

DO IT FOR
YOURSELF!

CLASSIC EXERCISE GUIDELINES

While we encourage an increase in incidental activity, exercise is not essential to achieve results while following your Tony Ferguson Classic plan.

The plan reduces overall calorie intake which will promote results, however, if you do want to exercise, use the table below as a guide to the extra foods you should include in your routine.

These extra foods should only be consumed on the days when you are completing exercise.

EXERCISE INTENSITY	PRE-EXERCISE SNACK	POST-EXERCISE SNACK
Low	½ extra fruit serve	½ extra fruit serve
Medium	1 extra fruit serve	1 extra protein serve
High	1 extra fruit serve	1 extra protein serve

Low Intensity: No noticeable increase in breathing or heart rate with constant movement. Less than 60 minutes. E.g. Walking, yoga etc.

Moderate Intensity: Will cause a slight increase in breathing and heart rate and may cause a light sweat. 30-60 minutes. E.g. Walking at a moderate pace.

High Intensity: Will cause heavy breathing, puffing and panting and large increase in heart rate. 60 minutes or more. E.g. jogging, spin or step class.

Watch the "[Exercise guidelines](#)" video on [our YouTube channel](#) for more info.

We recommend waiting two weeks before starting an exercise program to allow your body to become accustomed to the dietary changes on your Classic eating plan.

Please consult your doctor prior to starting any scheduled exercise.

