and 5,000 steps per day, which is considered as a sedentary lifestyle.

Between 5,000 and 8,000 steps is considered to be normal activity.

Between 8,000 and 10,000 steps is considered to be medium to high activity.

Persons using 10,000 steps a day are considered "active" and those with more than 12,500 steps "very active".

Must it be 10,000?

It doesn't have to be 10 000 steps for everyone, for those who already live an active lifestyle and exercise other sports, it would be quite difficult to add additional 10,000 steps per day. Surveys conducted by Dr. Catrine Tudor-Locke show that 6,000 steps per day reduces mortality among men. But the amount of 10,000 steps comes from Japan, where the pedometer, which has become so popular in recent times, is called "Manpo-kei," which means "10,000 steps meter". Dr. Yoshiro Hatano devoted several years to come to the results of what is the most appropriate level of physical activity in order to reduce obesity and prevent heart disease. His studies show that a

majority of people walk between 3,500 and 5,000 steps per day, and based on that, he suggested that one should increase the physical activity more in order to make up for a sedentary lifestyle.

Do I have to walk all the steps at once?

Much has been said about how to practice exercise, whether it is better to spend a longer time between 30 and 60 minutes, or if it is better to divide the physical activity into shorter sessions and distribute them throughout the day. If it's about walking, it is better to implement it in sessions of 1,500-2,000 steps throughout the day. The latest research has shown that even a few minutes of exercise generally helps to improve health.

Pedometer

A pedometer is an electronic instrument that measures the amount of steps that we take, mostly because we attach it at the waist with a clamping mechanism. There are different types of pedometers and at different price range, some contain a radio or mechanism that measures the amount of body fat, others can adjust to multiple users by having individual memories, and much more.

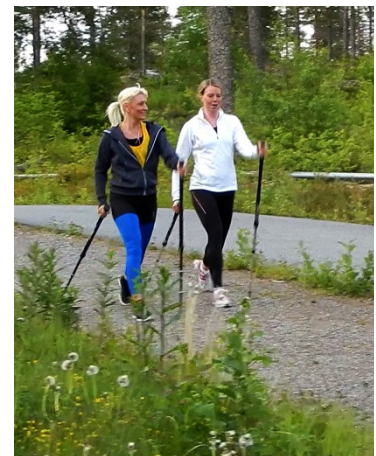
If you do not have a pedometer but want to count, you can count the number of steps you take.

Another method is to calculate how many steps you walk in ten minutes and that way get an idea of how many steps you walk in a half hour or however long time it is you're walking.

For example: if you anticipate that you walk 1,000 steps in 12.5 min, it means that you walk 10,000 steps in 125 minutes, which is 2 hours and 5 minutes.

Advice to get out and walk with your BungyPump poles three-four times / week

- Find one or several friends who want to go out and walk together with you, it's much more fun and enjoyable that way.
- If you have a dog, use that to go out and walk a couple of kilometers.
- Plan and organize field trips.
- Develop your week by setting goals at the beginning, put up some that are easy to fulfill, and this will help you succeed with the more long term goals that you set up.



How do I start?

If you are very overweight it is recommended that you first talk to your doctor and get his opinion before you start the program.

BungyPump is a physical activity that normally doesn't present any danger; we are born with a pair of legs that are designed to take us from one place to another. Furthermore, it is very economical because the only thing you need is a comfortable pair of exercise shoes and a pair of BungyPump poles. Remember that almost half of the muscles in your body are specifically designed for walking.

Remember that it is much better to walk little by little every day than to postpone all the physical activity for the weekend.

Some of the benefits you will notice when walking 10,000 steps per day with BungyPump...

- You will feel less tired and more vital and have more energy to do more things
- You will feel more confident and less stressed, which will result in better sleep habits
- You improve the health of your heart by lowering cholesterol and blood pressure
- You will easily maintain your ideal weight, you will lose weight and improve your health
- You will gain muscles and stronger bones in the upper and lower body
- You will reduce the risk of heart problems
- You will reduce the risk of depression and anxiety
- You will reduce the risk of having a heart attack
- You lower both cholesterol levels and triglycerides (fats) in the blood and increase levels of high density lipoproteins, or also called "good cholesterol"
- It will help you lower your blood pressure if you have high blood pressure
- It will help you reduce the risk of getting type B diabetes
- You reduce the risk of colon cancer
- It promotes the body's overall wellbeing
- It strengthens your immune system
- It will reduce fatigue

Initially, it will cost you to achieve 10,000 steps per day, but with persistence and determination, it will not take long to reach your goal on most of the days. At the same time you should implement some changes to your diet.

In a short period of time, the results will speak for themselves, you will start losing weight and gaining muscle, you will feel much better, have a better self-confidence and more energy. In that moment you will understand ... **"THE POWER OF THE BUNGYPUMP POLES "**

