

EXERCISE GUIDE

excerpted from The Decadent Detox

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the **decadent detox**

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Movement is vital during cleansing to assist the lymphatic system as it works to expel toxins. Unlike the circulatory system (in which the heart serves as a pump), the lymphatic system relies on movement to conduct its fluids through our systems.

We encourage at least 30 minutes of gentle movement every day during the cleanse.

Days 1-7 (Prior to Juice Fasting):

If you have a regular exercise routine, maintain it. However, listen to your body, and don't push yourself. Your body is utilizing additional energy reserves during this period of intense detoxification and regeneration. So, rest when you need to.

If you don't exercise regularly or don't feel up to vigorous physical activity, we recommend engaging in some kind of gentle movement for at least 30 minutes each day such as walking, yoga, tai chi, or rebounding to help move the lymphatic system, which will help you expel toxins, and get the most out of your cleanse.

Exercising outside in the sunshine and air by walking, hiking, or stretching at a local park or other outdoor area is ideal.

Days 8-10 (Juice Fasting Days):

During fasting, your body is engaged in a more intense level of cleansing and repair which utilizes a lot of energy. You're also consuming a reduced amount of calories during this period, so you will be processing less energy from food.

Limit your daily physical activity accordingly. If your body is exhausted from strenuous physical exercise, it has less energy for detoxification and regeneration.

We recommend taking a break from running, cycling, lifting weights, or other intense physical activity. Walking, stretching, rebounding, yoga, tai chi, and other gentle forms of movement are more appropriate for moving the lymphatic system to dial up detox.

Engaging in gentle movement for 30 to 60 minutes each day during this period will maximize your results.

Recommended Exercise During Fasting:

- Walking
- Rebounding
- Hiking
- Gentle Yoga
- Tai Chi
- Stretching

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Days 11-13 (Breaking The Fast - Phases 1-3):

Your body will create more energy today as it transitions back into clean eating. However, your body is still in the deepest part of the detox and repair process. Most people report that they have about 50-70% of their normal energy levels during this period of the cleanse.

Your body is still not ready for strenuous activities such as running, cycling, or lifting weights. We recommend increasing your cardio workouts gradually during this time. Listen to your body, and don't push yourself until you feel ready.

Enjoy 30 to 60 minutes of walking, stretching, rebounding, yoga, tai chi, or other gentle movement to assist the lymphatic system in expelling toxins.

Day 14 (Last Day Of The Cleanse):

Today you should be feeling more energetic, but you are still cleansing.

Most people report feeling ready or close to ready to engage in their regular exercise routine. However, every experience is different. Listen to your body, and slowly reintroduce more strenuous activities such as intense cardio, weight-training, and running.

If you didn't have a regular exercise routine, move in some way for 30 to 60 minutes by walking, stretching, or rebounding, or practicing yoga or tai chi to help move the lymphatic system to support the cleanse process.

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