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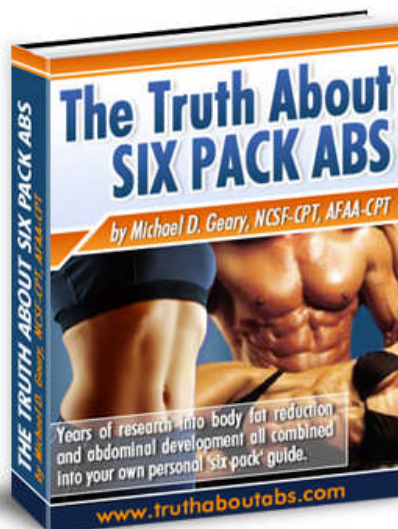
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Fitness And Where You Stand Right Now

Fitness is a term that is used to help define the ability to stay in the best physical shape. You may ask, then, "What am I staying in shape for?" To each person, this will be something different.

For most, it is a matter of staying healthy as long as possible. You see, your body is designed to work as a machine. When each part of the machine is cared for, the entire machine works the best that it can. When the machine is neglected either in part or in the whole, then the machine won't run well and eventually won't run at all.

If a car, for example, is well maintained for many years, it will last many years longer. If it isn't taken care of, for example you don't change the oil in it, you cut several years off the life of the car. That's costly to you, but when you look at this as your body, you are shaving away days, weeks, and even years off of your life when you don't take care of your machine (your body.)

Fitness is a necessary part of life. Before we get on the soap box, remember that fitness is something that you can get into the habit of doing which makes it easy.

Fitness is not something that you have to struggle with. When you were three you were probably taught to brush your teeth. You learned to put your clothes on. When you were learning how to do them, you likely hated it. But, once you learned how to do it, it became something that you didn't think twice about. Do you worry about brushing your teeth today? No, because it's a habit. That's what we want you to think of when you think of fitness.

It's just something that you do. Granted, the first weeks of learning to be fit and staying healthy will be the hardest. You'll dread it. You'll find excuses about not doing it. You'll claim that getting fit is just too hard. You just can't give up what you love. That's not true.

In fact, if you have the will power to save your life by sacrificing for just a few weeks, you'll see that fitness can be easily mastered by you.

Take a look at yourself right now. What do you see? If you are unhappy about any part of your body, chances are good that area of your body is bothering you because it's an unhealthy area.

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Although many people start looking into fitness because they want to lose weight, fitness is not just about weight loss. By understanding where you stand on these factors above, you can work to improve your overall wellness and increase your lifespan as well as the quality of life that you are currently living.

If you don't think that you need to lose weight, that's great! You are one step closer to being healthy. But, that's not to say that you don't have health problems beyond that level. Many people are still at risk for high blood pressure, high cholesterol as well as other concerns even though they aren't technically overweight. Therefore, you need to take into consideration the fact that overall health is in fact important to improve.

What's Healthy?

Your weight, your blood pressure and your body mass index are good indications of your overall health.

Yet, it goes further than this, too. You should understand how well your body is working, too. Do you have any physical limitations? If you physically can't lift things for fear of hurting your back, this could be a potential problem that needs to be considered.

If you have problems with your legs, your neck, your arms or anything else, you should address these specific concerns. The best place to start is to work with your doctor to determine why you aren't physically fit in those areas. That way, you can improve your overall health and then improve upon your situation by knowing how to.

The foods that you need play a significant role on your health. Foods are the fuel that your body requires to do a good job at the tasks that you ask it. In our machine look at the way that food works, the food that you consume is the fuel that your machine needs.

If you don't give it quality food, it won't perform the right way. Have you ever gone to put gas into your car and gotten to a really bad gas station where the fuel wasn't high quality or even up to standard? It slows your car down. You don't get the gas mileage that you are used to and you may even need to perform more maintenance on your car than you usually need to do.

In the way of your body, healthy food is just as important. If you consume the wrong foods all of the time, your body will not be able to perform as well as if you gave it the highest quality foods.

Without nutrition, your body can become ill faster and with greater intensity.

Your body does not heal as quickly from injury.

Your blood pressure rises, your heart rate increases to unhealthy levels.

You are more prone to limitations physically as well as mentally.

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All sorts of problems arise from not eating a healthy diet of food. But, what is healthy and why is it healthy?

Vegetables are one of the highest nutrient rich foods out there. They provide antioxidants to a high level that helps to heal your body, improve your physical fitness from the inside to the out, and they are very low in calories meaning you can eat more.

Fruits are sweet so they can solve the sweet tooth. They also provide you with antioxidants and all types of nutrients that give your body the fuel it needs.

Whole grains are also an important product of a healthy diet. Unlike “white” foods, whole grains give you so much more health. They don’t cause you to gain weight like others. Choosing simple differences from bread to pasta to potatoes allows you to get the tastes that you love but without the added calories, fats, and sugars that can cause you health issues.

Water intake is also important. Those that do not get enough fluids end up having a body that retains water rather than having less. The body goes into dehydration mode, causing you to keep in all that you can. Consuming enough water means that you’ll system is hydrated, you’re eating less and that you aren’t getting as many calories from other liquids.

Meats are important parts of the diet, too. You need protein but you shouldn’t want to get it from fatty meats. Improving your diet to just lean meats will allow you to cut down on the intake of cholesterol which will ultimately clog your heart minimizing blood flow to the rest of your body.

If you don’t do anything else, improving these five areas is all you need to do. The good news is that you don’t often need a lot of work to make them happen.

How Can You Improve?

Improving your body means improving your body's ability to move and function. Its not easy thing to do at first, but it will get easier. Our overall plan to improving your body's fitness level is through exercise, coupled with the other fitness elements later throughout this book.

Exercise is something that people hate, but remember your body is built to be used, not to sit in a chair at a desk all day. It is estimated that most people don't get the exercise that they need and that leads to all types of health problems.

Again, even if you aren't overweight, chances are good that you aren't getting enough exercise and fitness into your life anyway. Using your muscles and strengthening them are vital to improving health and fitness.

Okay, here is comes. The awful, limiting diet that's going to make your taste buds go permanently bland is up next, right?

NO! You don't have to be limited by what you can eat because most food that is available that is in its natural state is just fine for you! In fact, if you give it a try you may find that you like these foods better than you do the high fat, high cholesterol foods that you currently are eating.

Foods are a main part of why people are unhealthy and therefore it is a mandatory part of improving your health to improve your diet. If you can not commit to making changes here, your diet fitness can threaten your life through disease and even early death.

Yet, much of the damage that is done through eating the wrong foods can be reversed over time by eating a healthy diet. That's exactly what you need to strive for here.

How can you improve your mind's fitness? There are many great ways to make this happen. Remember when we said this fitness plan was going to be fun? Here there are many great ways to improve your emotional and mental fitness through fun methods.

Each aspect is unique in itself and in the way that it will help to improve both your physical fitness and your quality of life. Incorporate as many of these things into your life as you can, and you'll see differences in the way that you feel and the way that you see the world.

Your Overall Body Fitness Plan

To improve the physical fitness of your body, you need to give it the physical movement that it needs. This means feeding it the right regimen of movements.

Start by working in exercise through aerobics and strength training into your day. Visit your local recreational center or community center. You can even start doing these things at home, too, which will make the process easier and even more enjoyable.

To make it even better, consider these easy and fun ways to get in the exercise that you need.

Do it with a pattern. You are 80 percent more likely to be successful if you don't try to do it alone! Recruit someone to work with you!

After dinner, head out for a walk with your spouse for a few minutes. If you can't leave the kids, take them with you. This is a great way to get in some quality time away from the television.

If you can't leave the television, use a stationary bike. During your favorite show, ride the bike. You get the exercise you need without missing your television program and time will fly by.

Do sports and other physical activities that you enjoy. Swimming, playing a game with the kids and even joining a sports team is a great way to get in exercise without it feeling like exercise.

Your overall body fitness means exercise and movement. When you begin to add these into your day, you'll probably find every excuse not to do them. Yet, you will come to enjoy exercising. For many it's a great stress relief and it can be a lot of fun. Make it your goal to actually put together a workout that you enjoy. It will make all of the difference in how effective it is for you.

Here are the tips that you need to get your diet fitness plan off the ground and allowing you to improve your health considerably!

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Eat more fruits and vegetables. Visit your favorite recipe sites on the web and look for vegetable recipes that aren't rich with sauces, butter or creams. Add one new recipe to your diet each week.

Start looking for leaner cuts of meat. Remember, meats that are high in saturated fat are clogging your heart. One good switch is with ground meats. Don't reach for beef, but replace at least part of it with ground turkey or pork. You won't notice the taste difference. Eat more fish, chicken and pork over beef.

Reduce portion sizes. No food in one sitting should be a larger quantity than the size of your palm. To help you to not feel hungry, eat a bit slower.

Visit the website of the American Heart Association to get heart healthy recipes. Try to look for ways to improve your current recipes through replacing butters, salts, unhealthy foods with foods that are better for you. Look at your grains. Replace white rice and pasta with whole grain. Replace white bread with whole grain bread.

Remove soda from your diet. This single movement alone will improve your health considerably. It adds weight to your body and it causes all types of health risks later in life.

Look at labels. Learn to read labels so that they tell you what's in the foods you eat. Reduce the amount of fat, cholesterol, and sugars in the foods that you eat.

If you need to lose weight, then you need to consider a calorie reduction. Dropping just a small amount of weight means that you need to eat less and do more physically. There is no fad diet that is more comprehensively safer and effective than just that: eat less and get more exercise every day.

Eating healthy isn't an option if you wish to increase your lifespan and increase your health. While you may love food, learning to make healthier recipes shouldn't be something you put on the back burner because you are too busy, don't like those foods (you probably don't know what they taste like anyway!) or you think its too much work.

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Food is a requirement to living and a healthy diet is an essential part of living a long life. Don't make sacrifices here for speed, convenience or habit. Remember; while making changes at first is a challenge, you will get into the habit and will eventually love the differences you have made, guaranteed!

I Can't Give It Up!

If you are one of the many that feel that they can't give up the foods that they love no matter what, there are several key things for you to address. Don't worry, they aren't all bad!

First, find out why it is that you can't give them up. For example, are you connected with that big slice of apple pie because it was your favorite growing up, you may have an emotional attachment to the foods. If you love your mashed potatoes loaded with gravy, sour cream and butter just because you love the taste, that's a different story.

Identifying why you have to have a specific food is important so that you can actually see the benefits of eating those foods. If you need apple pie to feel safe, you need to address this emotional problem. If you just love the taste, you can find ways to get much of the same taste without a lot of the calories.

Next, determine if there is a better way for you to get the foods that you like. For example, will sweetened sweet potatoes that are mashed still give you the same texture and creaminess that you are craving?

By making small changes to the recipe you can get all of the flavor and texture that you want without causing yourself to become a victim of high fats and sugars that really do a number on your entire system.

Indeed you may want that slice of apple pie. But, use it in a different way. For example, instead of eating it every few days make it the reward that you get for a week of good eating. Limiting how often you get the treats means that you don't have to give them up but that you don't consume nearly as much of it, and therefore you can improve your health overall.

One limit to this is when the food itself is detrimental to your health condition. If you are a diabetic, you simply should not eat foods that are overall sweet because they can cause your blood sugar level to rise so fast that you can cause serious damage to your brain and your heart through the consumption of just some foods.

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You should know what types of foods you can not eat. If you don't know you should talk to your doctor about this. There are certain times in life that foods become prime suspects to leading to health risks. Food isn't worth the risk of your life, is it?

Exercise Balls- Everything you want to know

What exactly is this ball?

These balls assist you with ground-breaking methods to various exercises. Exercise balls are eye-catching and strikingly fancy to get your attention. The actual gain from these balls which were brought in by a team of Swiss therapists of Medicine is that, it is an alternate of support while exercising.

The main purpose

The key muscles of your body are strengthened and toned as and when you work out with these balls. They are apparent to have extra soft textures and are ideal for several yoga positions, working on weight training equipments or the using dumbbells for toning of muscles.

Fundamental advantage

The benefit of these exercise balls is the feature that they maintain its shape even under extreme pressure and are equally durable. The manuals on these balls would inform you about the amount of weight and load figures it can factually bear. Furthermore, they provide you with soft, but firm support, relaxing your body to the core.

Structure of Exercise Balls

Exercise balls come in several different finishes and colors. You can also plan to get one depending on the texture of your room. You can easily hoard them below your bed or table as per preference. When not in use, they can be considered as play-things by children. They are soft and non-toxic and would cause no harm to kids as they play.

Medical utility

They are essentially developed to hold-up the body as you exercise. This was the original medical therapy and was the reason for its design. You can maintain balance as you exercise,

no matter which position your body is in! The material of these balls is either burst proof latex or something that is still safer to use.

Generic utility

Several postures of muscle toning and yoga can be done only by using these exercise balls. These exercise balls come quite handy for such purposes. Exercise balls bring in elements of stability which regular floor exercise would not. Muscles not taking active part during general exercising would automatically get involved in strengthening when these balls are used. Exercise balls are very useful in physiotherapy treatments, be it spinal disorders or any common backaches. Back pains are usually reduced when there is a balance of adjustment between the spine and these exercise balls.

Exercise balls would help people to get back to their regular routine after any series of back aches. Additionally, the muscle strength too, increases giving greater flexibility. The shift in the spine through these balls would give greater efficiency to the muscles there upon.

Make sure to try an Exercise Ball the next time you plan to work-out seriously. You would notice the difference in the comfort when you exercise with and without it.

Elliptical Trainers From New Zealand

Across the world including the United States of America, Elliptical trainers from New Zealand have appended huge competition among all existing brands of Elliptical trainers in the world. These Elliptical trainers are equally reliable when compared to the most expensive and complex Elliptical trainers, however, these are priced in a slimmer budget and ensure to provide equivalent features than their competitors. No wonder you would be astonished about your finding as you look at them. This article would manifest two varied New Zealand's Elliptical Trainers considering its quality, price and attributes and how they differ from the existing brands in this industry.

Nit-Trac 7-8200 Pro

This is the commonly spoken about Elliptical trainer coming from New Zealand. Comparing to any other machine of its kind, Nit-Trac 7-8200 Pro would provide you with much higher benefits at a decently tagged price. They have many elliptical cross trainer advantages such as providing various types of exercises on the machine helping the person to maintain the bone density, cardio vascular training, true elliptical motion with low impact and also providing an overall body exercise for lower and upper bodies. Having these features alone, this trainer ensures to stand aside from the available ones, all around the world including the United States.

This New Zealand based Elliptical trainer has around sixteen magnetic resistance levels, well built consolidated parts developed from heavy duty materials, a huge LCD screen, large non-slip pedals among many other attributes catering the user's needs.

This machine has an unbeatable weight capacity of three hundred thirty pounds, which undoubtedly is very well. This feature beats many of its rivals found in United States as it is the best any Elliptical trainer can have in its class. Being a slightly over thousand dollars, these trainers from New-Zealand come under categories of best buys when you compare the price with other Elliptical trainers ranging thousand dollars.

E-Bike Elliptical Cross

This is another Elliptical trainer, again from New Zealand. It would not encompass the high-end features which most of the other New Zealand Elliptical trainers would offer, however it is an

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unquestionable buy for the price it offers. It has a large LCD Display, eight resistance levels along with few large pedals which are slip resistant. Other special features about it are about the built in transport wheels which helps in easy movement of the machine. It also has a handle bar post that is adjustable. This appends to the machine's convenience. Furthermore, being under about six hundred dollars, e-bike Elliptical Cross is a wise choice when you compare other Elliptical trainers in its range.

Now that you have seen the New Zealand Elliptical trainers are no doubt great value for your money as the features too, are incomparable. Being competitively priced in the market of Elliptical trainers, these trainers from New Zealand have made their base right in the industry. If you are planning for an alternative, try the New Zealand machines for your home.

All About Smooth Elliptical Trainers

The highest rated Elliptical trainer manufacturers, presently having the best sales over the Internet; the Smooth elliptical trainers, is now the most widely heard brand. These trainers are developed by Smooth Fitness, who has been adding models in their product line. This article would inform you more about Smooth and what about them that makes them so proud of their brand among various elliptical trainers. They are hottest in the market and widely appreciated.

The foremost thing you would notice about Smooth elliptical trainers is the price they have labeled for their elliptical trainers offer. These elliptical trainers don't fit in low priced buy or even the expensive range buy. They essentially come under mid priced products. Smooth trainers are not priced over two thousand dollars. Elliptical trainers from Precor are high priced when compared to Smooth. However, when you compare the products from the two, you would understand that both elliptical trainers have similar features and Smooth is comparatively less priced. That is the reason why people go for Smooth among all others as they give the best value for money. They compete with elliptical trainers which are over three thousand dollars but have equivalent attributes.

Compare the trainers

The elliptical trainers from Smooth have patented technology too. The elliptical motion could be adjusted in proportion to your height. When the body is rightly aligned to the elliptical machine you can burn off more calories than otherwise. Most often when there is improper motion alignment, it would keep you far from burning off calories. Correct alignment would also reduce the risk probable injuries making these elliptical trainers safe to use. Hence they are most preferred over other machines as they have enhanced features for a decent pricing.

Many other important features which you would find on these Elliptical trainers are upper body arms helping towards overall body workout, electromagnetic breaking, pulse sensors which are built into hand grips along with having a higher weight capacity. These along with more features make Smooth Elliptical trainers to be most chosen among people. They also have noise controllers, making it desirable. Many reviews from its users have suggested that Smooth Elliptical trainer is totally silent. These trainers have whisper mechanics for making it a low noise

system. The electromagnetic brake system too, has no motor with fewer parts than regular brake systems.

Due to its fantastic attributes these Elliptical trainers have very good warranty and also use new technology. This is the very reason for its higher user ratings. As these elliptical trainers bring great value for money, they are often preferred by people who are on a slimmer budget and can't afford the highest end models. With Smooth Elliptical trainers you would get all features of a high end Elliptical machine at a reasonable cost.

Hence, when you are planning to go for Elliptical trainers, make sure to give Smooth Elliptical trainers a try. Check its features and compare it with those which are expensive. You would realize that Smooth Elliptical trainers are undoubtedly value for your money.

All In One System- Know Before You Buy One

Most people these days go for multipurpose or all-in-one Systems when they consider buying gym equipments. However there are several types of all-in-one systems.

Check the structure

Many people these days turn away from membership option to gym rather than going for investing money towards home gymnasium. One could set aside the home gym in any spare corner within your house; be it the basement alone. Besides assisting you with saving money by combining various types of gears in a single machine, such equipments can be easily kept in smaller places as they also have considerably lesser weight compared to individual machines.

Think about your real goals before you consider buying all-in-one exercising equipment for your work out. Consider about what you believe to achieve from daily exercising and how could this all-in-one piece of equipment essentially benefit you.

Know the types

Several types of multipurpose exercising equipments are available in the market, most of which are advertized in magazines, televisions and also over the internet. Most often the equipments that are advertized frequently are those associated with individuals who prefer lifting weights.

Bowflex System

At the moment, there are two common popular brands of multipurpose exercise systems available; Bowflex and Total Gym. Bowflex system makes use of resistant bows which bend rather than the traditional weights used for simply lifting. Bowflex has been designed to fit into wide variety of needs and budgets. It is extremely popular and also widely adaptable.

Basic Bowflex system could be stored in tight and small places, even if you choose to keep it under the bed. The bigger and expensive Bowflex models usually compete with those equipments commonly present in professional gyms. These ensures about quality workouts via quality equipments.

Total Gym system

Total gym system has been advertized by Chuck Norris, the legend in martial arts and Christie Brinkley, a super model. This multipurpose system is equally good and costs lesser than Bowflex using gravity and resistance rather than traditional weights. Using Total Gym, you could adapt it to various exercises pointing to different areas of your body, that being an advantage.

Check the attributes

As you decide about buying your all-in-one system, ascertain to check on factors such as its features, brand, and price and also who would actually be using the machine. If all in your family is set to make use of the system, then you need to go for one that is mutually agreed by all. Never go for a machine that has a complex working style which cannot be followed by all.

Other brands

Apart from Total Gym and Bowflex, there are several other multipurpose work out systems available in the market including brands of Weider and several others. Before concluding on any machine, make sure to view different varieties and then choose the one that fits in your budget giving you the best value for money.

Show Your Body Curve And Achieve Fitness Through Belly Dancing

In western countries, belly dancing is common for adults as well as children. In case of adults, it is a best way to uphold the curves, enhancing them even further. Various belly dancing classes exist to suit each individual. It ranges from beginners, then the intermediate and towards the advanced levels. If anyone wishes to start with belly dancing, they need to choose the class suiting their level and skill.

Initially belly dancing was being practiced to strengthen the hips' of women. It started in the Middle East with the main intention being ease for child birth. This tradition soon took the form of art, entertainment and exercise. Expert belly dancers could show more than thirty moves. When you are a beginner, you need to know that it is not required to memorize each step to start with belly dancing. You would just need to know to be in the right motion, since this dance involves certain isolated parts of the body. All this is done, listening to the rhythm of music.

How belly dancing helps in the curve?

Movements of belly dancing are isolated. Your hips are lifted, pushed and shimmered; all the same, the belly should roll with the muscles on pelvic being tilted. Consequently you would know how to move your arms like a snake. The legs are moved either one by one or shimmy together. To achieve a great belly dance routine, every movement should be worked upon and mastered. Once this is done, you could start implementing them in several positions or in parallel. Floor work would soon follow wherein, dropping, sitting and standing would be learnt. To add to this, veil work is where many women prefer playing; this being significant about belly dancing.

Skilled moves

Belly dancing highlights lot many things about it. Various teachers follow different names for each of these movements; however all are simply skilled moves. Body quake, lock, thrust, shake, curve and drop has all got to be linked with belly dancing. As your hands, arms and legs take over; there is exhibition of fluid motion. Belly dancers wear real sexy costumes where women get the privilege to show off the body curves. More skin should be shown for making

sensual movements. The dancer manifests her art and grace to the spectators by having the hips and mid-rift exposed.

Belly dancing- form of exercise

Apart from being simply an art, belly dancing is one healthy crunch of exercise. As you dance, you work on your body muscles making it fit.

This dance indeed is a great addition to your daily fitness schedule. Stretching could be tried with exercise balls or possibly a few of the yoga stretches. Consequently, you need to focus on basic hips, waist, shoulders, thighs and belly movements.

In order to make belly dancing a good exercise, ensure to have it done at least for about 30-40 minutes, five times a week. Encompassing belly dancing in your fitness program, you could actually lose or keep your weight controlled, together with a healthy and balanced diet.

If you fall in the group of few who wish to stay fit and manifest pretty curves, then belly dancing is the apt thing you need to try out.

Exercise Even With Asthma- Know More

Most people who suffer from Asthma perhaps wonder if they can exercise safely or properly. Leaving apart what most people think, one can actually exercise to get in shape even when you are a victim of Asthma.

Asthma comes more as a lung disorder that is chronic, marked by features of wheezing, shortness of breath, chest tightness and coughing. Asthma occurs when people get environmentally or genetically predisposed to conditions.

Triggers such as viral respiratory infections, exposure to cockroaches or dust mites and exposure to allergens could start or make any attack worse.

Preventing Asthma could be done in the following manner:

1. Make sure to bathe your pets at least weekly.
2. Never smoke or permit to smoke at your dwelling
3. When pollen or mold counts are more, ensure to stay in-door with air-conditioning.
4. Don't forget to wash stuffed toys and bedding at least once in a week with hot water.
5. Ensure to wash hands every time you get the chance.
6. Have a flu shot given to yourself.
7. During Winter wear a scarf covering nose and mouth.
8. Become proactive knowing your triggers right; knowing how to avoid them.

The above pointers have made you aware about asthma prevention. There are exercises that fit in such circumstances too. Any doctor would suggest not giving up on exercise and sports,

whatsoever. All that people need to be aware of is to be alert and smart about taking special pre-cautions towards avoiding attacks.

Doctors would agree that preventing attacks while you are exercising could be done in a best way; using an inhaler along with appropriate medications. Inhalers should not be used more than three times when you are in an exercise session or a game. If you have been wheezing and coughing the previous night, then it is implied to implement lighter exercises the next day.

For Exercise Induced Asthma, IEA, the symptoms differ to what is generic. The attack occurs after about 6-7 minutes of attack and is often worse in case of dry and cold air.

When you are suffering from IEA, there are various activities which could be enjoyed. These activities include walking, biking, downhill skiing, swimming, or team based sports. Quite many activities could be tried to ascertain that you get the much needed exercise.

Asthma is not something that is within the mind; it is fully physiological and an equally similar medical treatment is required for the same. Your doctor is the best person who could assist you with the disorder; you need to prevent yourself from any asthma attacks.

Ascertain to be smart by taking the right medications at the right time and being proactive. Never let asthma bring misery in your life; enjoy life and exercise just like anyone else would have done.

Exercise And Sleeping Better

The overall physical exercise exerted all day would identify and help you to sleep well at night; that is the key ingredient. Active body at day time is more likely to relax better and faster during the nights.

Regular exercise would ensure improved quality of sleep with regular and very smooth transition in between the phases and cycles. As you continue with your daily work outs, you would find it easier dealing with the everyday worries and stress of life.

Studies and various researches indicate a direct relationship between the overall exercise and how much is felt later.

Physical activities during the day need to be increased as the goal is to provide enough stimulation to the body during day time so that the energy level decreases at night.

A certain dosage of physical activity is required for the body for a healthy functioning. Another significant thing is to ensure that one should not work out at least two or three hours before bed time.

Time

An ideal time to exercise is either early evening or late afternoon. Ensure to make full use of the active physical energy before your body gets ready to rest and time to sleep.

Amount and duration

Always keep the attempt of exercising for three to four times in a week for about thirty minutes or more. Include brisk walking or even something still simple. If you choose for an alternative, you could also include strenuous activity like running etc.

The significant goal is to increase the heart rate by strengthening the capacity of lungs. By appending regular work outs to your daily agenda, you would have your overall health and mind improved.

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Apart from walking and running there are various other work-out activities which could be added to your daily schedule so that your level of physical activity is increased. If sleeping is more or the same like a battle, you can try aerobic exercise as one of the best options.

As you exercise, your goal should be to increase the quantity of oxygen reaching your blood stream. On the whole, there are different types of aerobic work outs to choose from. Several activities include biking, running, using treadmills, skipping or even dancing.

To rectify the amnesia problem, there are a few non aerobic exercises which you may find beneficial. Few of them are suggested below.

Yoga

Yoga is one form of exercise that shows a stimulatory effect upon the nervous system, most importantly the brain. It utilizes yoga postures and breathing techniques increasing the blood circulation towards the brain. This would also help in regular and relaxing sleeping patterns. The customary practice of yoga would assist you in relaxing and relieving you of all stress and tensions.

Tai Chi

Tai Chi refers to an ancient technique of movement and breathing which was developed by Chinese Monks. All movements involved in Tai Chi are precise and slow which is ideal in cases of joint pains or especially if one is unable to take part in vigorous aerobic exercises. Tai Chi promotes relaxation to help insomnia rectified.

Small Crunches

Try to sneak few moments of activity within your schedule if you feel that you don't have enough time for exercising on everyday basis. Ensure to take stairs instead of elevators, when possible. Such little things can prove wonders to your body.

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Ascertain to have your car parked at some corner so that you can walk the extra block or two towards your destination. There would be many other small things which would add and increase the activities in your life. The essential goal is to achieve a balanced and healthy life with ample sleep.

Exercise And Your Complexion

Exercising assists in many things including the enhancing of complexion. Know how your complexion could change to wonders with the right exercises.

Exercising to know

Goodness in body could be achieved with right exercising as always known and heard. You can stay trim, have energy boosted and also tone your muscles when you exercise. However, what many don't know is about complexion enhancement which takes place as you exercise. Your desired complexion could be achieved with regular exercising.

Exercising regularly would nourish your skin on your body with oxygen, fresh blood and nutrients. Toxins are drawn out of your body and vital organs are improved, especially the epidermis, when there is generous blood flow with appropriate blood circulation; coming straight from right work out implementation.

Sweating wonders

Many people feel that sweat triggers acne or pimple flare-ups. Essentially, sweating is good for any kind of congested skin as it assists in promoting flushing of different impurities from the epidermal layer cleansing all the pores. Exercising vigorously could actually correct the hormonal imbalances, triggering spots and blemishes. It would also reduce the likelihood of its outbreak.

Acnes

Physical routines like running, biking, yoga, boxing, pilates, spinning, etc would help in reducing stress which is encountered on regular basis. This would actually prevent causes towards stress related acne.

Always ensure to know that exercising is never a miracle cure for all troubles. There would be experiences of breakouts every now and then, even though the acne would definitely get less severe lasting for a shorter time frame comparatively.

Aged skin

Exercising is good for many skin conditions; sometimes, besides simply the acne factor. When the skin becomes thin, being less resilient, or loses elasticity, it shows signs of aging as it is very common when we get older. Exercising assists in tightening of the skin.

When people get older, they lose collagen giving a very tired look on the face. Most of them are unaware of the fact the physical activities promote good growth of collagen within the skin cells, plumping up facial skin and giving a younger and vibrant look.

Relax with Wrinkles

Some people are worried about wrinkles bothering them. In such cases, people should relax after exercising. This has an effect of having your muscles, especially facial ones to soften. Then would conversely state that the lines on your face would appear lightly pronounced, helping in contribution towards a youthful look you would always want.

As you exercise you would achieve sleek waist, better toned muscle, softer skin, and lesser blemishes with an altogether younger and fresher look. If you wish to change or append your existing complexion, you must show the dedication in your work outs. Exercise would not just assist you with liveliness, but improve the body as well. Just by sparing a little time from your schedule for exercising, is all that one would need to do.

Working Out for Extreme Fitness

For any kind of extreme fitness one would have to work out with dedication as no excuses work in these circumstances.

Most people wonder about building muscles being similar to abandoning life when they get out of the gym. Such people devote lot of hours in the gymnasium just like how a monk would do in a monastery. The only method according to them, perhaps, would be to toil hours over the rusted iron every day and all over the year, so that you get to chisel your body into nothing less than hot muscular physique.

It need not be the case at all. No doubt, hard work is mandatory, extreme fitness requires a person to work under the iron weights. Complete-body work-outs could make a person progress as it would easily fit in one's daily schedule. This becomes more convenient when you look forward to achieve extreme fitness, but consequently find it difficult to stick to single exercising routine.

Maximum muscle contraction happening due to heavy weights among athletes is common due to dedicated aims, as it comprises of genuine full-body work outs. It makes ample room for complete recovery so that one could grow and carry on training hard; taking care of burn outs happening from excessive training.

If you are planning to jump into extreme fitness, below information would give you an idea about total body work out.

Time saver

Full-body work out or working out overall is a real time saver. You would have to visit the gym less frequently when you get involved in full body exercising; probably about 2-3 times a week would be more than sufficient.

Quality of exercise stressed

This is another advantage about total-body work-outs. When a person grows for entire body work out, he need not spend many hours of strenuous exercise; he would perhaps have to spend just about an hour for one exercise. The quality is often stressed in full body workouts than the quantity or the number of hours spent. It doesn't even consider time allotment per person.

Cardiovascular boost

Full body work outs for extreme fitness boosts the cardiovascular system. Two to four sets is allotted for each part of the body, for the hour session. Every session of an hour, after a jam-pack of exercise, then gets heart along with other cardio vascular system pumping till speed in flash.

After feeling pumped up, there are certain rules one would have to follow as they engage in complete body work-outs.

Training commences just once in every two or three days. This is easy. The best thing about this is that, as you get the spare time which could be utilized in sessions of cardio exercises. Most often people rely on cardio exercises towards the end of each work out session which is don't prove to be much effective, often.

Lifting heavy weights is strongly advised. Though athletes are of the opinion of light weight training, it just stays more of a myth. People speak of conserving energy for other parts of the body which would later include in the training. However, it is to be known that a person would not get optimal progress when the training is not heavy; it doesn't matter what the program is.

Single exercise per muscle group is stressed. This is not just very easy to follow but is equally important too. Implementing basic but intense work out techniques would suggest not having to do several exercises for one single body part.

It is always suggested to keep your work out very short. Natural hormones of your body which are connected to muscle building is often affected by resistance training. Long work outs would

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increase catabolic control and exercising intense would boost the testosterone levels. Just sixty minutes of exercise would allow you to obtain maximum from both worlds.

With such powerful and convenient workout regimen, you would undoubtedly experience extreme fitness.

Better Work Out

Being healthy and fit is very essential in today's scenario. Whether it is cardio or yoga, at home or a gym; any exercise would bring the required fitness provided you take care as you work out.

Get some tips about working out right

1. Stop and Go

Full sprint would strain the muscle of your lower body. This is to be kept in mind if you plan to go for a sport requiring full sprint. To fight this drawback, stop-and-go exercises are the best. For an instance, run 30 meters with about 80% of the effort, then slow to jogging for about 5 to 10 meters, and then run again another 30 meters. You can repeat this procedure about five times.

2. Bended knees

About three out of 4 ACL injuries occur when players turn or land. According to Journal of the American Academy of Orthopedic Surgeons, JAAOS, when your knees are bent, instead of being straight, the injury risk is reduced greatly reduced.

3. Cool Down

You cannot cure a heatstroke like you do with some minor headache. Stay cool and well hydrated to avoid the same. Ensure about the combined temperature and humidity is lesser than 160 as stated by Dr. Dave Janda of IPSM

4. Getting proper equipment

Ill sized equipment or badly fitting gears could cause training injuries. Money that is spent extra goes a long way, on proper equipments.

5. Doing it rightly

Bad technique is equally bad as bad equipment. Gain good advice from trainers and various pros as they would act invaluable to your training or exercises.

6. Going west; whatsoever is the direction

When you are training or playing in several directions, you must warm-up yourself initially. Moving backward, forward, sideways or any motion you would actually do. This would prepare your body right.

7. Film yourself up

Cameras and mirrors do not lie. Showing video to people who are well versed about your training would assist in your fitness program.

8. Loosen the shoulders

Your shoulder functions could be shut down even in cases of a slightly manipulative rotator cuff. You could include stretching for protecting the rotator cuffs.

9. Take a dip early

Ensure to schedule early sessions of swimming. Less people within the pool would mean less contamination.

10. Protect yourself

Wearing customized mouth-guards would reduce risk of various injuries by up to 82 percent as per study at UNC, Chapel Hill. Push up some cash for a customized mouth guard and it would last for several years ensuring good teeth and smile.

11. Smooth out your muscle

Collect information on ultrasound needle therapy. In this therapy, ultrasound is used to guide the needle. Ultrasound would smooth the bone, break-up calcifications and fix the scar tissue. Thirteen from twenty patients have seen improvement. This session would take only about 15 minutes.

12. Buying running shoes in the evening

Shopping in the evening is always a good idea. It is usually after the entire days work when the feet gets swollen equivalent to a situation after 3 miles of running.

13. Off Road running

When the surface is not stable, the ankles are trained to be stable.

14. Know where to go

Whether skiing or biking, make sure about a knowing the path first. Injuries could be avoided when one is familiar with the taken route.

15. Train hard

According to the article in Journal of Sports Sciences, anxiety would reduce the peripheral vision by 3 degrees and would slow down reaction time by about 120 milliseconds. When the going becomes tough, the veteran athlete relies on skill they practiced and trained. It helps in keeping cool during pressure, by widening vision so that they could see and react faster.

Woman Fitness: Building Strength

Fitness among women has always remained a trend. However there are certain objectives about the same.

Beautiful body is what women long for. No matter whether it is Hollywood or anywhere else, this has always remained a trend. But there are many right ways of exercising programs for women who are looking for effective losing of fat.

Strength training is one growing and most effective form of exercise among women. Besides fat loss, it also assists in several other benefits. This includes increase in bone density with restoration, metabolic density, mass increase and lean muscles, improved balance, injury prevention, recovery and rehabilitation, coronary disease prevention, delayed aging process, sports performance improvement along with figure and look enhancement.

Always consult your doctor before you begin with any strength training program. This would ensure you with proper fitness along with required safety. Planning out routines for your fitness program is factually the trickiest of all among anything else. However, if you make sure to follow the fitness guidelines provided by your instructor, then you could undoubtedly increase the chances of being successful in your fitness routine.

1. Always know that muscle can never be strength trained within a day. A minimum of at least 24 to 36 hour allocation needs to be followed. Muscle injury, fatigue and overtraining can take place if exercising is done on consecutive days.

2. Instant weight loss is never possible. For an instance excess stomach fat cannot be lost overnight, simply by doing 100 crunches at a stretch. Tummy flab cannot disappear with such ease. Total reduction of fat in your body should be done initially by good rest, eating well and of course proper exercise.

3. Toning the body cannot be done at an instance. A step wise procedure needs to be followed. Always concentrate on a single muscle group. As you get through with that you can proceed towards your next target. You can also consider using machines than simply using weights freely.

4. Strength training programs need to be regular and consistent for ensuring successful results. Make it a point to know that the weight you have gained was a many-years process and hence losing the same could take time too. You need a change in your lifestyle while you are in strength training. Replacing good habits with bad ones is mandatory.

5. Every 4-6 weeks changes are required in strength training. This would essentially prevent the body from getting bored and also make work outs very interesting. Changes in intensity levels and methods of exercise are very essential. Constant routines at times stop to produce the desired results. It is implied to grow from the everyday workout.

6. Specific objectives are a must so that the strength training programs are created accordingly. It could include adding bulk, hypertrophy, maintaining weight or even fat loss. Optimal results would vary based on your desired objective. There would be wide variation if you are choosing to lose body fat, when compared to increasing bulk in the muscles. Keep the right goals to structure the best fitness strength training program.

7. Any regular routine must work out all the major muscles at least one to 3 times in a week. This would include chest, shoulders, triceps, biceps, calves, quads, abs, gluts and hamstring. It would create an imbalance if any one among the muscle group is missed out.

A decent effective strength training program could be built among women who follow the right guidelines in a dedicated manner. It is always safe to have a safe and healthy body. Always be ready to get that exquisite shape you always wondered about.

Fitness: Definitely Not A Waste Of Time

It is always implied to follow a dedicated fitness regimen so that your lifestyle becomes healthy and you are nowhere towards risk.

Fitness is nothing more than a state of healthiness. It would be a good idea if people commit themselves to some fitness regimen all their lives.

The bible says that the body is more like a temple. Hence, it becomes an obligation to take good care of it. This could be taken as a reason to maintain fit health of mind as well as body; a noble act to be stated.

Whatsoever the case may be, it involves a great deal of effort even through actions. No matter the amount of effort you would have to put in, the fruits it would bear show the rewards. Not all are privileged to enjoy a healthy and happy life, except the chosen few.

Working out to be fit is very important to one's routine. Through work outs people are able to battle several diseases including killer diseases like the heart disease.

It is sad to see that more people these days, tend to ignore physical activities. This is the reason for people to suffer from many diseases in the current days. It is not surprising to see hospital business prosper gaining many clients. This sometimes happens against the patients will and wish.

In reality, the activities suggested for health and fitness by the General Surgeon and Council of President on Physical fitness is never followed by high-school students these days. This encompasses the 33% population throughout United States.

As youth turn into adulthood, they carry with them, the attitude of disregard and neglect physical fitness. This would bring more number of sufferers from several diseases due to weak resistance.

The National institute of aging displayed a report suggesting that only 58 percent people among the population of America are engaged in lifetime fitness regimen. Moreover this health program

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is done during free time. Just about 26% percent of them regularly follow the lifetime fitness act. Very frequently, it is just about three times every week.

It is always being stressed about the significance towards commitment to lifetime fitness regimen. More than ever, people essentially neglect it. Many even disregard the fact about exercising really enhancing value in one's life.

Stroke, heart disease, accidents with unintended injuries, chronic respiratory ailments, and cancer are a few of them causing deaths in our country; the fact of which is apparent. The above diseases are five common causes of life threats yearly reported by the center for disease control.

If you think a bit about the same, you would agree by the fact that all of the causes could be avoided at ease. This again is possible only when the population pays attention towards work outs and exercise. The lifetime commitment to work outs would make a load lot of sense. However, accidental deaths are not inclusive in this.

Lifetime fitness program would refer not just to a fitness program but also strict dietary patterns are observed in it.

Life would be lengthened for sure when one gets committed to lifetime physical fitness program. One could enjoy life to a maximum along with a healthy body and mind when fit; picking up more daisies.

Finally the choice varies from people. If you are cautious about your health committing to lifetime fitness regimen, it would be obvious about fewer sufferings in the end.

People often wish having a great body so that it could be shown off. The world of fitness modeling has many aspirants.

In today's generation, men and women dream of being a fitness model at one or the other point in time. Quite many of them have taken lot of time and effort just to find some place in the "fitness modeling world".

What it is, and what it takes?

Fitness modeling is all about have a sleek and well built body, one that the person could be proud of so that it has a second round of head turnings in the crowd. It goes around tuning one's physique being more appealing and in right shape. Attention gaining is undoubtedly the ultimate purpose of this. Being noticed is like finding everything. However, it is always the quality and kind of attention that you would get, which would matter. The aspiration to become a fitness model would expect not just a wonderful sleek shape but also good health. What matters more is the overall toning of an individual, i.e., the body along with the will.

The modeling world is always crowded with hopefuls and aspirants. If you seriously want to set your foot in such crowded arena then you must be tough enough to see right into the facts. One needs to have a right mindset and correct information for the same.

Being unique, matters

Though a perfect body is supposed to be the key, it is not all that enough. It counts less than a little. At times even in spite of having the most beautiful body would not meet the expectations. The primary thing that is considered is the audience and the camera. If a good image is projected with the lenses trying to project positive, then you could have an edge. There must also be something unique set about you which must differ from the rest. People have been successful long before they ventured in the modeling field, simply to realize that they look no different. Hence it is essential that you have something which differs from the crowd, something that could be boasted about even when you come in midst of several other models.

Take care of the trivia

Essentially in the fitness industry, you would notice that the trivial things you thought did not matter, would actually be equally important like everything else. You need to take good care of yourself. Seemingly unnoticeable and very simple things such as your nails would matter a lot. Taking care and loving one's body is one significant phrase in the fitness industry.

There are many simple and small skills which are relevant. Right taste along with trendy style of attire and proper grooming, as well as good hygiene is significant. Positive personality and

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attitude is what every fitness model should wear. This is mainly because everything within you would be passed on to others as you face the camera and the crowd, defining you completely. Once there, you would merge your soul and body.

If you have the right spirit and will knowing that you are in the correct track, then the modeling world would await you with its excitement and glamour.

Health And Fitness- Make It The Choice

Health and fitness is no doubt an important chapter in every human being's life. One needs to take good care about theirs and their family's well being.

Each of your family member's well being is equally important to you just like it is your own. This is exactly the reason why a lot of people read about family fitness and family health related articles when they get the chance. There are several books, articles, magazines, emails, e-books and also newspapers about fitness and health. Most of the reading materials seem to be confusing, too much in depth, too long, too serious and sometimes too complicated. However, these materials contain just what you should know.

Information that lies unused is not as good as being worthless. This means, no matter the number of books you find on fitness and health, it is of no good unless used productively. All information you need on fitness and health is available. Various writers, experts or even trainers have differing things being said. Hence you can start sooner by working upon your family health and fitness straight away.

Below are few simple ways which would assist you in your battle to attain a fit and healthy family life.

1. Eat only healthy diet

You need to know what exactly is meant by a healthy diet. Parents must set apt examples to their children about intake of healthy food. If your kids see you taking healthy food, they would undoubtedly follow a similar eating pattern. It is not required that you become technical about your food preparation. With little creativity in cooking and some information on different kind of food, you can give healthy food to your family every day.

2. Include proteins

Right from breakfast till dinner, ensure to have meals rich in proteins. It could include turkey, red meat, eggs, chicken, fish or cottage cheese. Proteins are essential in your body as they

maintain your muscle mass. This again is required for excellent health and fitness; as it is the key.

3. Avoid excess saturated fat

Fats could be harmful to the body. However, if good fats are included in your meal, then you are on the way towards a fit and healthy body. Always stay at a little distance from saturated fat as it could prove to be harmful.

4. Daily exercise

One needs to know the significance of exercising daily. You could also work out on preparing your family exercise plan, encouraging children to join the same so that they would know the goodness of daily exercise. Start with a plan which would go for five days having 2 hours of workout each day. Try many exercise crunches possible and ensure to do it in a right manner. Teach few simple crunches to your children so that they can try them out on their own as you try a few of the strenuous ones.

5. Talk the walk

Talk to your children in specific and your family in general. All need to know the right intentions of working out and carrying specific goals. As your family gets convinced about your intentions seeing that you are serious and determined, they would sooner or later support you.

The key is to involve all your family members in your fitness regimen. The secret would be realized only when all work out together. You don't have to brood too much over books, articles etc as you essentially have information about the required fitness activities. Act immediately and you would notice your family living a fit and healthy lifestyle. Your efforts could avoid health problems to your family in the future.

What Is Stretching?

Since you were a child, you have been told that stretching is something that you should be doing. It doesn't matter if you are just getting up for the day or you are going for a five mile run, stretching is something that you've been told has to happen. The truth is that this is very true. Although most individuals will say that they know stretching is important, most don't know why it is. Of course, that could also be that most don't do it as well. Understanding what happens during stretching will help you to understand why you need to do it.

First, The Science

When your muscles are stretched, the muscle fibers are lengthened. They are pulled out. But, some of those fibers do stay in tact at their resting, or normal, size. When you lengthen the muscle to its fullest state, you keep it from being becoming injured or otherwise compromised while you are function. Because when your body is at rest the muscles are at rest, they are not fully ready to be used. The longer the muscles are at rest, the tighter and shorter they are.

If you consider what you will be doing with your muscles, you will clearly see that you will need full range motion with your muscles. For example, if you need to extend the muscles in your legs so that you can run and they aren't fully stretched, there are problems. First, the muscles are too tight which causes the lack of full function. Secondly, the muscles are tight which can lead to injury of them if you pull them out too far.

As you can see, it is quite important for you to take the time to stretch. By not doing so, you limit what your body can and can't do. You also put yourself at a real risk of injury if you try to extend those muscles beyond the point of where they are. The goal is to provide yourself with muscles that are completely flexible, nimble, even and that are able to help you to complete your tasks in the best possible manner. To do this, you must consider adding a stretching workout to your day. You should consider what stretching can do to improve your body's abilities as well.

Stretching And Weight Loss

If you are trying to lose weight, stretching should be part of the process. There is nothing like getting started with weight loss exercises and feeling that dull ache running through your body. If you are even slightly overweight, exercising is hard work and it is quite taxing on your body as well as your mind. One way that you can improve the way that exercise affects your body is to stretch before and after each of the workouts that you do. While stretching itself won't allow you to actually lose weight, it prepares your body for all that is to come later. That's what you need to take into consideration.

Stretching Before

Before you get started with your workout, take a few minutes to stretch. Work on stretching each of your muscles groups and rotating all of your joints from the head down. Relax as you do this and allow for your body to really feel the stretching happening. When this happens, you will fully wake up your body so that it can experience a full benefit of the workout that is to come. In addition, you'll be able to provide your body with the best protection from injury later on. Once you have safely, slowly and actively stretched each muscle in your body, you can begin your workout.

After Your Workout

After you have completed your workout, it is time to begin stretching again. Why should you stretch now? The stretching that you do before you workout allows your body to be prepared and to avoid injury. The stretching that you will be doing now helps your body to begin to repair the muscles and also helps you to be less sore tomorrow. By stretching now, you allow your body to cool down and to come to terms with the routine that you just did, already starting to heal.

Stretching in this manner allows you to feel good before, during and after your workout. Not only do you get more from that workout because you did the stretching, but you also keep yourself from being hurt along the way. This allows for the most overall beneficial workout that you can gain. That means that you won't be too sore to work out again tomorrow. All of this leads to the fact that you will be able to lose weight faster and more effectively.

Understanding What Stretching Is

Stretching is often a necessary exercise to perform and is especially important when it comes to physical fitness. Those that do not get in enough stretching are likely to find themselves facing the risk of injury as well as the loss of range of motion. The goal of stretching is quite simple. By providing a stretch to the muscle, the range of motion of the joint will be increased to some degree. To do this, individuals will apply tension and force to the muscle area in order to lengthen the muscle. The muscle is also strengthened during this time. The muscles are more capable of providing for the activity that is required.

When It's Necessary

It is not always necessary to stretch. In fact, many individuals will tell you that they simple don't do it and they don't find themselves injured. But, most athletes and doctors will recommend some type of stretching any time that you will be doing physically demanding exercises. For instance, those conditions in which your body needs to be extended and flexible may be the ideal times when you will apply stretching techniques to them. For example, during long running, acrobatics, martial arts and even for ballet, the body needs to be able to increase its range of motion to do more than what is normally does. Without this stretching the body is quite limited to what is can accomplish.

To Keep From Getting Hurt

Another reason that stretching is used is to increase the body's ability to keep from becoming injured. Stretching can prevent injury to various aspects of your body including ligaments, tendons and muscles fibers. This is the case because stretching helps to make the muscles more elastic. As it becomes more elastic, it reduces the stretch reflex in the greater ranges of motion that you will use it that may otherwise cause an injury to happen to you.

Stretching is something that should be done because it can help you to perform to a fuller degree as well as to help you to prevent injury. If you don't stretch enough, you may not be able to perform as well with the type of activities that you are looking for. Stretching in the right manner is almost a requirement for safety, too.

What Is Static Stretching?

Static stretching is one type of many types of stretching. In this type of stretching you will work with just your individual muscles and will do low intensity stretching. As you know, stretching is an important part of warming up for your workout. If you are to really get the full range of motion you need to do the exercise or physically challenging activity, you will need to do these warm up exercises. But, you also should be doing cool down stretching. The perfect type of cool down stretching is that of static stretching.

What Does It Mean?

Static stretching is a type of stretching that works with just one of your muscles at a time. It is also known as passive stretching. As the name implies the methods used are smooth and easier than other methods of stretching. This is why it is the perfect type of exercise after you have finished a workout or jogged a few miles. Static stretching should be added to your workout routine for an after workout stretch.

During a static stretch, you will comfortably stretch your muscle. You'll do this to the level that is comfortable for you to move it. By going just as far as you can comfortably go, you allow the muscle to begin to relax. Start by extended the arm or leg straight out until it is no longer comfortable to do so. Hold your position for at least ten seconds and up to thirty.

By doing the stretches in this format, you are safely extending your muscles. You are easing into it and easing into allowing your muscles to stretch out farther. In many ways, static stretching is actually the type of stretching that is considered the safest.

Although static stretching is not enough for a warm up activity, it is the right choice for cool down exercises. If you want to do some static stretches during your warm up activities, only do a few light ones. The stretch may be too aggressive for a cold muscle. But, for a warm or used muscle, it is much easier to do and allows for added benefits.

Adding static stretches to the end of your workout will help you to cool down effectively. It is also a great way to keep your muscles nimble and even helps to reduce the soreness you'll feel the next day after your workout.

Ballistic Stretching

Ballistic stretching is also called active stretching. In this type of stretching, you don't just extended the muscle outwards. Instead, you are doing a more complex and more extensive type of stretch. If you haven't used any stretching methods before, you will want to work on learning a few methods of stretching that incorporate ballistic stretching methods. In fact, you'll want to add this type of stretching to your workout. Ballistic stretching allows for the perfect warm up before you exercise. For that reason, anyone that will do any type of challenging or semi challenging exercise will need to work on incorporating ballistic stretching into their exercise regimen as their method for warming up.

What Happens?

During ballistic stretching, you will use motion as well as momentum to fully extend your muscles. During this type of stretching, your body will go through a series of motions meant to encourage muscles to be more flexible for your oncoming routine or exercise. You will use a specific type of rapid motions that will end in a stretch position.

The type of ballistic stretches should be carefully considered and should be somewhat specific to the type of exercise that you will be doing following the stretches. When you incorporate them into your workout, you will only use light ballistic stretches to warm up. Otherwise, you could risk injury.

For one light ballistic type of stretch, do the following. Stand with your arms at your side. Relax. Now, flex and then extended each of your joints. Then, rotate each of the joints carefully. You can do this with your ankles, knees, shoulders, wrist, elbows, fingers, hips, toes, feet, shoulder blades and your trunk. You can repeat them if you would like to.

By providing yourself with specific ballistic stretching exercises, you allow your body to become accustom to doing the activities that will be required of it in more force later. As a warm up, it can be quite a great way to get your body ready to go and do what you want it to do. Without providing this type of stretching, you risk injury to those joints. In addition to doing your regular workout, try to add some of these ballistic stretching exercises before you start. This will make the workout even more effective then it was before.

Stretching As A Runner

As a runner, you realize the importance of staying in shape. Part of staying in shape should also include stretching. Although you may not realize just what stretching does for you, you should invest a few minutes in learning as well as doing stretches. No matter if you are a new runner or someone that has been running for years, adding stretches into your workout can and will allow you to do more, accomplish better goals and it will allow you to successfully accomplish tasks in a more complete manner. It also will protect you from injury in some cases.

Running: It's A Physical Test

As you stand at the line, ready to start your run, your body tenses and you can feel the adrenaline pumping in your body. If you have successfully warmed up, your body is ready to go. When it comes time to step off and into that race, it is ready to give you its all right from the start. But, if you haven't done the right amount of warm up stretches, your body will begin slowly, struggling with the first steps as it begins to loosen. Slowly, your muscles begin to stretch and your range of motion is more. You can feel your legs begin to loosen.

What's wrong with waiting for this to happen instead of stretching in the first place? The bottom line is what you want and need from your body. If you just consider your legs, for example, you need that first step over the line to be the best step it can be. You need to make sure that everything that happens during this race is something that can help you to power through your workout and race from the start to the finish. By delaying your body's ability to give it your all right from the start, you are farther behind then you could have been.

Many runners make the mistake of not getting in any stretching before they get started on the track. This can be quite problematic and can often cause you to lose your balance as well as your place at the finish line. If you allow yourself the type of stretches that will prepare your body for that run, the end result is that you will actually succeed, better than before.

Body Building And Stretching

If you are doing body building you need to stretch. It does not matter if you are doing light body building or a full blown muscle building exercise. Stretching must be part of your goals in training. Although you may not realize that benefits of training just yet, when you begin to incorporate it into your every day workouts, you will start to see the benefits that can happen to you. Take a few minutes to learn why stretching and body building go hand in hand.

What It Does For You

Man or woman, stretching is an intricate part of the process of working out. There are many things that it does for you in fact. It helps in appearance, it lengthens your muscles, and it goes a long way to providing lean, toned looking muscles as well. It can help to improve your fitness level and it will improve your overall health as well. That's a lot to gain from just a few minutes of stretching. Of course, if you are at an event, it definitely helps you to show off those muscles as well!

If you incorporate stretching into your workout warm up, you will have an overall 50 percent reduction in overextension injuries. This is well known in any athletic base and it holds true for body building as well. In addition to providing you with this type of additional help, you will also find that stretching can aid in lessening the soreness that you feel after your workout as well.

Start your workout with ballistic, light stretches. Work on each of the areas of the body, one at a time to fully prepare them for what is to come. Then, after your workout install a cool down stretching workout as well. In this workout, try more static stretching. This is the area in which you will gain the most benefit for relief from injury as well as the relief from soreness tomorrow.

Body building requires hard work but can provide your body with an intense benefit. Look at several types of stretching and insure that the exercises that you will be doing after your warm up are fully prepared for with the right stretches beforehand. You will find this to be an excellent warm up and cool down to virtually any body building workout you may do.

Why Do Stretching?

Sure, your gym teacher in elementary school talked about stretching, but why should you do it now? You are fit. You are completely comfortable before and after your workout. So, what is it that you could possibly gain from a few simple and boring stretches? Unfortunately, this frame of mind is one that will leave you with the potential to be at risk. In fact, in some instances, athletes have reported an injury rate of 50 percent fewer over extending injuries when they do stretch as compared to those that do not stretch. It is worth the few extra minutes to make this happen.

Here are a few of the things you'll gain by stretching before and after your workout or your physical event.

- ***Stretching provides flexibility to your body.*** This flexibility is essential to gain a full range of motion for the exercise or physical challenge you plan to put your body through.
- ***Stretching helps to prevent soreness after your workout.*** That dull pain that means you did have a good workout can be lessened. In fact, stretching helps to prepare your muscles to recover faster as well as promotes good muscle growth.
- ***Stretching helps to prevent problems with your posture too.*** With more, well build muscles, your body is capable of moving easier and more effectively.
- ***Stretches will increase your range of motion, allowing you to gain faster.***
- ***Stretching keeps your muscles healthy, not only right now but well into the future beyond your active years of exercise.***
- ***You reduce the risk of injury when you do stretching exercises that are appropriate for the activity that you will be doing before you do it.*** There are far fewer over extensions that happen.
- ***Stretching helps to build muscles that are larger, better capable of fitting your needs and muscles that burn fat faster than muscles that don't.*** You get better quality muscles

then without stretching.

- ***Stretching also makes your muscles look better.*** They look more natural, more toned and more alluring then without stretching.

Stretching does quite a bit for anyone that has the need to workout. No matter if you are working out because you need to lose weight, because you want to build muscles or just because you plan to run a 5 mile run next week. Adding it into your workout will aid you in becoming a well build muscle machine.

When Is The Right Time For Stretching?

Stretching is a part of the everyday workout, right? If it isn't but you are looking to make it so, one of the largest mistakes that individuals make, is not knowing when to stretch. It doesn't matter if you plan to run a marathon, do a ballet recital or you need to warm up for a workout routine for body building. You need to learn when the right time to stretch is. This will help to provide you with the overall health benefits that are required for optimum effectiveness.

Before Stretching

To give yourself the best opportunity to gain the most from your workout, know when to stretch. Before you begin, start with a small workout or warm up. That is, do about ten minutes on the low intensity setting of a treadmill. Or, get out the exercise bike for a few minutes. The goal here is to just get the blood flowing and the muscles moving.

Why should you stretch after you warm up? The answer to that is simple. Your body's muscles are considered warm if they have been used at least somewhat. But, if you stretch right off the bat, you don't give them enough time to wake up, so to speak. Instead, get in a few minutes of warm up on the bike at just a low intensity. Then, stretch. This will make stretching not only easier to do but also more beneficial to you overall. Once you do this then go into the rest of your workout. Now, you'll be able to easily get into the groove and reduce the risk of injury.

Stretch All The Time

Stretching is not just for your workout though. You should give your body the benefit of stretching every day. That means that you need to go about ten to fifteen minutes of workouts each day. If you do this just three to four times per week, you will see that your overall health benefits will increase and so will your workout days.

Stretching is also important right after your workout. Doing some exercises after the workouts makes for the ideal cool down. It keeps your muscles moving but still allows them to easily stay warm and keep from being injured. Go ahead and add stretching to your workouts. Do them before, after and even on your days off from working out. You'll see an improvement with each routine that you do.

Stretching For An Intense Workout

Stretching provides many benefits to your overall health and well being. If you plan to do an intense workout, you should include several levels of stretching throughout that routine.

Stretching encourages your muscles to grow and allows for them to do the best job they can for you without becoming injured in the process. When it comes to a good workout, you need what stretching can give you to provide yourself with the overall best possible workout.

But, What Do You Do?

While each type of stretch is likely to be somewhat different depending on the type of activity that you plan to do following it, there are some important concepts that you should understand and control from the start. For examples, you should always include static stretching in your workout. Some do this before workouts, some after. Static stretching allows your muscles be gently and slowly stretched while every aspect is kept under control. This allows for your body to provide overall benefit without the risk of being hurt.

You should also insure that you are stretching all muscle groups the right way. The right way is to stretch the opposing muscles groups. For example, stretch your hamstrings and your quads, stretch your biceps as well as your triceps. You should never do just one because it will cause the muscles to be unbalanced which will increase your potential for injury and reduces the amount of flexibility you can get from your overall stretch.

When it comes time to do the stretching don't over do it. You shouldn't stretch to the fullest length that you can right away. Instead, extend your muscle and slowly continue to stretch, slightly farther at a time. This will allow you to gradually stretch the muscle which helps to avoid injury when you are stretching. IT should take you thirty seconds to get into the full stretch and then you can hold that stretch for about thirty more seconds.

Learning how to stretch for your particular activity is essential to the well being that you need from that stretch. Stretching your arms is not going to be as beneficial as stretching your legs in a run. When you incorporate stretching into your overall workout like this, you will encourage your body to gain the fullest possible benefit from the workout you plan to do.

24 Hours Fitness Center

Picture yourself with a strong, slim, beautiful body. Now, imagine you got that way by having fun and meeting new people when most everything is closed. Think of yourself as healthy and strong, free from illness, and full of energy and enthusiasm.

Does this sound like an impossible dream? Well, it isn't.

Those images may be a dream, but they are possible. How? Through a regular program of exercise at a 24 Hour Fitness Centers.

24 Hour Fitness Centers offer opportunities for all of these possibilities. That's how they became the biggest private fitness chain in the world.

Every day, at any time of day, millions of people use 24 Hour Fitness Centers to get a beautiful, healthy body and enjoy life more.

The time flexibility and variety of high-quality equipment and classes at 24 Hour Fitness Center has made it a home away from home for all types of people all over the world.

You'll find people with busy productive lives who know how important it is to make time for that daily exercise routine or specialty fitness class, even if it's in the middle of the night.

Group fitness class schedules are flexible and convenient. The wide variety of exercise equipment is plentiful and available. The professional staff is helpful and supportive. 24 Hour Fitness Centers play a vital role in giving people richer, healthier lives and positive and enthusiastic outlooks.

24 Hour Fitness Center's instructors believe their work does a lot more than keeping people fit and healthy. They'll tell you that people who take classes or receive personal instruction develop greater self-confidence and determination. As their appearance and abilities improve, they become more vital participants in life generally.

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The professionals at 24 Hour Fitness Center are dedicated to helping their clients build a strong fit body, excellent health, and a well-balanced lifestyle. They know that commitment and persistence are key components of a healthy lifestyle, and they understand that fancy equipment alone can't inspire those qualities. They offer personal individual support and motivation to all their customers.

And as many of us have experienced, a little success goes a long way. As muscles become more firm, as agility and flexibility improve, and as customers begin to feel better generally, their motivation and commitment to regular exercise increases. Instructors stress the fact that they'll get a beautiful body and good health in direct proportion to the amount of effort they invest in their exercise program.

The quality of the equipment and facility, the convenience and flexibility of operating hours and practices, and personal professional support have made 24 Hour Fitness Center the most popular provider for fitness enthusiasts worldwide.

Whether they're members for life or working on a short-term improvement plan, experienced fitness buffs or nervous beginners, 24 Hour Fitness Center customers know they'll get high quality and dependable service when they make 24 Hour Fitness Center their home away from home.

Next time you go shopping for a gym or health center, check out 24 Hour Fitness Center. You'll be glad you did!

24 Hour Fitness Centers And Clubs

If you want to have and keep a healthy well-toned body, a good gym or health club can offer you a variety of equipment and services to help you meet your goals. But remember that not all fitness clubs are equal.

You want a fitness club that's in it for more than your cash. It should be fully committed to health and quality service so that you see positive results as quickly as possible. It should offer an informed professional staff that can guide you through your workouts and show you how to use new equipment. And it should offer a variety of programs that focus on different aspects of fitness and health. Having a professional nutritionist on staff is another important feature you should look for.

One health and fitness club you can count on is 24 Hour Fitness, with have five types of clubs to meet your unique needs. The Ultra Sport club offers all the amenities and is set up for every type of workout you can imagine, from basketball and volleyball to saunas and spas. You can even sharpen your rock climbing skills. There's a kids' club, so you won't have to hire a baby-sitter and a complete juice bar for dietary health. After your workout, you can get a wonderful massage or visit a tanning booth. 24 Hour Fitness' Super Sport Clubs include many of the same amenities, without the massage or rock climbing. Similar to the Super Sport, the Sport Club doesn't offer tanning. The Active club type focuses on the basic - weight training, cardio workouts, sauna, steam room, and a kids' club. Finally, the Fitlite club offers a complete cardio workout and some group classes.

Operating since 1983, 24 Hour Fitness is the biggest privately owned and operated fitness center chain in the world with over 385 clubs. For years, they've maintained a expert staff to help their clients get the most out of their exercise program, and they use qualified nutritionists to complement working out with great advice on the foods you should - and should not - eat.

Signing up to a new club only to find that they have incomplete facilities and gaps in their equipment offering is a real disappointment and a waste of time and money. You won't be disappointed at 24 Hour Fitness. They maintain state-of-the-art fitness equipment for every workout need. You'll never have to stop your workout because the equipment broke down, and you won't have to wait until a machine becomes available to get the exercise you need.

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They offer team sports facilities and group classes to help you learn new skills and enjoy your friends at the same time. 24 Hour Fitness classes cover a wide range of exercise interests, such as pilates, strength training, aerobic workouts, yoga, and water workouts. Their worldwide instructor team includes over 7000 professionals, and 24 Hour Fitness keeps them up on the latest techniques by offering in-house training for Group Trainers.

You can choose from a range of membership types to meet your schedule and your budget at 24 Hour Fitness. Four types of all-club memberships give you privileges at facilities everywhere, and three different one-club options allow for savings, great workouts, and short-term fitness programs.

Since they have facilities all over the world, travelers will want to take advantage of the Passport Program, where you can workout at other private fitness centers as part of your membership in 24 Hour Fitness. All you need is your 24 Hour Fitness Passport Program ID and a reasonable fee to get a great workout at any Passport Program member's facility.

In 2000, 24 Hour Fitness made a bold move when they entered into partnerships with five world-famous athletes to advocate fitness and make fitness a way of life for all of us. Representing the qualities 24 Hour Fitness values (determination, hard work, persistence, and a positive attitude), these sports super stars are role models and living proof of the benefits of exercise and good health. Lance Armstrong, Shaquille O'Neal, Magic Johnson, Andre Agassi, and Jackie Chan signed on to represent 24 Hour Fitness and bring good health to the people.

In 2004, 24 Hour Fitness became the first official fitness center sponsor for U.S. Olympic Teams, offering grants to help Olympic hopefuls follow their dreams and upgrading Olympic Training Centers across the country. Their commitment to good health is clear.

Your workout at 24 Hour Fitness will be fun, easy, and personally rewarding. You'll find a wide range of exercise options and equipment, complete modern facilities and amenities, and a professional staff to help you achieve your goals in record time.

If you're shopping for a health club, you owe it to yourself to check out 24 Hour Fitness.

Need An Inexpensive Lifecycle Elliptical Trainer?

Almost every exercise equipment store today has lifecycle elliptical trainers for sale. It's no wonder either because Lifecycle is a popular high-quality brand for elliptical trainers, bikes, and treadmills. But if you have looked for lifecycle elliptical trainers for sale, you have learned that they're not cheap. You just won't find a new Lifecycle elliptical trainer for sale in today's retail outlets at a low price. But it is possible to find a high-quality lifecycle elliptical trainer for sale at a lower price than you'd pay for a new one.

One approach to finding good lifecycle elliptical trainers for sale at discounted prices is to contact gyms and fitness centers for a used machine. These facilities continuously upgrading their equipment, and you may be able to find a good deal on a Lifecycle elliptical trainer for sale through their sales office. Since they frequently lease exercise equipment, you may be able to get a lifecycle elliptical trainer for sale through their leasing companies. They also replace used equipment, and you may be able to find what you're looking for through their sales offices.

Another great alternative is to look for a refurbished lifecycle elliptical trainers for sale through exercise equipment repair companies or through the manufacturer's outlets. When new equipment fails, purchasers often return it for another machine. The vendor then refurbishes the machine and sells it at a significant discount. Refurbished machines are as good as new and much less expensive. So searching for a lifecycle elliptical trainer for sale at a refurbish discount is a great way to get a good machine and save money. A refurbished machine may also come with another advantage - the warranty. While it may be shorter than the warranty that came with the machine when it was purchased new, you may be able to get limited coverage in case you have problems. You're still paying much less for a good-as-new machine.

If you're a wandering buyer, you may find lifecycle elliptical trainers for sale at one of many auctions, flea markets, yard or garage sales. Whether we want to admit it or not, people are always buying new exercise equipment only to stop using it after a few hard workouts. You may even find a Lifecycle elliptical trainer for sale at an estate sale. You should be able to get a great deal and save baskets of money on a lifecycle elliptical trainer for sale through individuals. But beware. You'll have to inspect the equipment very closely to be sure you're getting a Lifecycle elliptical trainer for sale that works properly and has all its parts. You most likely won't be able to

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get a warranty on a lifecycle elliptical trainers for sale at this venue. But if the machine works properly, you'll get a great piece of equipment at an unbelievable price.

No matter how you choose to find your lifecycle elliptical trainer for sale, you can get this top-of-the-line product for a savings. It's worth the time and effort to conduct a thorough search when you can get a great bargain. Whether through a fitness center, its equipment provider, a refurbisher, or a private individual who stopped using it, you'll have a lifecycle elliptical trainer for a healthy life!

Taking A New Look At Diet And Fitness

Over the last decades, health and fitness has become an increasing concern for most of us. Some people crave a killer body and the attention that comes with it. Others want the perfect abs, a tighter bottom, or bulging biceps. The result of this movement has been a proliferation of gyms, health centers, spas, and personal trainers.

Ads for exercise equipment, weight loss products, and star-sponsored fitness routines dominate television, and it's hard not to think you're the only one out there who isn't working on your body. In fact, the perfect body is one part of a healthy, quality life.

Being truly healthy requires a healthy lifestyle and a proper, balanced diet. Diet for fitness provides the nutrition and energy we need to restore tired muscles and maintain a positive productive energy level. Think of the diet approaches - high-carb, low-fat, all-protein, sugar-free, all-chocolate, Scarsdale, Atkins, South Beach. There is no shortage of great-sounding fad diets out there.

If you pay attention to advertisements and special programs that focus on dieting and weight loss programs, you may not know where to turn for dependable, honest facts about nutrition and health. In fact, most fad diets don't work, and they sure don't support your health. So, what can you do to find out what's best, and most healthy, for you?

In reality, there are two basic diet approaches: high-carb diets and high-fat diets. High-carb diets focus on eating lots of carbohydrate-rich foods, and high-fat diets endorse fat-rich foods. High-carb diets use burn the glycogen in your liver and muscles. This glucose complex provides quick energy that you use in anaerobic exercises.

Fats are the richest source of calories, containing more than twice as much calorie value than either carbohydrates or proteins. When metabolizing carbohydrates, the human body burns 24 calories, yet it only takes three calories to burn the same amount of fat.

So, which one is best? Neither. Each diet approach yields results, as long as you stick to one type. You can adopt a high-carb, low-fat diet or a low-carb, high-fat diet. Just don't try both at the same time unless you want to gain weight.

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But diets shouldn't be just about losing fat. A healthy balanced diet maintains a healthy weight and avoids weight gains. Successful weight loss can only be realized when the daily diet reflects lifestyle, individual food preferences, unique physical needs, and feeling satisfied with what you eat. There's really only one diet that will work for you. That's the diet that helps you stay fit, feeling healthy and satisfied with who you are. And that diet is unique to you.

When you diet for fitness, there are three things to remember: moderation, variation, and balance. Plan your meal schedule so that you don't get too full or too hungry at any time of day. This may mean three meals, five meals, or one meal. It depends your schedule and your physical needs.

Moderation means eating when you need to and eating the amount that satisfies without adding calories your body will only store as fat. Balance means selecting a healthy diversity - the basic food groups. It means getting the proper amounts of proteins, carbohydrates, fats, and fiber to keep your body functioning at its highest potential. Variation means giving yourself enough choice to keep interested in the foods you eat. Eating the same things all the time is not only boring, it's unhealthy. Having a salad one time and chicken the next will assure you get both the nutrition and the diversity you need.

The bottom line is that your important decision isn't what diet program will work. It's about what diet program will work to keep YOU fit and healthy. It doesn't mean going on a fad diet for a few weeks or months and then going back to your old habits. It means adopting a well-balanced, nutritious diet in combination with regular exercise and a healthy lifestyle and sticking to it - for life!

One last word of advice: experiment. Try new foods to keep your diet interesting and nutritious. Try new recipes to get a new take on the familiar. Who knows? You might even learn to love spinach!

Exercise And Play

Many children return from an afternoon's play looking exhausted and feeling ready for a nap. For kids, play is very hard work. Play for children is more than just play. It's a way to grow physically, socially, and emotionally and helps them become responsible productive adults.

Busy parents, with their jobs and adult responsibilities, may be tempted to set their kids about homework and household chores rather than sending them outside to play or giving them a book or art supplies. But parents need to remember how important play can be in making their children ready to eventually enter the adult world as mature, happy participants.

Zoologists and anthropologists recognize the importance of play to the young of most mammal species. Play is essential to healthy development, both physically and socially. The most healthy, well-adjusted adults are people who played as children, both alone and with others.

In addition to helping us develop sharp motor skills and strong, healthy bones and muscles, play helps us develop as members of a larger community. Participating in organized sports, playing organized games, and being part of a close-knit team makes us more human and teaches us how to relate to other humans throughout our lives. In the modern world of business, play is essential to learn the skills necessary to succeed professionally.

What do we learn while we play?

- how to interpret body language
- how to cope with conflict
- how to enjoy nature
- how to communicate our ideas to others
- how to use our imagination to find practical solutions
- how to enjoy simple activities and other people
- how to share and cooperate
- how to value the contributions of others
- how to be a productive member of a productive team

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Play is also important to self-discovery. In addition to building a physically healthy body, play helps us learn what our strengths and limitations are. It helps us learn to control human-animal instincts like aggression, anger, and violence. Through play, we learn our society's customs and language and become a part of our culture. In play, we learn to imagine and innovate to reach our goals and solve our problems. Play helps to teach us how to understand the messages our body sends to our brains. Throwing a ball at a target, responding to a signal, and communicating through facial expressions are subtle ways to communicate. As we play, we learn how to interpret and communicate those subtle messages. Through play, we learn about nature and the environment.

The benefits of play continue to repay us throughout our lives. Our bodies are stronger, and we live a better quality of life because we developed strong bones and muscles. Our minds are sharper, and our social skills are better because we learned how to work (through play) with others for positive results. We are more well-rounded emotionally and psychologically because we learned to identify our own needs and the needs of others, negotiate, and resolve conflicts. Finally, we learned to deal with stress through physical activity and exercise.

So, next time you see a full trash basket or taller grass than you would like, pause for a moment before you pull Sally or Sam away from her/his game. Remember that play is a critical part of learning how to live in the world. They'll get their chores done, but make play an important priority in your household.

Earn The Benefits Of Regular, Moderate Exercise

Which do you prefer, aerobic or anaerobic exercises? Do you know the difference? Does it make a difference? Not really. The words aerobic and anaerobic represent different ways the body gets energy for exercise.

In aerobic, meaning with oxygen, exercise involves or uses oxygen to fuel metabolism, and the main fuel comes from burning fat. This type of exercise involves relatively less muscle fatigue. Aerobic exercise is of moderate intensity. Anaerobic, or without oxygen, exercise is higher-intensity exercise where the muscles rely on fuels other than oxygen. Anaerobic exercise burns sugar as the main source of fuel. Either way, you still burn fat.

Light exercise cleans out lactic acid (a waste product) and stimulates cell regeneration. To burn fat, rather than sugar, there are several things to remember:

- **Breathe deeply.** Use your diaphragm to draw in air, through your nose, and hold the breath for a few seconds. Then exhale through your mouth.

- **Exercise at a comfortable level. If 10 is extreme exertion, exercise at a 7.** You should still be able to carry on a normal conversation while you work out. Doing this for 45 minutes a day will restore energy and make you feel great!

You may think you don't have time to exercise, but you should make time. The benefits to your health and well-being far outweigh the cost in time. Since proper exercise increases energy, you won't need to sleep as much as you have in the past. So, take a little of your nighttime sleep to exercise. You'll be better for it.

Or use your lunch break to exercise instead of having a heavy lunch that adds fat. Your productivity will increase. You'll be more alert and energetic. And the time you save in added productivity can be applied to those other important tasks you aren't willing to trade for exercise.

Rebounding (also known as cellularise) is a great way to get aerobic exercise. A rebounder is a mini-trampoline that provides excellent, non-impact exercise through bouncing. If you have

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access to this type of equipment, try it! It's a fun exercise for all ages and types, and it's less expensive than other types of exercise equipment.

Whether you have access to a rebounder or not, use any break or time out to get in some movement and deep breathing. Any type of exercise will have great benefits. It will improve your heart, making it stronger and larger. Deep breathing will make your lungs stronger, too. The movements you use to exercise promote proper blood flow to your joints as well as to your muscles, so you reduce possible joint pain by engaging in regular exercise. And research suggests positive links between exercise and overall health - preventing almost every type of disease.

Many of us spend most of our days sitting crouched at our desk, typing away at our computer, focused on the job at hand. And while we do this, our bodies get stiff, tired, and full of natural toxins. Proper exercise flushes the system and stimulates internal organs, including the brain. It restores energy and improves attitude.

Your investment in just a little moderate exercise will repay your effort with benefits that last a lifetime. You'll live better, live longer, and enjoy life more when you commit to and follow through on a regular program of exercise.

Outdoor Exercise And Fitness

People are becoming more and more aware of the importance of fitness and exercise. Whether inside or outdoors, you'll see people working to get and stay healthy. Outdoor exercise is a particularly good way to improve your health and enjoy life at the same time!

Gyms are a wonderful asset to people who can afford them, and for people who have the discipline to keep coming back after they've paid their membership dues. Home gyms are effective ways to work out for people with lots of space and money. Sports and organized activities are a good way for social types to take care of their health while they are "seeing" and "being seen."

But what about those who live simply - who are happy playing with their kids or their dog, who don't need or want the structure of a gym, who can't afford expensive equipment, who can't work out and talk at the same time, and who don't like competition. Are they oddballs? No! Exercising outdoors is a fun, simple way to keep fit and enjoy nature.

Outdoor exercise doesn't cost much. It doesn't require a lot of preparation. And it is a healthy lifestyle choice for anyone. Among the many benefits of outdoor exercise are:

- you can do it without equipment
- you don't have to mess with crowded gyms and obnoxious people
- you don't have to make a long trip to get there
- you can breathe fresh air and feel the wind in your hair
- you don't have to pay a membership fee or make a down-payment
- you don't have to put on that special outfit
- you don't have to wear makeup
- you do get lots of sunshine and vitamin D for healthy bones and skin
- you can do it anytime, anywhere you want to

Having established that outdoor exercise is a great way to stay fit and enjoy a healthy life, you might be wondering what to do when you get outside.

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Here are seven popular outdoor exercises that will give you a good work out and leave you feeling sweaty, exhausted, and absolutely great!

*** Lunges**

A wonderful outdoor exercise, this is a great way to work your bottom and hamstrings, lunges come in many different variations. This is the basic drop-knee style. Stand with your feet about three feet apart with your knees at a 90-degree angle. Bend your knees and lower back toward the ground, making sure your heel is flat to the ground and your knees are directly over the center of your feet. Keep your upper body straight as you push through the front heel and return to the starting position. Don't lock your knees. Just repeat in a flowing motion.

*** Push-ups**

Great for your upper body, push-ups also have many variations, including standard, wide, and close grips. They're a perfect outdoor exercise, and if you rotate the three movements, you'll work more muscle groups and get a better result. For easier motion, elevate your hands. For more resistance, elevate your feet. If you're really brave, try clapping your hands as you bounce. Start with your back and knees straight and parallel to the ground. Slowly lower your body until your nose touches the ground and then return to your starting position with a quick upward press. Repeat as many times as you can without over-stressing.

*** Squats**

Very easy to do for outdoor exercise, if they're done the right way, squats have tremendous power. If done improperly, they're less effective. Squats also have many variations - standing, one leg, wide-stance, pile, and overhead. As you do repetitions, you'll feel your legs getting tired. This is a good thing. They're great for developing your hips, butt, and thighs. Stand evenly with your feet apart. Keep your back straight and your stomach in. Your knees should be just behind your toes. Squat to the height of a chair, and squeeze your butt as you stand. Repeat. For more vigorous exercise, hold weights in your hands as you squat.

*** Step-ups**

Done properly, this can be a brutal outdoor exercise. You can use a bench as your equipment. All you have to do is step up and down, being sure to hold your head up and your back straight. Stand behind the platform (weights in hand for more power). Put your right foot on the bench, transferring your weight to the heel as you come into the step. Use your right leg only, using your left leg for balance. Slowly step back. Repeat this at least 10 times with your right leg before switching to the left.

*** Chin-ups**

Also known as pull-ups. You can use a tree branch or playground equipment. Grab your pull-up bar with an overhand grip. Your grip should be just wider than your shoulders. Lift your body upward as high as you can, and return gently (don't fall) to your starting position. Repeat the movement as many times as you can. This outdoor exercise will get the sweat going!

*** Uphill sprints**

Only people who can do a 100-meter dash should try this one. The essential outdoor exercise, all you have to do is find a hillside, and run up it as fast as you can. Walk down and repeat.

*** Duck walks**

For the un-embarrassed! Simple, but hard, this outdoor exercise will give you strong legs and endurance. Simply squat until your thighs are parallel to the ground. Walk in that position about ten steps, and then return. Repeat as much as you can (probably won't be much!).

Doing outdoor exercise is a good workout. If done properly, these outdoor exercises will give you benefits as good, as not better, than you'll get in the fanciest gym in town using the most expensive equipment on the floor. Outdoor exercise also lets you remember how great it is to be outside, rain or shine, breathing fresh air and listening to the birds sing. So, go to it! Try some outdoor exercise now!

Build The Best Home Gym At Fitness Depot

A fit, well-toned body is a healthy, sexy body. Despite all the hype, statistics show that health disease, obesity, and diabetes are on the rise. Having and following a comprehensive health plan is the best favor you can do for yourself and your family. Such a plan will include a healthy diet and regular exercise. Fitness Depot is one place you can find everything you need to build a strong, healthy body and a more alert mind.

Exercising at the gym is a popular way to work out these days. But many people don't make it to the gym regularly, despite paying fees and dues. Perhaps they don't have time to travel to the gym. Or maybe they have responsibilities, like children, that require attention and care, making the gym a luxury. Others simply lose the fascination for the gym and stop using the service. And those of us who are self-conscious wouldn't even go into a gym for fear of embarrassment.

There's a simple answer to this problem: purchase home gym equipment and work out when you can in comfortable surroundings where you can be reached quickly if you're needed. There are a wide variety of home gym equipment and retailers all over the country who can provide reasonably-priced dependable fitness equipment that will meet your needs and help you stay healthy.

A popular, high-recommended source for high-quality home fitness equipment is Fitness Depot. It's largest fitness equipment retailer in Canada, and its stores are located in cities throughout the United States.

You may think that setting up a home gym is an expensive proposition, and in some respects, you're right. Truth is, you get what you pay for. For a well-rounded exercise plan and a full-body workout, you'll probably need to purchase several different machines to focus on different parts of your body. The experts at Fitness Depot can help you evaluate your needs and select the perfect fitness equipment for your specific situation.

Founded in 1993 by Marc Dubois and Edwin Cameron, the first Fitness Depot was opened at 40 Ronson Drive in Toronto. Consistent sales, reliable fitness equipment, and dependable support quickly made Fitness Depot one of the most popular sources for fitness equipment. The original

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Toronto store is still open, and there are 36 locations across Canada. Fitness Depot stores are also located in major cities across the United States.

Offering a wide range of fitness equipment brands and styles, Fitness Depot carries machines to help you get cardiovascular exercise, strength training, even boxing. You can find exercise bikes, elliptical trainers, treadmills, gym trainers and home gyms, power blocks, rowing machines, steppers, and inversion beds. You can select from a variety of accessories, too, for each exercise style.

If you want to build the perfect home gym that combines the convenience of home with the professional, high-quality exercise found in commercial gyms, a visit to the nearest Fitness Depot will be a rewarding adventure. You can be sure to get the perfect fitness equipment for your needs, great advice, and superior support. Investing in a home gym is also investing in your health, your slim trim appearance, and a better quality of life. Take advantage of the excellent fitness equipment available at reasonable prices through Fitness Depot. You'll be glad you did!

Health And Fitness For Singles

Single life is great! You're your own boss. You can do what you want when you want. Lots of dates. Lots of parties. Lots of lots!

That's the myth. But if you're single, you know it isn't so perfect. Meeting new people, socializing outside a bar, and finding the right person are hard work for singles. Even in the biggest cities, maybe even more so, finding the right friends and the right social opportunities can be overwhelming.

And singles have to worry about the same things as couples - staying healthy and fit. Did you know there's a way to combine a happy single lifestyle with a healthy lifestyle? There is. Today, you can join a single fitness program designed specifically for independent, unencumbered people. You can stay fit and well-toned in the company of other singles, make friends who are healthy and fit, and share common interests in a non-threatening positive environment.

When you join a single fitness program, you may even get more exercise than you did independently. These services combine single fitness programs with fun activities that you can enjoy with other singles. Think of it. Enjoy cross-country mountain biking, swimming, team sports, and exercise routines with other single people.

If you think you'd benefit from participating in a single fitness program, you should consider the companies and services that offer this type of opportunity. They aren't dating or escort services. They're organized to create fitness opportunities so that singles will get more fun and health benefits from exercising. They recognize that things like hiking or biking alone can be boring and isolating. So, they organize groups of singles to share the experience.

When you sign up for a single fitness program, you give them personal information to help them find your most appropriate exercise partners. They may ask for your age, your sexual orientation, your exercise preferences, and other personal views that will help find the best fit for your needs. It's their responsibility to match you with other singles of the same general age and stage of life that share your interests, particularly your fitness choices.

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When you become a member of a single fitness program, you'll never have to go through those long, boring workouts alone again. Unless you want to, you'll never have to be alone on your bike down that country lane or follow a forest path in solitude. You'll be with people like you who want to get and keep healthy. You can even enjoy sports like boxing in a single fitness program. They'll find someone with whom you can spar and attend matches.

Imagine the personal rewards of being able to get good exercise and maintain a healthy better-looking body while participating in fun social activities. You might even meet the person of your dreams! You'll already know you have common interests. All that's left is to nurture the relationship and let things happen naturally. No forced awkwardness. No showing off or telling lies to impress. No disappointment when you learn you're not at all alike.

A single fitness program can set you down the path you only imagine today. You'll have a bigger network of friends who share your love of exercise. You'll have hours of social fun while you get healthier. You'll learn from others. You may even meet your dream-companion!

Free Weights VS Machine exercise

You exercise for a better quality of life. But when you spend an hour at the gym, you still have another 23 hours when your muscles must work properly without the help of fancy equipment. No matter what type of exercise you're doing, the movement of your body is called the "range of motion." The more difficult that range is, the more effective the exercise.

Whether you're ready to start strength training for the first time or returning to a familiar routine, you may have questions about the best way to achieve your goals. Novices may be more comfortable using machine weights, but they may not get the results they'd expected. Old pros who want to focus on a specific muscle group may find machines more effective. But free weights are a time-honored proven method, and they are effective no matter what size you are. You may get more bang for your buck with free weights, but you may also run a greater risk of injury.

Take the example of the classic dumbbell bicep curl. This exercise involves standing up straight, palms forward, and holding a dumbbell by your side in each hand. You contract the bicep to raise the dumbbell to shoulder height, and then repeat the motion as much as you can.

With a bicep curling machine, you sit and brace your arms on a pad, grab a pair of handles before you, and repeat the same type of motion as you did with the dumbbells, moving upward.

The actions are essentially the same for both exercises. You're contracting your biceps. However, sitting down at the bicep curl machine limits how shoulder motion. You use several muscles in the machine exercise that you don't use with dumbbells - muscles in your forearms and fingers.

When doing weight training, you get much the same exercise using free weights or a weight machine. You follow similar procedures with the same goals. But unlike free weights, machine weights offer resistance, adding a bit to your exercise routine. At the same time, you don't have as much flexibility using a machine, as it forces a standard routine with few deviations.

Using free weights, you have more flexibility, but you also have more work to change the settings. Using a weight machine, you can change adjust your weights by flipping a switch!

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You'll find people on both sides of the debate. Many believe free weights rule, and others think you get more out of machine weights. While both have advantages and disadvantages, free weights have a longer track record and, time after time, have shown dramatic results.

Body builders use free weights for years with impressive, competitive results. Ask most any body builder about machine weights, and they'll most likely think you're joking.

Those that favor free weights say you use more muscles than you do with machine weights, making them more effective. But that doesn't mean machine weights waste both time and money. Machine weights help stabilize the body and reduce possible injuries.

Your decision on which type of weights to use will depend on what you want to achieve by lifting weights and where you will be doing your work outs. Both methods are effective and improve your body and your health. Free weights take up less space and allow you to vary your exercises but, for that very reason, may be more dangerous in terms of injuries. Machine weights are less flexible and more expensive, but they are more limiting and consume more space.

Professional physical therapists suggest that a combination of free and machine weights may be the best solution. The bottom line is that you must do the research and make your decision based on your unique goals and circumstances. Considering your available time, goals for your body, your budget, facility availability, and personal considerations will help you make the best decision that meets your specific needs.

Good Health And Fitness Is Easy And Free

You don't have to join a gym or buy expensive equipment to improve your health and become more fit. There are many items in your home that you can use in an effective health and fitness program. The important thing to health and fitness is getting good cardiovascular conditioning, developing stronger muscles, and building your strength and endurance. You can't buy those, but you can earn them with a regular program that promotes your good health and fitness. Good health and fitness is an important goal if you want a long, happy life.

If you follow these basic guidelines, you can get all the exercise you need to improve your physical condition and psychological health. Use them to come up with your own health and fitness program.

1. Select an aerobic exercise that's fun for you and that you can do indoors or outside.

Choose from jogging, hiking, walking, running, playing soccer or tennis, or in-line skating. Cardiovascular conditioning or aerobic exercises can help you attain a total body workout, so be sure that, whatever you do, it's vigorous and sustained. Make sure your heart rate goes up and stays up for at least 20 minutes.

2. Use exercise videos to learn new exercises and have a leader to follow. There are many interesting and innovative videos on the market today that offer a wide variety of activities, all of them designed to improve your health and fitness. If you can imagine it, someone's made a video to show you how and keep you moving! Much less expensive than a gym or equipment, these videos give a great workout and some pretty good entertainment. Examples in addition to programs designed for specific parts of the body include kickboxing, body rock, belly dancing, power yoga, and salsa dancing.

3. Change the way you do things around the house and get a good workout. Instead of using your power lawn mower, use a push mower. Vacuum the whole house. Shovel snow from your driveway and sidewalks. Carry your laundry basket or your groceries up and down the stairs a few times. Wear weights around your ankles and wrists as you go about your daily routine. There are many small ways to improve your health and fitness without even noticing it!

4. Turn on your favorite dance music and dance. See if you can do ballroom or hip hop. No need to be embarrassed - no one's watching. Just have fun. Try some modern dance. This is a great way to get some exercise, improve your health and fitness, and relieve stress.

5. Organize active social events. Get your friends to join you in a game of touch football. Shoot a few baskets with the boys. Join a soccer team. Get a friend to take dancing lessons with you. Play racquetball. Use exercise as a way to build relationships and have a more active social life.

6. Organize any game activities with your friends. It can include kickball, football, basketball, soccer, and more. Other activities that promote muscle workouts through body movements are also a good option.

7. Skip rope with the kids! This is a very inexpensive and fun cardiovascular workout!

8. Rediscover your local parks. Many of them have fitness trails you can follow with recommended exercises, instructions, and goals. There's no excuse now. It's all laid out before you. All you have to do is get in motion.

These are just a few suggestions among a million things you could do to improve your health and fitness. Perhaps you've had some ideas of your own as you read the suggestions. Give them a try.

Before you start any new exercise routine, keep these tips in mind:

*** Never start any exercise at full-tilt.** It's important to warm up and cool down when you're doing a workout. You can't have perfect health and fitness in one day. It's a process. Be patient. Start slow and work into a more vigorous routine. And ALWAYS do stretches before and after your workout.

*** Try to get at least 30 minutes of exercise every day.** Vary activities so you don't get bored with one thing. Keep it interesting, but keep doing it no matter what. Great health and fitness is not an over-night proposition. And staying fit and healthy is a lifestyle, not a project.

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*** *Make sure you're using the proper clothing and equipment for the exercise you've chosen.*** Otherwise, you may injure yourself and delay the steady progress you hope for. When you dress, think of the temperature, whether inside or out. If you're exercising outside, be sure to wear proper clothing for the conditions. And if you can't exercise outside, you can still pursue your health and fitness program indoors.

*** *Get a friend to join you.*** The buddy system is very effective for health and fitness programs. It makes exercising more fun and gives you a chance for some social time. It also make it more likely that you'll stick to the program in the long run. You may even spark some healthy competition that will improve both of you!

*** *Cross train.*** Change the exercises you do every day. Change the length of time you do them. Keep some variety in your health and fitness program to prevent boredom and injury.

*** *Always consult your health care provider before you start a new health and fitness program to be sure your plans support your unique physical circumstances.*** That way, you can't work against your own body. Your health care provider can recommend exercises that will strengthen you where you're weakest without creating severe or long-term problems.

*** *Don't stop at exercise.*** A comprehensive health and fitness program will include a healthy, well-balanced diet. Reduce the sweets and increase the vitamins and minerals. Don't go to the grocery store hungry, and take a well thought-out list that includes plenty of variety and delicious meals with you.

These suggestions are not hard to follow, but they do require discipline and commitment if your health and fitness program is to succeed. Good health and a well-toned body are within your reach. All you have to do is work for them. The benefits are without value - you'll live a longer, happier, better quality life.

Investing In A Home Gym

Everyone wants to look good. A quick tour of your television will show you how conscious we've all become of our figure and appearance. But it's easy to lose sight of our weight and fitness during the stresses and demands of life.

Work, kids, friends, and social commitments just don't seem to leave time for a regular workout routine. Even though there are many gyms and fitness centers available, they may be out of reach. The cost of membership or the inconvenient time demand may be too much to make it seem worth the trouble.

If you've experienced the frustration of wanting to keep trim and slim without the time and money to join a gym, consider building your own home gym to get that beautiful body and maintain a fit, healthy body.

There are many types of exercise equipment that are great for home use. Think of it. No more time lost in traffic on the way to the gym. No more worrying about the time - your home gym is always open! You don't have to get a babysitter, and you don't have to wear fancy exercise fashions. All you have to do is get a good regular workout and a toned, sexy body.

If you are considering investing in a home gym, you may wonder what equipment you'll need. If you don't have much exposure to fitness equipment and don't know an expert in the area, it might be worth it to join a gym for a limited time. Check out the equipment they use, and talk to their physical trainers to find out what's best to meet your needs. Try out the different types of equipment to see what you enjoy and what works best for you. Get into some conversations with regular members to find out what they think about different brands and styles. After you've gotten some good information, let the membership expire and start building your own super-deluxe made-to-order home gym.

You can keep it simple and save money by focusing on specific types of exercise or specific body goals. That way, you won't have to invest in as many different types of machines and accessories to outfit your home gym. If budget's not an issue, you can really do it up proud and get all the toys. But keep in mind, they can be toys if you don't use them regularly. Our best recommendation is to start small and build from a basic configuration as you gain experience

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and physical endurance. You may also want to add a room to the house if your home gym works out the way we hope it will.

The following discussion will give you some pointers about the things you need to consider when choosing the right home gym equipment.

Weight And Strength Training

If you want to build strong muscles and a tight physique, then equipment for weight or strength training may be your best to start. Weights are a basic part of any good home gym. You can buy free weights first to find out if that's really what you want. Free weights can cost less than \$50, but you'll need a combination of them for a good workout. Smaller 4.5 kg (10 pounds) and 9 kg (20 pounds) that attach to a bar. You can add and remove different weights for different exercises and to continuously build your strength.

Metal weights are traditional, but the more modern plastic weights may be easier to work with and store. Many of the newer weights are filled with water or sand, and you can adjust them to different weights without making additional purchases. Free weights aren't as good for developing calves and hamstrings.

Weight machines are good for working on specific groups of muscles - biceps, quadriceps, and deltoids. They're better for working on lower body muscle groups, and you are less likely to injure yourself using a machine. But you'll need more space to use a weight machine in your home gym. Costs and configurations can vary from simple resistance machines to adjustable multi-station weight stacks. Depending on your goals and budget, you can spend hundreds to thousands to outfit your home gym with a good weight training machine.

Stair Stepping

This equipment is a great beginning to a well-equipped home gym. Stepping exercises are good aerobic workouts and help you develop a tight butt and toned legs. The cardiovascular benefits are superb. Stepping can be as cheap and simple as using a bench about 15" tall or as expensive as using a stair stepper machine ranging from \$80 to \$150. More complex stair stepper machines have adjustable speeds and resistance levels, controllable speeds and pedal distances, and as many features as you want to pay for.

A good stair stepping machine will have a heart rate monitor and digital readouts letting you know how much you've climbed, how many calories you've burned, and how fast you've gone. Expect the better machines to cost around \$2000.

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These are just two examples from a multitude of equipment types you could select for your home gym. We haven't talked about the more traditional and popular exercise bikes, treadmills, elliptical trainers, and rowing machines, to name but a few. Your home gym can contain equipment for a wide range of prices and at widely varying quality

The first thing you need to do to have your perfect home gym is set your personal fitness goals. When you know the results you want, you'll be able to do the research and establish a reasonable budget for your home gym.

Talk to professionals, select the right equipment, compare brands and prices, get your space ready, then have a great time building your home gym. You can do it one machine at a time. You can make it a production. But you'll never be sorry you took the step to have a sexy, healthy body and a better life.

Seven Fitness Tips: Improving The Quality Of Life

The term "physical fitness" describes a human body that can function without becoming too fatigued. That is, the body stores enough energy to work, play, and meet physical stresses with awareness and vigor. Your level of alertness, endurance and strength, heart rate, and blood pressure are good indicators of your physical fitness.

Beyond these basic measures, your degree of coordination, flexibility, and agility also reflect how fit you are. Doctors use stress testing to measure your body's ability to respond to sustained powerful physical demands to analyze your physical fitness and diagnose problems.

Regular systematic exercise is one way to condition the body and improve physical fitness. Daily moderate activity can maintain your body's ability to cope with the ordinary stresses of life without injury or illness. But to improve health and fitness, most people need to adopt and stick to a regular, intensive exercise program to promote improved vitality and maintain high-functioning physiological systems.

Here are seven tips that will help you improve your health and the quality of your life:

1. Exercise daily. Whether through a formal workout or through normal activities, you should do things that raise your heart rate. Aerobic routines are an excellent way to raise your heart rate over a period of time, but you can accomplish the same goal when you attend to household and work chores. Making healthy choices, like walking instead of driving, can raise your heart rate. Using a push lawn mower and climbing stairs instead of using the elevator are also excellent examples of things you can do to exercise every day.

2. Eat more fruits and vegetables. The convenience of fast and processed foods is a threat to your good health. Try to establish and follow a better diet that contains plenty of dark green vegetables and fruit. They provide energy, essential nutrients, and fiber. Try to find organic products that have not been treated with chemical fertilizers or pesticides.

3. Train with weights. Strength training builds healthy muscles and bones and increases endurance. Working out with weights can be as simple as using hand-held dumbbells or as

complicated as state-of-the-art weight training machines. Weight training not builds strength but also helps you reduce body fat and develop more defined muscles.

4. Try circuit training. When you circuit train, you combine weight training with aerobic exercises to get a more balanced workout. You build muscle strength and tone as well as getting a good cardiovascular workout. In rapid succession, you go through a set of strength-building weight exercises, then aerobic movements like squats, push-ups, trusts, or jumping jacks. When you finish the cycle, you begin again with the weights and repeat the circuit.

5. Train functionally. Originally used to rehabilitate people with severe injuries to return to their jobs and normal life, functional training exercises mimic everyday movements and activities. Focusing on the abdominal muscles and back, it may involve weight training to tone muscles or other exercises to improve coordination, flexibility, and agility.

6. Stretch your muscles. Especially important for a warm-up before strenuous exercise, resistance training that uses elastic tension to strengthen and tone muscles through sustained stretching. Stretching helps improve flexibility and strength and gives you greater mobility and range of motion. It also decreases your risk of injury. Stretching before and after strenuous exercise prevents strain, warms up the heart rate, and makes your muscles more flexible.

7. Get plenty of fluids. Our bodies are mostly water, and water is the most essential nutrient for life. When we exercise, we lose water and important minerals that keep our muscles well-toned and our brains sharp and clear. Every human being should drink at least two quarts of water every day, and more active people should drink more. Those on detox diets, who are clearing impurities and toxins from their bodies, should drink four quarts of water a day. Some drinks - coffee, tea, soda, and alcohol - cause dehydration and should not be consumed during or after exercise. This is why many professional trainers and sports physicians recommend drinking so-called sports drinks. They contain not only water, but essential minerals that are depleted during exercise.

These simple strategies will help keep your body fit and healthy, yet it's easy to lose sight of their importance to daily living. People fail to integrate regular exercise into their routine for a variety of reasons. Perhaps they feel time pressures due to family and work demands. Or maybe they think they have to join a gym to get healthy exercise. Maybe they are interested in

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other hobbies and interests they're not willing to "sacrifice" for the sake of exercise.

Unfortunately, exercise is not a luxury. It's a necessary part of maintaining good health and fitness.

Consider the costs of not exercising enough:

- more injuries from poor coordination and agility
- more illnesses due to impaired resistance
- greater physical and psychological stress
- greater likelihood of poor health resulting from being overweight or obese
- limited mental agility and clarity
- greater vulnerability to specific serious diseases (diabetes, heart disease, etc.)
- greater likelihood of needing major surgery later in life

The truth is we can't afford not to get regular exercise. Being physically fit isn't just a way to keep a toned, sexy body. It's a way to build and have a better quality of life. Exercise doesn't just improve you physically. It improves your emotional balance and helps you cope with common stresses. It promotes positive, healthy attitudes and transforms negative thinking. It helps you work through destructive emotions like anger, thereby reducing consequences of ill-advised behavior. It makes you a better, more vibrant companion for family and friends, and it relieves boredom.

So next time you plan and set priorities for your day, put exercise and fitness at the top of your list!

Reaching Your Body's Full Potential

Most people might define being fit as having rippling muscles, superman strength, and a body-builders build. But in reality, fitness is less sexy and more fundamental. It means having the proper resistance level and stamina to endure sustained physical activity. Peak fitness is that point where you're meeting your body's potential in strength and stamina.

And physical fitness isn't just for young people. All of us should maintain peak fitness - whether we're the busy young parent, the middle-aged professional, or the older retiree. Keeping our bodies in peak condition is fundamental to good health and a long, quality life.

There's more to peak fitness than a good build and having the muscles of a construction worker. It means adhering to healthy habits in what you eat, how much rest you get, and a variety of exercise to develop different muscle groups and maximum stamina. It means giving your body what it needs to perform at your fullest potential.

Giving your body a healthy balance of energy-building foods (and their calories) is essential to a good fitness program. That doesn't have to mean cutting out calorie-rich foods to lose weight. You need calories to have energy. They are the fuel necessary for the most simple task. Fiber is important to a healthy diet and peak fitness. It promotes healthy digestion and waste processing. Fiber-rich foods like unpolished rice, fruits and vegetables, and stone-ground natural wheat fill you up and reduce the temptation to eat too much. Daily intake of green vegetables and fruits gives you the vitamins and minerals that build stamina and help you resist disease. You can't achieve peak fitness without a healthy balanced diet.

Sedentary lifestyles make peak fitness impossible. Movement and exercise keep you active and interesting. Making physical activity and exercise a daily habit builds stamina and strength and promotes healthy living. People who aren't active tend to gain weight from fat, and they're more vulnerable to injury and illness than physically active people. Just ten minutes a day of active exercise will help you maintain peak fitness. That can be as simple as climbing stairs and stretching to working on the treadmill or exercise bike.

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One caution: don't abuse your body in your effort to get and maintain peak fitness. You can overdo it. Your body needs a balance of activity and rest to maintain health and peak fitness. Too much or too little physical exertion are equally dangerous.

Sleep is necessary for your body to refresh and renew tissues and organs, particularly your brain. While individual needs vary, you should probably get at least six hours of sleep every night. A good night's sleep helps you recharge and helps your body function at its best. You'll wake refreshed, full of energy and enthusiasm, feeling alive and ready to go. It's a fundamental contributor to peak fitness.

One way to assess your level of health and fitness is to be aware of your body's response to stress. First, peak fitness means you're able to respond quickly to emergencies. Like a well-oiled machine, your joints won't slow you down with creaks and catches when you're at your peak fitness level. Motions will be smooth and comfortable. Second, stress produces illness in less-than-fit bodies. If you have colds, flu, headaches, or stomach problems, you probably aren't at peak fitness. Stress lowers immunity, and healthy bodies have healthy immune responses that result in fewer, less serious illnesses. Some scientists believe that peak fitness is a great way to prevent more serious diseases like cancer.

So, if you want to get to and stay at your peak fitness level, be sure to eat a well-balanced healthy diet, get regular exercise, and adopt a positive active lifestyle.

The Importance Of Physical Fitness

Modern life is a surprisingly sedentary thing, as much as we talk about fitness. We sit at desks crouched over our computers, sit behind a steering wheel battling traffic, or have a cell phone at our ear most of our waking time. In our increasingly sedentary world, health and fitness too often take a back seat.

Yet physical fitness and regular exercise are the easiest way to control blood glucose levels, reduce the risks of heart problems, and improve the overall quality of life for all of us. In truth, everyone should be physically active.

A recent survey showed that only 30% of US adults get the recommended half-hour of daily exercise. What's worse, a quarter of adults in the United States are not active at all!

Scientists believe that inactivity is a key reason why we're seeing a sharp increase in the occurrence of type 2 diabetes in the US. Inactivity compromises fitness, promotes obesity, and obesity promotes a resistance to insulin and other biological processes that prevent disease. A 2003 Journal of Clinical Endocrinology and Metabolism contained the results of a study that found that lack of exercise and poor physical fitness were key causes of obesity and serious illnesses like diabetes.

But never fear. It's never too late to begin to live a healthier life. Physical fitness doesn't have to be an extreme work out. Anyone can increase their daily amount of physical activity. Exercise helps control the onset of many different, and some very serious, diseases.

People with early signs of illnesses like heart failure and diabetes most need physical exercise and fitness programs to improve their health and prevent life-threatening problems that will cost time, money, and happiness if not addressed. Physical fitness is a sure way to improve insulin sensitivity, lower the risk of heart disease, and promote weight loss.

It ought to be clear by now that we all need to stay physically fit, active, and generally healthy if we want to prevent such illnesses and the lower quality of life they bring.

First Step to a Healthier Life

No matter what your current situation or physical condition, the first step to beginning or changing a fitness plan is a visit to your doctor.

* If your doctor suspects possible heart problems, he/she may order a stress test to find out what level of exercise is safe for you.

* Your doctor will be able to help you identify the best and worst type of exercises for you, particularly if he/she diagnoses a specific condition. Weight lifting, jogging, or aerobics may not be appropriate for people at risk for diabetic retinopathy because they could damage blood vessels and lead to retinal detachment. Some experts think that people with severe peripheral neuropathy (or PN) should not engage in intensive weight-bearing activities like jobbing, aerobics, and long-distance walking. So, your doctor may recommend a lower-impact exercise for you like swimming, rowing, or biking.

* After a complete exam, your doctor may want to refer you to an exercise physiologist who has the training to design a custom physical fitness program for you.

* Even if you're already an active person who gets regular exercise, a visit to your doctor to discuss possible changes or improvements in your fitness program would be a good idea. Consulting your physician can help avoid serious problems and injuries, particularly as we age.

Exercise and physical fitness doesn't have to be a chore or a bore, but a daily exercise routine is essential for good health. You can keep it as simple as taking a brisk walk after dinner, walking the dog twice a day, or choosing the stairs over the elevator. What's important is that you avoid being a sedentary disease-magnet and become an active, vital adult. Even the smallest efforts are progress, and you can make a lot more progress than you realize by thinking about what you're doing and how it will affect your health in the long run.

Exercise To Quit Smoking

When you make the decision to quit smoking, you'll have to make many changes in your life. Being highly addictive, smoking is very hard to stop. You'll undergo many physiological changes, and exercise can be one way to guarantee success.

When you quit smoking, you'll need to work out a new schedule and routine to replace those many moments when you used to light up. Working out at a gym, if you haven't been doing it already, will add a new element to your day and help you forget about your old best friend for a while.

Changing your Routine with Exercise

If a gym membership isn't practical for you, you can find other ways to get a good workout to boost your quit smoking effort. Get up a few minutes earlier and take a short walk in the morning to get your heart pumping and replace those early-morning old nicotine wake-up sticks. Making a run or job a regular part of your day will get you out into nature where fresh air is abundant. It's a wonderful way to start your new non-smoking lifestyle.

Getting exercise as part of your quit smoking effort doesn't mean you have to get an extreme workout. What's important is being active, improving your health, and changing your routine. Simple exercise at home will do if you don't have time or money for something more formal. Getting started isn't difficult. Sticking to a new exercise program is. But if you're serious about quitting smoking, you need to make some major changes. Incorporating regular exercise into your day is a perfect, and healthier, substitute.

Many people start off big. You're going to quit smoking. You feel good about it, and you know you can do it. You buy gym clothes, workout tights, running shoes, and that first day at the gym is almost a celebration. Then you quit smoking, and things get bumpy. The gym and all the clothes you bought just don't seem as attractive. Your schedule is demanding. Before you know it, you skip the gym. Next thing, you're not even doing pushups in the bedroom. And then it happens. You pick up that cigarette.

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In order to avoid the pitfalls of exercise burn-out and putting your quit smoking plan in jeopardy, you should try to exercise early in the day. Many people choose evening to do their exercises, and if evenings fit your lifestyle, that's all right. But for most of us, the evening hours are the time we come to a grinding halt. After a busy workday, chauffeuring the kids, and meeting our adult responsibilities, exercise is the last thing we want to do. If you're trying to quit smoking, though, you have to have the discipline to reduce all temptations.

The better you feel, the fewer cravings you'll have and the better able you'll be to avoid the temptations. Getting your exercise in before you go to work or during lunch will give you a much better chance of sticking to your plan and really changing your life. So, if you can, plan exercise early and stick to it, no matter what.

Other Important Changes To Quit Smoking

Smokers have special weaknesses - any kind of stimulant like caffeine, boredom, loneliness, and stress are all triggers for those who are trying to quit smoking. Here are some suggestions for ways to cope with those times:

* **Avoid coffee and caffeinated sodas.** Drinking water instead. It's better for your health, and it won't make you crave cigarettes. Look for sodas without caffeine. And avoid chocolate until you're beyond those first hard days and weeks.

* **Don't have unplanned time to fill.** Staying active is the best way to keep thoughts of smoking out of your mind. Even at home, try to find something to do to keep you busy until that craving fades. Play some music and dance. Rearrange your furniture or move pictures around to give your room a new look and feel. Without a doubt, get rid of everything in your house that reminds you of smoking - all the ashtrays, matches, old cigarette lighters are taboo! Clean your oven. Do anything that's productive and active. You'll feel better about yourself when you get through the temptation AND have something to show for it!

* **Schedule your day to include fun.** Quitting smoking may be the hardest thing you ever try to do. Reward your successes with fun activities. You don't have to spend a lot of money, but you do need to enjoy the process as much as possible. Go to a movie. Go window-shopping. Visit some tourist sights in your area. Go to an art show or museum. Keep yourself interested in life while you are saving yours!

* **Include people in your quit smoking effort.** Don't get lonely. Your family and friends will most likely be delighted about your decision, and they'll want to support you. Take some time to rebuild old relationships. Ask a friend out to lunch or dinner. Take the kids for a special outing. Go on a date with your significant other. You can go places now you could never go when you were smoking!

* **Avoid stress at all costs.** Know what gets you angry, upset, or nervous. If you can't completely avoid those situations, make a plan for how to deal with them without smoking. Learn some deep-breathing exercises. Start meditating. Exercise regularly. Find ways to reduce tension and stress, and you'll be a successful non-smoker before you know it.

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Incorporating a regular exercise plan into your life is one way to quit smoking and get back that healthy glow you used to have. Exercise alone probably isn't a cure-all, but it's a critical part of any quit smoking effort.

Sports For Fun And Fitness

What do you think of when you hear the term "sports fitness"? Do you see football players on the field, soccer players scuffling over a ball, a volleyball team at the beach, or a tennis match? There is a tendency to understand the term to mean the sport itself, rather than a way to stay fit.

People engage in sports for specific recreation-related reasons like entertainment, competition, or self-satisfaction. Because sports involve physical activity, most fitness experts and health care professionals know that sports is one way to stay fit and healthy. Sports fitness, as opposed to "exercise" or "physical fitness," however, involves developing a skill or ability. Sports fitness is an opportunity for personal growth.

Sports enthusiasts may be more likely to maintain a healthy lifestyle (although some would question that assertion) because of the inherent discipline and physical demands. But sports fitness can also mean weight loss, better mobility, greater energy, and a host of the things we use to describe good health. Sports fitness is a character-building pursuit.

Sports do teach people to value their health. Without health, they couldn't maintain the energy and vitality necessary to participate. Especially if they are in professional sports, their livelihood may depend on their fitness and health. Sports fitness is a lifestyle.

Let's assume, for a minute, that you are a person who needs more exercise to get or stay physically fit and healthy. You have many options: gyms, health centers, home exercise. You can do aerobic exercise routines, undertake a weight training program, or spend hours on an exercise bike or treadmill. Those are all beneficial activities. But some of us find them boring. We won't stick to them because we're not having fun. Sports fitness is fun!

One way to get healthy and have fun at the same time is to pursue sports fitness. You can get your workout on the basketball court or baseball field. You can enter swimming competitions or run marathons. These exercise routines involve other people, interaction, and FUN! So, let's say you've decided to get your exercise through sports fitness.

There are some things you should know about things you can do to assure sports fitness is a safe, healthy program for you:

1. Get a Lot of Fluids

We can go days, even months, without food. But we can't live without frequent drinking water. It's the most important nutrient we'll ever consume. And when you're engaged in sports, you perspire more, losing that precious liquid gold. In fact, if you lose too many fluids without replacing them, you could have very serious health problems. In the extreme, you could die.

So when you're engaged in strenuous exercise, you should always drink water to replace what you're losing through sweat. Some sports involve losing fluids so rapidly that it would not be possible to replace them with water alone. In fact, drinking too much plain water at once can lead to a toxic reaction (water intoxication) due to an unhealthy balance of electrolytes in the body. To avoid dehydration and water intoxication while playing sports, experts recommend sports drinks. They come in three categories.

Isotonic sports drinks contain a similar balance of water and other nutrients as in the human body, including 6-8% sugar. Hypertonic sports drinks contain less water and more sugar than the human body. Hypotonic sports drinks contain more water and less sugar than the human body. Most of the sports drinks on the market are isotonic.

No matter which you choose, sports drinks have two important ingredients you won't find in plain water: carbohydrates and electrolytes. Carbohydrates help keep energy levels up, and a proper balance of electrolytes (made up of sodium, potassium, calcium, magnesium, chloride, phosphate, and hydrogen carbonate) is essential to well-being. Drinking a lot of fluids is essential for sports fitness.

2. Eat more Fruits and Vegetables

The strenuous exercise involved in sports rapidly depletes the body of essential vitamins and minerals. Fruits and vegetables contain essential nutrients. When you're engaged in sports fitness program, make it a habit every day to eat a dark green vegetable, a yellow or orange fruit or vegetable, a red fruit or vegetable, beans or nuts, and a citrus fruit like oranges. Sports fitness involves a healthy, balanced diet.

3. Protect your Bones

Obviously, people involved in sports fitness are at a higher risk of injuries, including broken bones. The more you can do to keep your bones strong, the better off you will be. Be sure your diet includes calcium sources like sardines, tofu, and dairy products, etc. You might also consider adding a calcium supplement to your daily routine. Not only will your bones withstand the bumps and crashes you get on the court or field, you'll be getting a head start in fending off the dreaded osteoporosis.

4. Warm Up and Cool Down

You may strain a muscle or fall prey to another type of injury if your body isn't loose and limber when you start playing any kind of rigorous sport. Like runners, stretching routines are a great way to get limber. And more active warm-ups get your heart rate going gradually.

After the game is over, don't go straight to the clubhouse or bar. Do a few cool down exercises to gradually release tension and transition to less activity. You have fewer sore muscles and less tightness if you do. Sports fitness involves responsible preparation and follow-through.

Participating sports is a great way to get and stay physically fit and to have an active, interesting social life. Sports fitness allows you to meet more active people interested in health and fitness who can help you stay motivated and involved. The best thing about sports fitness is that you get a great workout while you're having a great time. It's the best of both worlds!

Buyer Beware: Don't Buy These Elliptical Trainers

It's easy to find reviews and recommendations on the best elliptical trainers. Several internet consumer sites tell you about the machines that scored best in their tests. But try to find out which machines are a waste of your money! Go ahead, try.

You may be surprised to learn which makers have dropped the ball on elliptical trainers. There are some elliptical trainers out there made by highly-regarded, trusted names, but you might as well throw your money down the drain if you get stuck with one of them. To help you save time, money, and heartache, we're here to tell you about the machines with low elliptical trainer ratings.

Nordic Track has a great reputation. Well known in the market for their high-quality, reasonably priced exercise equipment, you'd never guess that you can get a real piece of junk from them. But you can. That's because the CX925 was built with lots of bells and whistles but low quality. This machine has some very attractive features, giving you the ability to change the incline, including a snazzy LED console panel, and allowing you to select between a number of programs. While many buyers were generally satisfied with their machines, they also reported many mechanical problems and expensive repairs. EllipticalTrainers.com reported this model to be below average for both durability and display. The bottom line is that, while you'll get a lot of fancy features at a relatively low price, you probably can't expect them to last long. You'll spend a lot of time waiting and a lot of money paying for repairs. On the other hand, Consumer Reports rated the Nordic Track AudioStrider 990 as a Best Buy within its class.

ProForm is another well-known manufacturer with a great reputation. However, their 900 elliptical had some serious problems and some low ratings. What we learned is that ProForm machines not in their EFX series simply don't have the quality we hoped for. Even though it has a competitive price and low noise, the 90-day warranties are too short and indicate a short product life. Some consumers reported frequent minor breaks that make the machine impossible to use and poor service and support from the manufacturer. They also said it was difficult to assemble, and the package didn't contain all the parts. We know that ProForm is capable of building a better machine by making a more simple version of their EFX models. But they chose not to do that. If you're looking for a good price, check out the ProForm XP 520 Razor. Though it was the lowest rated of eight elliptical trainer reviews by

ConsumerReports.org, it was considerably cheaper than all the other machines they tested. So, if you're not investing in a ProForm EFX model, we advise you look elsewhere.

Horizon received some of the lowest elliptical trainer ratings. Made by a Chinese manufacturer, their machines aren't build for everyone - they have some of the industry's lowest stride lengths. The machines were unreliable and uncomfortable as well. Unfortunately, Horizon doesn't seem to offer a high-quality product, since they rely on using cheap parts. It appears that they are trying to compete for low prices with competitor Vision. But EllipticalTrainers.com warns that their machines quickly become dusty and require frequent cleaning to keep them operating. Despite their low prices, you can get a better machine for the same price. Having found little positive information on the Horizon machines, we highly recommend that you seek another brand while you're shopping for elliptical trainers.

So what's the lesson here? When you're thinking about investing in exercise equipment, look for the highest elliptical trainer ratings based on reviews by reputable, well-known professionals. You may think you're saving a bundle on that great deal, but you're likely to end up with a machine that doesn't do what you need it to do, that breaks as soon as you use it, and that costs you more in consumer grief than it ever saved.

And be clear about it, we're not saying that Nordic Track and ProForm don't make good products. They do. You simply need to do your homework and be sure you're buying the models that are recommended. You can depend on elliptical trainer ratings for the best buys when you select from high ratings and consumer reviews that glow. Be sure to find out what buyers say about their machines, too. It's your money. It's your choice. Now, get out there and get fit!

Water And Exercise

Poet W.H. Auden said it best: "Thousands have lived without love, not one without water."

As much as 75% of the human body is water. Human beings can't survive without water. In fact, we can only live for three days without drinking water. When you consider how long we can live without it, water is the most important nutrient in our lives. It's important to remember that water is not only healthy, it's necessary for leading a longer, better quality life.

Individual need for water varies greatly with lifestyle, weight, and environment. People who exercise a lot need more water. People who weigh a lot need more water. People in dry climates need more water. Research shows that more than two-thirds of adults don't drink as much water as they should each day. Drinking enough water replenishes your body and keeps it well-hydrated, allowing it to function as it should.

Water carries oxygen and nutrients throughout our bodies in our blood, and it removes wastes when we sweat or urinate. Water is important for joint health. And though it offers no energy value, water makes it possible for us to digest our food.

Most of us drink water only when we are thirsty. But waiting for thirst is not the best way to judge your body's needs. In truth, We don't get thirsty until we're already dehydrated! Dehydration is a common cause for fatigue. It can also contribute to headaches, dizziness, low blood pressure, and a variety of minor symptoms. At its worst, untreated dehydration can lead to hallucinations, loss of consciousness, or even death.

In general, people need to drink at least 2 liters (or 8 cups) of water every day. People who exercise, carry more weight, or live in dry climates should drink enough water to replace what they lose through sweating. You might think that any beverage containing water would meet your water needs. But that's not true. Other drinks - sodas, coffee, alcohol - may even deplete your body's water because they act as diuretics and cause us to urinate more when we drink them. In fact, while you may think you're getting more water when you drink these types of beverages, you're really losing it almost as fast as you drink it.

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You need more water When you exercise. Working or working out cause you to perspire, increasing the rate at which you lose the water in your system. This is true in cold weather as much as in warm climates. Professionals advise us to drink 1-2 cups of water before we exercise and to continue to drink water as our exercise continues. For every pound you lose by exercising, you should drink at least 16 ounces (two cups) of water.

Your body even loses water while you sleep. Drinking a glass or more of water before you go to sleep will help you wake up refreshed and energetic. Illness is a very important reason to drink more water than usual. Colds and flu dehydrate our bodies quickly and make us feel even more sick. You can help to prevent this by drinking more water during the times you're sick.

There is public debate about whether bottled water is better than water from the tap. In fact, tap water is highly regulated by the government. Unless your local water system is out of compliance with regulations, your tap water is safe to drink. Bottled water, on the other hand, is not subject to such stringent requirements. Of course, bottled water is much more expensive than water from the tap. But you should investigate this subject on your own to find out what type of water best meets your needs.

For a long, healthy life, drink a glass or two of water several times each day. Carry water with you whenever you can, and drink throughout the day. It's also a good idea to develop the practice of drinking water instead of other drinks that don't replenish your body's nutrients.

Water is necessary for life and for health. Developing and maintaining healthy habits is one easy way to assure a long, healthy life. Remember, drink at least two liters of water every day. And if you are active, drink more than two liters.

How Can I Find The Best Elliptical Trainer?

If you're in the market for a new elliptical trainer, you know there is a dizzying array of brands and styles available. How do you make a decision?

If you assume that it's just a matter of taste or opinion, you're missing the mark. There is, in fact, a top-rated manufacturer who consistently offers the best elliptical trainers.

Precor's stated mission is to become the most respected brand in fitness equipment, and their products prove it. Ellipticaltrainers.com report that Precor was the first to introduce an elliptical cross trainer and that Precor has "set the standard for quality, high-end elliptical trainers" ever since. That first elliptical machine was called the EFX, and they still use that name today.

While Precor's EFX series vary in features and price, they have one thing in common: ease of use. Having an easy-to-use machine makes your workout more enjoyable and makes better use of your time because you don't have waste time figuring out how the machine works.

And while most elliptical trainers are low-impact, moderate exercise machines, the EFX is even lower impact than other machines on the market. Your workout seems easier, although you're getting all the benefits of a hard workout without feeling fatigued. Great for novices, the Precor EFX series' ease of use almost tricks you into thinking you're not working. Their patented CrossRamp feature allows you to adjust the incline and change the muscle groups you're working on. And their trainers don't have a weight limit, so they're appropriate for heavier users.

Precor's EFX comes with an amazing 10-year warranty rarely offered by other manufacturers in the industry. Their warranty underscores Precor's confidence in the quality and durability of their elliptical trainers, and consumers agree. They've found the EFX series to be near maintenance-free with a long product life. Their EFX series is not cheap. Ranging from \$3000 to \$5000, they may be the most expensive on the market. But consumerreports.org ranked them #1, giving them perfect scores on four points of comparison: ergonomics, construction, exercise range, and ease of use. Precor's elliptical trainers are top-of-the-line products that deliver what they promise and more!

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Precors's elliptical trainers move the way you move. Ergonomic handlebars help you let condition your entire body and maintain both good technique and comfort. A variety of programs, combined with synchronized handlebars and 20 resistance levels, offer a variety of routines and faster results. No matter what your fitness level, you'll be able to get an enjoyable workout that produces the results you want.

Precor has been providing quality exercise equipment for over 20 years. They are a growing, environmentally-progressive, responsible manufacturer with perhaps the best reputation in the industry for quality and value. If you're shopping for an elliptical trainer, you owe it to yourself to check out Precor's EFX series!

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