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# WARRIOR'S WEIGHT LOSS

**Video Sessions Outline,  
Listening Guides, and  
Discussion Questions**

SESSION #10 | LISTENING GUIDE

# WARRIOR EXERCISE

**Story of Proverbs 28:1 (Tony not wanting to run with me)**

*“She equips herself with strength (spiritual, mental, and physical fitness for her God-given task), and makes her arms strong.” Proverbs 31:17*

When it comes to exercise- how do we establish what type, and in what amount, is best for us? Why is exercise so CRITICAL for weight loss?

**BEST EXERCISE TYPES**

Not all types of exercise are the same, yet they all have benefits!

Helpful genes to evaluate (when determining best types of exercise, duration, intensity and the body’s ability to store or use fat)-

APOE4-                      APOA5-                      FTO-

Helpful things to consider when determining your best exercise strategy: schedule, routine, likes, dislikes, physical limitations, budget-

Most important factor- SIMPLY GET MOVING! -

**HIGH INTENSITY INTERVAL TRAINING (HIIT)**

Utilizes both anaerobic and aerobic (not exclusively relying on oxygen)-

Mostly fueled by stored carbohydrates-

Breathe harder and burn more fat than steady state cardiovascular training-

Super efficient and effective form of exercise-

Higher calorie burn during workout and higher average “after burn” (EPOC effect)-

## **TRADITIONAL CARDIOVASCULAR**

Relies exclusively on oxygen (aerobic)-

Fueled by stored fat (provided you work long enough to begin to actually need fat as a fuel source-once you’ve burned through all the stored glycogen)-

Focus is sustained duration rather than intensity-

This is great for endurance training-

## **WEIGHT TRAINING**

Improves fat loss by building lean muscle (metabolically stronger- burning more calories per hour)-

Improves bone density-

Helps prevent injury (providing joint stability)-

## **EVALUATING YOUR WORK INTENSITY**

**Heart Rate** (target working zone) - Can be evaluated by wearing a heart rate device or smart watch of some sort. Heart rate may also be calculated manually using this simple formula.

$(220 - \text{your age}) = (\text{maximum heart rate} / \text{MHR})$  or  $(\text{heart rate max} / \text{HRmax})$   
 $(\text{MHR} \times 80\%) = (80\% \text{ range})$        $(\text{MHR} \times 60\%) = (60\% \text{ range})$

For example, a 45 year old would calculate as follows;  $(220 - 45 = 180 \text{ MHR})$

$(180 \times 80\% = 144)$      $(180 \times 60\% = 72)$

To maintain a training zone that is between 60%-80%, your heart rate needs to stay between 72- 144 bpm. **This target heart rate range will seem too easy after awhile due to the training effect- but this is a very accurate starting point for most people.**

**The Karvonen formula** -GOLD STANDARD FOR ACCURACY! Heart rate reserve multiplied by percentage of intensity plus your resting heart rate. (for example, a 40 year old with a resting heart rate of 65 would calculate as follows:  $220 - 40 = 180$  for Heart Rate Max. Then, you take that heart rate max and subtract your resting heart rate as follows:  $180 - 65 = 115 \text{ RHR}$  This gives you the low end of your training zone= 115 (rather than the 72 you would have gotten using the first formula).

Finally, to calculate the higher end of your training zone- (let's call it 80%)- you simply take your resting heart rate calculation (115), multiply that by 80%, which gives us= 92 , then add your morning resting heart rate back in  $(92 + 65)$ , to give you the high end of your training zone ,157 beats per minute. Like this=  $180 - 65 = 115$ ,  $115 \times .80\% = 92$ ,  $92 + 65 = 157$ , so

according to this example, the best training zone for this individual to keep their heart rate will be between 115-157 beats per minute.

### **Step Count**

Another way to monitor your progress is to evaluate your steps!

Many technologies are available to help you accurately measure your daily steps.

Most Americans average 2,000 to 4,000 steps daily. (less than 5,000 is considered sedentary).

Research shows a minimum of 10,000 steps daily has tremendous health benefits.

2020 study showed: 8,000 or more steps per day- decreased risks by 51%, and those who took 12,000 or more steps per day- decreased risks by 65%.

### **The Borg RPE (Rate of Perceived Exertion) Scale**

Rating is based on scale of 6 (lowest)- 20 (maximum) level of exertion.

Measured by sensation and breathing- "talk test"

**CONSISTENCY IMPROVES REWARD EFFECT AND MOTIVATION!**

**A HEALTHY BODY NATURALLY REACHES  
A HEALTHY WEIGHT!**

## SESSION #10 | REFLECTION AND DISCUSSION

# WARRIOR EXERCISE

Your healing is His priority- Embrace and personalize the truth of these scriptures...choose 2-3 to study, meditate on, and discuss..

Proverbs 4:10, Proverbs 17:22, Proverbs 31:17, Psalm 91:16, Isaiah 40:29, Luke 21:34, 1 Timothy 4:8 , 1 Corinthians 6:13-20, 1 Corinthians 7:32 , Philippians 4:6,

**We read in 1 Timothy 4:8, that while physical training is less important than spiritual training, it is still of some value. (I will take whatever value is available to me from physical training!) What positive effects of physical exercise have I already experienced in my life? What positive effects do I hope to experience in the future?**

**What is the difference between HIIT, traditional cardiovascular, and weight training exercise? Which of these have I already tried and what was the outcome? What type of physical exercise am I ready to implement on a regular basis? (stay open to new opportunities and experiences!)**

**What has been an obstacle in my consistency with exercise in the past?  
How can I eliminate these obstacles or excuses?**

**As I evaluate my current activity level, how many steps am I currently getting daily? How can I increase my daily step count and activity level?  
Ask the Lord for creative ways to become more active!**

**Who in my life will benefit from my being more active and improving my current fitness level?**

**What will be a good target heart rate zone for my training?**