

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

ab12. 10, 10, 10, 24-7
By Dr. Victor Jean Ouellette
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What does this mean?

The OptimalHealthSecrets.com exercise lifestyle modification procedure. These procedures are specifically for people who do not like to exercise. It is far better to get something easy going than to get nothing going at all.

Ten pushups
Ten Sit ups
Ten times
Every day
Seven days a week

It takes less than one minute to do 10 pushups and 10 sit ups.

If you cannot do 10 pushups on the floor, then do them on a chair.
If you cannot do 10 pushups on a chair, then do them against a counter.
If you cannot do 10 pushups against a counter, then do them against a wall.

If you cannot do 10 sit ups on the floor then do them on a chair.
If you cannot do 10 sit ups on a chair then do them on the couch.
If you cannot do 10 sit ups on the couch then do them on a bed.

If you cannot do a full sit up, then do a partial sit up. Just raise the knees and lift the head. The key is to get started on something. Get started right now.

Start 10, 10, 10, 24/7 today.
Start right now.
Get down and give me 10.

10 when you wake up
10 before breakfast
10 after breakfast
10 at lunch
10 at the end of lunch
10 when you get home from work
10 every hour until bedtime

You CAN do this. Just start right now. Do 10 standing pushups against any wall that is closest to you.

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