



Healthy**Body**Healthy**Life**
with *Melissa Koerner*

Module 5 - Part 3
When to Work In
Versus Work Out



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HealthyBodyHealthyLife.com

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| WHEN TO WORK IN VERSUS WORK OUT

Here's your success checklist:

- If you haven't already, complete the Inflammation Susceptibility Questionnaire.

Use the results to assess your stress load. If your total score is **120 or above**, no matter how much you like high intensity exercise, it will do *more harm* than good. You would benefit from work-in exercises to start. Your goal is to lower your score **below 80**. When you do, your body will respond better to high intensity exercise.

- Watch the Work In Exercise Plan video. Try them all and do the ones you like the best.

Write down one form of work-in exercise you can commit to doing each day.

- Listen to your body to determine when it's the right time to work out.

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.

Remember, 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.