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The Newbies Guide To Exercise



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Exercise: The Ultimate Stress-Reliever

Perhaps it's the result of having a new job, a new mate, or a new baby. You are overwhelmed with a feeling of excitement. Yet, you feel inadequate as well. As a result, you are under a tremendous amount of stress. At times, you might feel as if there's no relief in sight-as if you're on a treadmill, which shows no signs of stopping anytime soon.

However, the secret to effectively dealing with the stress may be to get your body onto an actual treadmill. Exercise can be the key to stress relief. It's an obvious antidote to fatigue. It can make you feel more energetic, improving your strength and resiliency. It has been shown that individuals who are more physically fit often experience fewer health troubles. In addition, exercisers are less likely to suffer from psychological problems such as depression, binge eating, or insomnia.

Without exercise, you are increasing the likelihood that you will be afflicted with colds, flu, or other medical problems. Aerobic exercise in particular can improve your cardiovascular system and decrease your anxiety level. Some studies have shown that, during aerobic exercise, a chemical is produced in the brain, which helps to heal the body from stress-related conditions. You should exercise at least three days a week for 30 minutes at a time in order to improve not only your health but your mental outlook.

If you find it difficult to become motivated to exercise, there are a number of steps you can take. To begin with, you can join an exercise club. Knowing that you'll have to pay dues to a gym may make it more likely that you will actually end up exercising. You might also consider enlisting the aid of a personal trainer. A trainer can provide powerful motivation, pushing you to complete exercises you never thought possible. Another idea is to join an exercise class. There, you'll meet other people who are in a similar position. The camaraderie that develops between exercisers can help to reduce your stress level.

In general, exercise should make you feel less anxious. Your muscles become less tense and you will be less shaky after a round of exercise. It has also been shown that exercise leads to an hour and a half to two hours of relaxation response. This has also been referred to as the endorphin response. As a result, your mood will improve, enabling you to deal more effectively with stress.

Exercise can also improve your self-image. You'll experience greater self-worth, which will, in turn, reduce your stress level. A confident person is an individual who knows how to handle stress without becoming flustered. As a result of exercise, you may also end up eating better. Your improved menu may also prove to be a stress reliever. For instance, if you give up caffeinated drinks, you might become less jittery. In addition to your sessions in the gym, you should be looking for additional opportunities to exercise. This could mean taking the stairs instead of the elevator, walking to work instead of driving, or playing touch football in the backyard with your children. The point is to get moving-and keep moving-at every available opportunity. Exercise quickens the blood flow to your mind, offering the brain additional sugars and oxygen that can be important if you are concentrating. Exercise can also clear out waste products from the brain, which can result in unclear thinking. You will also feel a greater sense of well-being as a result of exercise. As has been shown here, exercise is beneficial for both the body and the mind.

As a result, it can relax you when other techniques fail. By engaging in exercise, you free up your mind, enabling you to concentrate better and work more efficiently. Chances are you will not only feel better, you will look better as well. With your brain under control, you should experience less stress. Granted, exercise takes time and requires discipline, but it is well worth the exertion. The good feelings you get from a powerful exercise session can actually last for days. You may find that you actually look forward to working out because of the tremendous benefits it brings with it.

Your Fitness Factor

A healthy body is what most people are striving for. We are inundated constantly with images of slender, toned people. Be it on television or on a billboard as we're driving down the street. Fitness isn't all about the weight that the scale says or the dress or trouser size you wear. Fitness is about how healthy you are.

Exercise is vital in the quest for body fitness. Many people join a gym for the convenience of having all the equipment they feel they need to work out. There are machines there to strengthen and tone every muscle in your body. With the onset of personal trainers, the process can be almost effortless. In that case, the exerciser is given a prescribed routine of exercise that will help them achieve the fitness level and body weight that they desire.

Fitness and exercise aren't restricted to the confines of a gym. Any type of movement can be considered exercise. By taking those movements, a step further a person can work towards their own personal fitness goal.

For a person who lives in an apartment building, the decision of whether to take the stairs or the elevator might seem inconsequential, but those steps up to their floor everyday equal a leg workout. Choosing to hike it up the flight of steps gives not only the legs a chance to stretch, but it also gives the heart a chance to beat faster. By choosing this everyday, the body would begin to respond in a positive way.

The same can be said for walking as opposed to driving. Often when a destination is close people feel inclined to get in their car and drive there and then drive the route back. Lacing up a pair of walking shoes and heading out the door on foot is considered exercise and the benefits aren't only restricted to the gasoline that will be saved. The entire body will feel the results and if that walk is taken several times a week, perhaps even daily, the fitness level of that person increases.

Exercise can occur in almost every environment. It's up to the health-conscious person to grab those moments and seize them. By mowing the lawn, the legs and arms are being worked out. Carrying the laundry is akin to lifting lightweights and chasing a toddler eventually equals a few laps around the running track. Paying attention to these same details and using them to their fitness advantage will result in so many health benefits.

Regular fitness and exercise

Fitness and exercise are very popular and important phrases of today's world. However, how much attention we pay to our fitness and how much hours we do exercise in a week. NOT MUCH. For us our life is job, money and home, but if forgets only fitness allow us to live happily without any disease. Still we don't care about it and do what we like.

Those who are suffering from obesity and type two diabetes, Fitness and exercise is the best option for them. If you are overweight, and especially if you are obese, or if you've been diagnosed with diabetes, then listen to your doctor and begin a regular fitness and exercise program. You'll be glad you did. Many people have marveled at the way being over weight has become an American way of life, and wondered what caused it. Many point to sedentary lifestyles, working in front of computers, and watching too much television. In addition, many Americans eat diets high in fat and carbohydrates. Whatever the root causes fitness and exercise can be a major part of the cure for this problem.

Fitness word is use for everyone whether it is a man, a woman, or a child. Everyone has to be fit and for good fitness, you may have to do exercise regularly. If your child is lacking in fitness and exercise think about enrolling your child in an after school sports program of some sort. Soccer is a popular fitness and exercise method, and in the proper season so is hockey, softball, baseball, lacrosse, football, tennis, and even golf. Many parents find that their children enjoy swimming and as one of the best methods of fitness and exercise in the world, swimming should be encouraged. This can be simple playing or exercising in the water, or formal swimming laps in an Olympic sized pool. Both methods of fitness and exercise are great.

One of the benefits of fitness and exercise, as any physician will tell you, it that fitness and exercise help control blood sugar. A diabetic who takes medication daily may find that less medication is needed with a regular fitness and exercise program. Many diabetics who stay with fitness and exercise programs find that they are able to quit the

medication and get their diabetes under control in a totally natural way.

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Starting To Exercising

Physical fitness and exercise can extend life, and perhaps fitness that is even more beneficial and exercise can ensure that a person's years of life are more productive, more pleasant, and more enjoyable, and who would not want their years of life to be enjoyable? Fitness and exercise seem like a small price to pay for such great rewards.

The first step in a fitness and exercise program is in deciding what type of exercise you enjoy. Fitness and exercise needs to become a lifestyle and that are more likely to happen if you engage in activities you consider fun. Do you enjoy swimming, hiking, walking, running, racquetball, tennis, golf, or any other sports? Are you the type of person who enjoys lifting weights, or using the Stairmaster machine at the local gym? Everyone has different tastes when it comes to fitness and exercise. Deciding on the activity that is right for you is the first step.

Next, make sure that you don't overdue it. Many people rush into a fitness and exercise program and over due it the first day, leading to sore muscles and aching backs. When that happens, they are much less likely to continue their fitness and exercise program. Moderation is important in a fitness and exercise program.

Also, if you are extremely out of shape when you begin your activity, you need to start out at a slower pace than you would if you were moderately in shape. If possible, get advice from your doctor or another healthcare professional or physical fitness instructor before beginning your fitness and exercise program, and find out what is right for you. For many people ten minutes of brisk walking every other day is enough to get started. This can gradually be advanced to fifteen minutes, and then twenty.

The important thing with fitness and exercise is to stay with it. The more you do, over time, the more "in shape" you will become and the more you'll be able to do. Right now six months seems like a long time, but if you begin a fitness and exercise program now, six months

will come and go quickly and you'll see a noticeable difference in your fitness level, your stamina and the way you feel.

5 Outdoor Tips on Walking to Slimness

Feeling like that you need to loose a few pounds, and you never want to find them again? But you don't like an exercise regime of push ups and abdominal crunches. Well take into consideration a fitness exercise routine of walking. In the past it was man kinds only form of transportation. So take a peek at 5 tips on how to walk, and what physical benefits you'll get with an exercise fitness plan.

You'll need to prepare to train your mind to stick with a new fitness and exercise program. If you're looking to loose weight then you'll need a good surface to travel on. You'll also need to have some reliable shoes, and a reasonable distance of walking area. By taking on an exercise program for fitness, the pounds will melt away. Remember though people loose weight in different amounts, and at different places on their body. Check out these tips on how to walk for your exercise fitness routine.

- 1.** Burn calories by slow walking. Walking slow for an exercise fitness plan causes your body to drag because of gravity. The dragging affect helps you loose weight.
- 2.** After you loose, the desired weight that you want you can maintain it, or graduate to a fast high intensity walk. Muscle mass will take the place of the saggy skin through toning. You'll begin to see the affects of what fitness through exercise can do.
- 3.** By making yourself participate in an exercise fitness course daily, and drinking lots of water your kidneys will flush out any bacteria. Also the heart will pump at a more efficient rate.
- 4.** Circulation to the lower leg extremities and feet with an exercise plan for fitness will improve. Whether you do a slow calorie burn walk, or one that has a quick upbeat walk. This benefit is really crucial especially for those with any disease that affects the feet.

5. Skin tone will benefit with weight loss through your fitness exercise course of attack for a healthy lifestyle.

Learning to stick with a routine is probably the hardest part. It takes a lot of commitment to learn a new lifestyle of fitness. Exercise has a lot of benefits and with patience and a go get them attitude - you'll lose those pounds and never find them again. And won't that be nice.

Fitness and Exercise For Children

Fitness and exercise are important. We all know that, and had that lesson drummed into our heads in school. But, how much attention do we pay to our children when it comes to fitness and exercise? In our modern day, too many children spend the majority of their time either on the couch in front of the television, or in their rooms on a computer or playing a video game. Fitness and exercise, a natural part of childhood in past generations, is something that the modern child and the modern parent have to work at on a daily basis.

If your child is lacking in fitness and exercise think about enrolling your child in an after school sports program of some sort. Soccer is a popular fitness and exercise method, and in the proper season so is hockey, softball, baseball, lacrosse, football, tennis, and even golf. Many parents find that their children enjoy swimming and as one of the best methods of fitness and exercise in the world, swimming should be encouraged. This can be simple playing or exercising in the water, or formal swimming laps in an Olympic sized pool. Both methods of fitness and exercise are great.

Those who live in rural areas may find fitness and exercise to be easier to come by than those who live in urban areas or in the suburbs. In a rural area, a child has fields to play in, woods to explore, and sports like fishing, as well as chores like feeding livestock. For the rural lifestyle fitness and exercise is more ingrained. For children living in the city, fitness and exercise can be explored at the nature center, at the Y or health club, and with after school activities. Even simple games like four squares and playing with a jump rope can be good forms of fitness and exercise.

Wintertime seems to be a time when many people, both children and adult, forsake their fitness and exercise programs. That is too bad because that makes it all that much harder to get back into shape when spring comes around. Fitness and exercise is something that should be pursued all year long. During the winter sports that keep a person indoors, like bowling, are good choices. Also indoor health clubs and activities like mall walking in groups are good choices for fitness and exercise. Whether a person is a child or an adult, fitness and exercise should not be overlooked.

Exercise and the Older Adult

Fitness and exercise are not just for children and young people. Older adults can reap mountains of benefits from becoming engaged in a regular program promoting fitness and exercise, and many older adults are doing so. In fact more older adults are taking fitness and exercise seriously now than in recent decades.

Mall walking is a popular fitness and exercise activity for older adults. Brisk walking is one of the best forms of exercise people can do for themselves. Shopping malls offer consistent temperature and protection from the elements. If it is snowing or sleeting outside, you can still walk in the mall, getting all the benefits of a fitness and exercise program without having to brave inclement weather.

Swimming is another popular fitness and exercise method many older adults enjoy. Swimming exercises every muscle in the body, but is easy on the knees and joints. While many older adults enjoy swimming laps, others have incorporated water-based calisthenics into their fitness and exercise programs, with great results.

The baby boom generation of Americans is getting older, with many baby boomers now reaching retirement age. This generation though is different from preceding generations. Baby boomers tend to live longer, and are more concerned about health. More baby boomers watch their diets, try to control their weight and make fitness and exercise a regular part of their lives than older Americans have in past generations. Add to that the advancements made in medical treatments and these baby boomers can expect to live for many

years to come. Fitness and exercise will continue to play a major role in their lives.

Of course, fitness and exercise are not the only factor to be concerned with. Diet also plays a part. A high fiber diet, with most carbohydrates coming from whole grains and protein coming from more lean portions of meat to limit fat also contribute to health. When proper diet and fitness and exercise are linked the result more often than not is a healthy person, no matter what the age. Combining fitness and exercise with proper nutrition is a win win situation for everyone involved.

Exercising While You Are Traveling

Finding time to exercise while you are traveling isn't always easy. You won't always have easy access to a fully stocked gym filled with cardiovascular machines, dumbbells and weight lifting machines. The key to exercising when you are traveling is to be creative and to be open to different forms of exercise than you are used to performing at home. There is some portable equipment that can be used while you are traveling and you might be able to find access to a gym if you are creative.

The most important tip for getting in some exercise while you are traveling is to plan to exercise while you are traveling. Pack sneakers and exercise clothes so that you are prepared if the opportunity to exercise presents itself. There is also equipment that is easy to pack when you travel and can provide you with the ability to do some cardiovascular exercise as well as some resistance training.

Resistance bands are items that are very easy to pack and can be used to perform a variety of resistance exercises. These bands won't take up much space in your suitcase and they are very lightweight. A jump rope is another easy item to pack to use for squeezing in some exercise when you are traveling. Waking up early to go outside and jump rope for 15-20 minutes can be a great form of exercise for when you are traveling. There are also weights that you fill with water that are easy to pack in your suitcase for use when you are traveling. You can travel with them empty and fill them up when you reach your

hotel to use them while you are there. When it's time to return home, you simply let out the water and they are once again easy to pack.

If you belong to a gym that is a chain you may find that you are eligible to work out at a chain near your vacation destination for a discounted price or possibly even for free. It's a good idea to call the gym that is near your vacation spot and ask them about their availability. The worst that can happen is that they say no but if you call them personally you may be surprised to find that they are willing to make an exception for you.

Running outside is another excellent form of exercise for when you are traveling. Many gym members get used to doing all their running on a treadmill and forget that running outside is always an option. Even if you can't get to a gym during your travels, you can still get an excellent workout. Do a little advanced research to see if there are any trails nearby that might be fun to run on. If you are unable to find anything ahead of time, try asking the concierge and he might be able to point you in the right direction.

Traveling is no excuse for not getting your daily exercise. There are many ways to exercise while you are on vacation. Sometimes it takes a little creativity but you are likely to find a way to work out while you are traveling if you really want to do so.

Conclusion

Exercise is vital to a long healthy life. Being active for at least an hour a day each and every day can not only make you healthier, but happier also.

Do yourself a favor and get exercising today!

To your health and happiness!

Liz Tomey

<http://www.FreeHealthy.com>

