

APPENDIX G—AN EXERCISE ROUTINE THAT WORKS FOR ME

By J. Morris Hicks

Ideally, you'll have the kind of schedule and budget that permits you to join a fitness center and hire a personal trainer to get you started--and keep you going. But not everyone has that luxury. Here's the way I do it:

- Visiting the fitness center in my building EVERY day that I wake up in my Stamford, CT, home--varying my schedule, but always including both aerobic and strength training.
- Taking a brisk 40-minute walk every day that weather permits. (This used to be a run, until my son told me to shift to a brisk walk after hearing me complaining about my knees.)
- Engaging in sports and recreation activities that keep my body in motion: skiing, golfing, sailing, cycling and walking. (I quit tennis after rupturing my Achilles tendon in 2010.)
- Walking to the grocery or to my New York train from my Connecticut residence and walking or taking the subway (lots of steps) when in the city.
- Not always searching for the closest parking spot and developing a habit of frequently taking the stairs.

My recommendation is that you do a little research, chart your course and get moving--with this word of caution from Dr. Graff: "Although just about everyone would benefit from professional advice on this extremely important topic, it is very important that you get that advice if you have significant medical issues or have been very inactive for a long time."

A WORD ABOUT FOOTNOTES

You may have noticed that there are no footnotes in this 4Leaf Guide. In an attempt to make this information more accessible to the average reader, the authors acknowledge critical sources in the body of the book where appropriate. Additionally, much of what is written comes from the authors' personal experiences.

In his earlier book, *Healthy Eating, Healthy World*, (BenBella 2011), Jim provided 306 footnotes as he meticulously documented all that he had learned in his 10,000 hours of study on the multi-faceted, “big picture” consequences of our food choices. It is a great next read if you are interested in learning more about the background of what is presented in this 4Leaf Guide.

While writing that 2011 book, Jim realized that there needed to be a better and simpler way to communicate the optimal diet for humans without using the word vegan, which has negative connotations for many and doesn't convey that “whole” plant-based foods are critical for health. That's why he created the 4Leaf concept in 2009, and it was that concept that caught the attention of Dr. Kerry Graff as she searched the internet for handy tools to help her communicate healthy eating to her patients.

There was one thing missing from those 4Leaf materials at that time: a handy guide-book to help patients not only understand why the whole food, plant-based diet is so crucial to human and environmental health, but also how to actually transition to eating this way. The authors are thrilled to have created such a book and even more thrilled that you are now holding it in your hands.