



HealthyBodyHealthyLife
with *Melissa Koerner*

Total Transformation
Module 5 – Part 3:
When to “Work In” Versus “Work Out”

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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There are Two Kinds of Exercise...
“Working In” and “Working Out”

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“Working Out” Exercises Are Movements That Are Rigorous and Intense

- They **elevate** your stress response by **increasing** your heart rate and breathing and **shutting down** digestion and elimination.
- They **use** up energy, which is why you get hungry and tired after.

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Examples of Working Out Activities...

- Running
- Kickboxing
- Weightlifting
- Intense sports like soccer or tennis
- Any activity that burns a lot of energy, hence the term “work out.”

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“Working in Exercises” are Movements That are Gentle and Energizing

- They activate your **relaxation** response by **lowering** your heart rate and breathing and **supporting** the “biological pump,” aiding in digestion and elimination, repair and metabolism.

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Examples of Working In Activities...

- Slow walking
- Gentle, restorative yoga
- Tai Chi
- Gentle, restorative Pilates
- Light swimming
- Leisurely bike rides
- Activities that create energy (the opposite of working out), hence the term “work in.”

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Working Out vs. Working In

- People think they need to “**work out**” to accomplish their health goals.
- i.e. to gain **energy**, change **body shape**, overcome **pain**, have a fitness **dream** i.e. run a marathon, hike a mountain, keep up with kids and grandkids etc.
- But they’re often setting themselves up for **failure**, because they should be “**working in**” instead of working out.

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Here's why...

We all experience various **forms** and **degrees** of stress
i.e. mental/emotional, spiritual, nutritional,
physical/movement, sleep deprivation, poor digestion,
environmental/toxin etc.

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If you're already **energy-drained** from all the stressors in your life...

Doing high intensity "workout" exercises **adds** to your stress by **elevating** the stress hormone cortisol even more.

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This brings your body further **out of balance**, **suppressing** your immune system, creating **inflammation** and setting the stage for **sickness** and **disease**.

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Inflammation and Imbalance Leads to Weight Gain and Other Health Issues...

- Store excess body fat especially around the belly
- Fatigue
- Weak and achy muscles, bones and joints
- Injuries
- Elevated blood pressure and cholesterol
- Auto-immune conditions and other inflammation-related health problems

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Experiencing too much stress is like wearing a **heavy backpack** all the time!

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So, When You're Under A lot of Stress...

Working out ends up causing more
harm than good!

It's like **adding** another heavy stone.

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A quick test you can do...

If you get **exhausted** at the very idea of
“working out” then your **mind-body** is
telling you very clearly, you need to **work in!**

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Assessing Your Stress Load

- If your total score on your Inflammation Susceptibility Questionnaire is **120 or above...**
 - No matter how much you like high intensity exercise, it will do **more harm** than good.
 - You would benefit from focusing on work-in exercises until you **lower** your total score.
- Your goal is to lower your score **below 80.**
 - When you do, your body will respond **better** to high intensity exercise.

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Score Chart

Date: _____

	Nutrition & Digestion	Stress & Emotions	Sleep & Energy	Exercise & Strength	Total Score
High Priority	356	204	180	120	860
	60	60	60	60	⊖
	40	40	40	40	160
Moderate Priority	30	30	30	30	⊖
	20	20	20	20	80
Low Priority	10	10	10	10	⊖
Score Totals					

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Keep in Mind...

Being **fit** and being **healthy** are
NOT the same.

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You Need Energy to Workout

- You must **cultivate** enough energy through healthy eating, proper hydration, adequate rest and relaxation, stress management, and trauma healing to reap the **benefits** of working out.
- If you don't have enough energy, the "feel the burn" approach to exercise will only **break you down**.
- If your exercise intensity is **taking** more out of your body than you're **putting in** with your eating, rest and stress management plan, you'll **never** lose weight or reverse your chronic health issues permanently. .

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Start with Work-in Exercise to Lower Your Stress and Increase Your Energy...

Your body needs a lot of work-in energy to benefit from working out!

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When It's Time to Workout

- You'll know it's time to do some workout exercises when your body truly feels **energized** and you have a **natural desire** to do something more intense.
- Even when you work out it's a good idea to incorporate a **balance** of work in exercises right before, right after and/or on days in between.
- I created a **video** for you with some of my favorite "work-in"/energizing exercises.
- Try them all and do the ones you like the **best**.

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Next Up...

**Module 5 – Part 4:
How to Create a Balanced Exercise Plan**

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