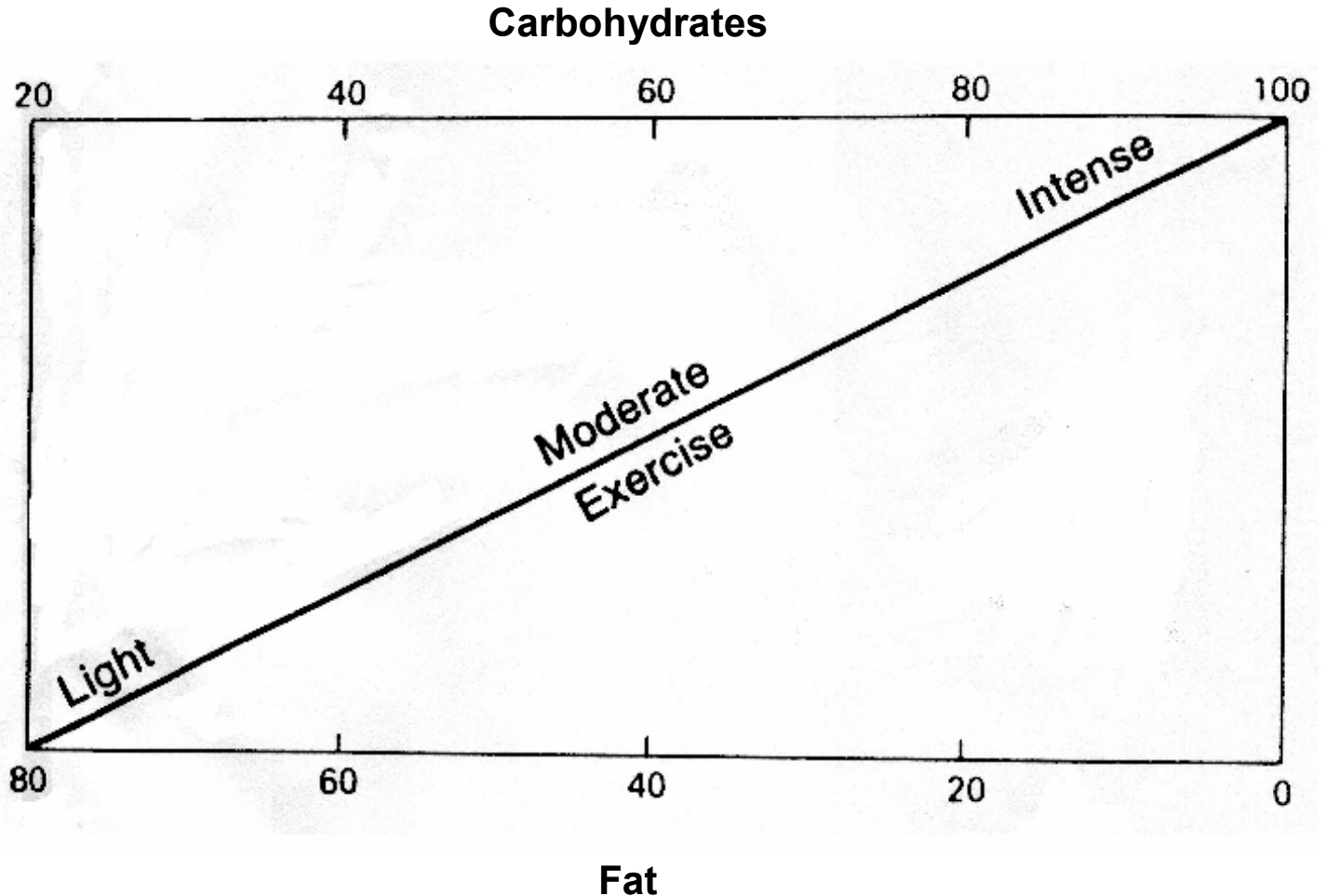




Richard Haynes

# ayurveda plus Rejuvenation Center

Programs & Products for Perfecting Health



**Figure A.S Energy utilization during exercise. Note. From Sharkey (1984)**

*Conventional research shows that when exercise is light, weight loss is maximum.*

*Using the techniques of the "Ayurvedic Exercise Program", the subjective experience of light exercise is maintained at a level once thought to be intense--Maximum fat burning can then occur over the entire exercise period.*

*This subjective experience of comfort and balance also allows for longer and more regular exercise times and thus a greater cumulative benefit.*

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