

WELCOME

Hi. I am Norma Macdonald.

I'd like to welcome you to *Fit to Ride*, a weight loss guide.

First of all, I'd like to say "Congratulations." You have taken the 1st step toward taking charge of your health and fitness level.

In this course, you and I are going to explore the tools that are necessary for you to be successful in managing your weight.

Together, we will develop a plan to implement a healthy program of exercises and diet that is tailored to your lifestyle.

It is my hope that you will lose weight gradually, safely and permanently.

You will have all the tools necessary to be fit to ride.

QUESTIONS

Lesson 1.

Including the weight of your saddle, what is the maximum amount of weight that you should weigh for your horse? What are your S.M.A.R.T. goals for achieving this desired weight?

Lesson 2.

Show the mathematical formula for determining an appropriate daily caloric intake for yourself.

Lesson 3.

Describe several different ways that you can increase your aerobic activity. Discuss the frequency, intensity and duration of these activities that you feel is attainable for your lifestyle.

Lesson 4.

Design an appropriate weight lifting program for yourself. Include the # of sets and reps that you feel is right for you. Describe each exercise using the type of equipment that is available to you.