Surprisingly Easy Exercise Moves & Journal

CarbMelt™

Surprisingly Easy
Exercise Moves & Journal

Exercise is effective in slowing aging and in helping to prevent heart disease, arthritis, osteoporosis, and other diseases of aging. It also strengthens bones and muscles. Exercise prevents arthritis, most likely, because a well-conditioned muscular system keeps the body in proper alignment. Since muscles hold the skeletal system in place, weak and out-of-shape muscles cause the body to be poorly aligned anatomically. When joints become crowded, their natural gaps and lubrication are reduced, so grinding during movement wears them down even further.

You must be careful not to "over exercise," because if you push beyond your metabolic capabilities, you become subject to a variety of ailments, including tissue damage, hormone imbalance, immune system dysfunction, or injury. Combined with the use of performance-enhancing drugs, such as anabolic steroids and amphetamines, many athletes are destroying their health in their quest for glory. Exercise must be part of a healthy lifestyle, including a good diet and nutrition. Avoid negative habits, like smoking and excessive alcohol. Exercise does not have to be stereotypical or extremely difficult, but good exercise should provide extra demand on your system that is not normally experienced. Many patients say, "Well, I walk all day at work." As I said earlier, with extra demands (not normal experiences), your body will adapt to the new (good) stress and become conditioned, stronger and healthier.

This means you should change your exercise routines regularly as well.

You must exercise correctly and learn how to do it without causing injury. You need to educate yourself and know your goals. If you perform below your expectations on some days, it is ok. Your body has its own biorhythms and will fluctuate in energy and strength from one day to another.

The biggest thing is to do something you enjoy and just do it.

Remember, you're never too old to start exercising. Start now! It doesn't matter how old you are. Exercise can also slow down cognitive or mental decline changes that often accompany aging. Exercise has also been shown to increase learning and memory by doubling the number of cells in a part of the brain called the hippocampus. Exercise has been shown to improve immunity, reduce body fat, and improve mood states. It is a known fact: regular exercise improves glucose metabolism and insulin sensitivity and reduces cholesterol levels.
While exercise is wonderful, there are circumstances when it can do more harm than good. Over-exercising or incorrectly exercising is stressful on the joints and can cause something called oxidative stress. Those who eat poorly, smoke, or do drugs can really increase the risk of oxidative stress while exercising. If you live in areas of high ozone, oxidative stress can be worsened. Taking supplemental antioxidants can reduce oxidative stress.
You have to move it and love it! Always remember... challenge equals change! You constantly have to challenge yourself to improve your body contour, tolerance levels, and fat burning qualities.

Dr. Tammy

Dr. Tammy Tucker
Creator of CarbMelt

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

CarbMelt™

Surprisingly Easy
Exercise Moves & Journal

TIPS: Don't eat within 1-2 hours of your workout, or you will just burn the calories you consumed, defeating your purpose. You want to burn the "stored stuff." You want your insulin level low and keep it low during the workout. You can drink all the water you want. Watch the sports drinks, as they usually have lots of carbs.

(First, make sure you are healthy enough to exercise by getting a medical examination from your doctor.)

Okay, this doesn't have to be hard.

Yay!!

11 minutes a day? Do you have 11 minutes a day? Here's my simple plan to get you in shape.

1. Put on some really fast music and get a timer.

2. Stretch lightly for 30 seconds.

3. Do the following exercise for 11 minutes in intervals.

30 seconds run in place as HARD as you can!

30 seconds rest.

30 seconds punch the air as hard as you can!

30 seconds rest.

30 seconds get up and down from a chair as fast as you can!

30 seconds rest.

Repeat circuit five times, then cool down/stretch for 1 minute or do a combination of the following exercises in 20 minute cycles as above. Mix and match to avoid getting bored. Journal what exercises you do each day to keep track and introduce variety.

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

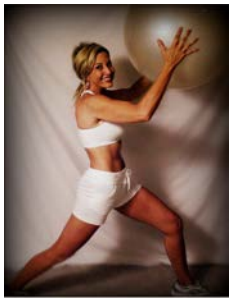
CarbMelt™

Surprisingly Easy
Exercise Moves & Journal

Exercise Ball: Round The World

Start with your exercise ball above your head, arms extended, then rotate the ball clockwise for 5 reps then counter clockwise for 5 reps. A stay ball with sand in it really works your arms. Suck in your abs while you do this exercise for more abdominal strengthening.

Exercise Ball: Lunges



Stand with ball in front of you and lunge forward then pull the ball into your extended knee and repeat 11 reps.

Exercise Ball: Pushups

Lying on the ball (as shown), use your arms to lower your chin close to the floor, then push back up. Repeat 11 reps.

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

CarbMelt™

Surprisingly Easy

Exercise Moves & Journal

Kettle Bell: Round The World

Same thing as with the ball, but now, with a heavier weight. Start with a 3lb. kettle bell. (Never lift more than you can handle with muscle fatigue.)

Kettle Bell: Ski Bumps

Hold kettle bell in front and bend knees, like you going over little bumps skiing.

Kettle Bell: Hula Hoop

Hold kettle bell overhead and rotate hips like you are doing a hula-hoop.

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

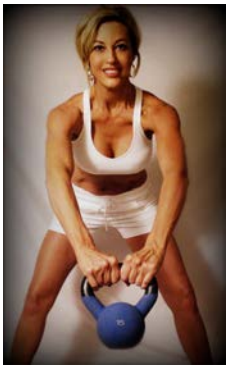
CarbMelt™

Surprisingly Easy
Exercise Moves & Journal

Kettle Bell: Round The World

Throws

Kettle bell up over shoulder and drop down to opposite knee. Keep your thighs and back as straight as possible. Repeat 11 reps.



Drops

Stand tall with feet slightly wider than hips. Keeping a straight spine, bend knees slightly and send hips back to pick up kettle bell with both hands by the handle. Pull shoulders back and lift chest, and keep weight towards heels. Rise back up and repeat 11 reps.

Band: Froggies

Bend over with the band around your shoulders and feet. Keep your abs vertical with the floor and bend your knees. Repeat 11 reps.

Band: Squats

Squat all the way down to your knees, buttocks to ankles. Rise. Repeat 11 reps.

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

CarbMelt™

Surprisingly Easy

Exercise Moves & Journal

Band: Lunges

Band stretched out, lunge deep, bending back leg. Repeat 11 reps.

Band: Side Bends

Use band to stretch side to side overhead. Repeat 11 reps.

Band: Donkey Kicks

Stretch band behind and kick out behind. Repeat 11 reps.

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

YOUR DAILY
JOURNAL

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

MONDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

TUESDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

WEDNESDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

THURSDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

FRIDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

SATURDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

SUNDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

MONDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

TUESDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

WEDNESDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

THURSDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

FRIDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

SATURDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

SUNDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

MONDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

TUESDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

WEDNESDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

THURSDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

FRIDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

SATURDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

SUNDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

MONDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

TUESDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

WEDNESDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

THURSDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

FRIDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

SATURDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

SUNDAY

DATE:_____

EXERCISES DONE TODAY:

_____

_____

_____

HYDRATE!!! Check off each 8 to 12 ounce serving of water you had.
Tea and Sodas of any kind DO NOT COUNT.

INTENTION TODAY:

_____

_____

TODAY'S GRATITUDES:

_____

_____

©2020 CarbMelt All Rights Reserved Written by Dr. Tammy Tucker

What Makes CarbMelt™ Unique?

More than 20 years of clinical experience treating thousands of patients was leveraged to develop CarbMelt, incorporating a unique approach of science and innovation. Founded by Dr. Tammy Tucker, a board-certified family physician, author, and creator of multiple international wellness programs, ***CarbMelt is designed to enhance metabolism*** and address metabolic hormone weight issues at the source.

Are you having trouble losing weight and melting that stubborn and dangerous belly fat?

Do you feel like your Hormones could be the cause?

What if it's not your fault?

Hi! Dr. Tammy here — Fitness and metabolic expert, best-selling author, and founder of CarbMelt™. For more than 20 years, I (Dr. Tammy) have been best known as the "hormone queen" for my expertise in bio-identical hormone therapy. I have appeared on Fox, CBS, NBC and, and various other media outlets. I am passionate about inspiring you to live your healthiest life and I personally have devoted 30+ years doing just that.

Maybe you just want to become leaner and more fit, but nothing seems to work. And believe it or not, I know exactly how you feel. I've been there and it's not fun. I was once 80 pounds overweight, depressed, and lost all hope despite the restrictive dieting and over-exercising, until I understood the chemistry behind and the power of Hormone Balance...

I just couldn't lose weight and was tired and hungry all the time. It wasn't until I understood the science behind how the metabolism works that I found hope. Now I'm 30 years older and in the best shape of my life despite an under-active thyroid, compounded by female hormone issues I've had my entire life...until I discovered hormone balance.

There's a diet being touted and a gym on every corner, so why does our nation keep gaining weight? The reality is that diet and exercise alone aren't enough. The fact is...if you're over 30, have any kind of health issues, or are too busy to find the time to eat right and exercise, you probably won't lose weight until you forget everything you've learned about eating for weight loss and tried a new approach. To get your body to release excess fat and allow weight loss to happen, you must first address the underlying issues that caused weight gain.

Join thousands of others who have experienced a whole new life through the power of taking back control of your hormones.

So if you're ready to lose weight and melt off belly fat, this plan's for you. Welcome to the CarbMelt™ System!

Carb Blocker

Targets Cortisol Belly

CarbMelt™

A Physician Formulated weight loss solution created by Dr. Tammy with over 20 years of experience with heklping patients lose weight!

CarbMelt.com

Dr. Tammy Tucker
Creator of CarbMelt™