



GRACE
FAT LOSS METHOD

Low Impact Cardio Wave Workout: 10 Min Qi Gong Fat Burning Workout

“Qi-Gong is an Eastern Medical practice which brings vitality, circulation and helps promote fat loss ”- Grace Suh, the creator The Grace Fat Loss Method™

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#1 Rockin Lifestyle Habit: A Simple Method to De-stress

“This is the same method I teach all my patients so that they can manage their stress everyday”- Grace Suh, the creator The Grace Fat Loss Method™

Disclaimer: This information has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and you should seek the advice of your health care professional before undertaking any dietary or lifestyle changes. The material provided herein is for educational purposes only

Low Impact Cardio Wave Workout

Hold the Qi (pronounced Chi) Ball

1. feet are wider than the hips pointing about 45 degrees out (similar to second position in ballet)
2. bounce
3. hold the leg position
4. lift your stomach
5. drop your shoulders

Shake

1. shake your whole body from head to toe
2. imagine shaking the tension and stress away

Bounce

1. gently bend your knees and swing your arms

Jumping

1. extend your arms and legs out
2. move your energy up and out

Repeat 4 more cycles in this order. Go at your pace and listen to your body. Please stop if you have any pain and consult your doctor. And if you have any foot, knee or hip issues, please check with your doctor before doing this workout.

Recommended Schedule for Low Impact Cardio Wave Workout (LICW): 3 days a week.

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Option 1		LICW		LICW		LICW	
Option 2			LICW		LICW		LICW
Option 3	LICW		LICW			LICW	

Please allow your body to rest 1-2 days in between your workouts.

#1 Rockin Lifestyle Habit: De-Stress

CAUTION: PLEASE MAKE SURE THAT YOU ARE NOT ON YOUR SPINE

The de-stress pressure points are located on the back from the top of your shoulders all the way down your low back.

The de-stress pressure points are located between the spine and inner shoulder blade all the way down your back.

Ask yourself what you were stressed about.

Set your intention. Say to yourself either silently or out loud while you use the pressure points

“This is to de-stress myself for my stress related to traffic, work, husband, wife, children, physical pain, weight issues, etc”

Directions

1. find an edge
2. find the de-stress pressure points on your back
3. lean gently back toward the edge to put a little pressure on your de-stress points
4. stand on your toes to access the top part of your back
5. slightly bend your knees to access your mid and low part of your back
6. set your intention and say them silently or out loud, “this is to de-stress myself for...”
7. list your stressors and say them one at a time while pressing your de-stress points
8. when you’re done saying them on one side, switch to the other side of your back and repeat
9. when you’re done on both sides, come back to the first side and take a deep breath in and out and switch to the other side of the back and take a deep breath in and out
10. gently pull or push yourself away from the edge

Recommendation

Use this simple method to de-stress yourself on a daily basis.

Note

You may feel a slight tenderness or soreness on your pressure points while using this method.

However if you experience pain please stop immediately and consult your health care practitioner.