

**Shut Up!**  
**Get Off Your Butt**  
**And Start Exercising NOW!!**



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## ***Making Exercise More Fun:***

Nothing beats waking up in the morning with the thought of going to the gym to lift weights or jog on the treadmill – Right?

And after a hard days work, the gym is often the place you don't even want to think about. Sometimes, even the thought of exercising at home with your own equipment can be less than desirable. Often, just trying to get and stay motivated to exercise on a regular basis can be a challenge. No matter how you look at it, exercise can be downright boring and even tedious at times.

So, you may be thinking, just how do you get the motivation you need to exercise on a regular basis?

If you've been wondering what you can do to make exercise more fun, you'll find some ideas below that just may help to make exercising more enjoyable and a little bit easier.

Firstly, you should try exercising with a friend. You can challenge each other, help each other out, keep each other motivated and on track, make each other laugh or just make a game out of your exercise programmes.

You can also try something different. If you go to the gym each and every day and use the same piece of equipment or use the same piece of equipment at home, you should try mixing things up. Reverse your routine or just change the order of your exercises.

Go to a park that has playground equipment and use the slide, climb on the monkey bars, do pull-ups, hang from your knees, just let your imagination guide you. You don't always need to follow a strict routine, just get out there and have fun working your muscles.

An outdoor circuit in the park is also something you can try. There are some parks that have circuit courses set up with a planned route where all you have to do is walk or jog to each station and then follow the instructions. If there isn't a planned route, then you should do a combination of jogging and walking, picking a distance of a couple hundred feet. Jog 100 feet then drop and do a couple of push-ups, walk the next 100 feet and then drop to do sit ups.

You can also ride a bike around your neighbourhood or hike on a hiking trail. Just walking in the park or around your neighbourhood is also a great way to get some exercise. Doing yoga in the park or on a beach is also a nice and relaxing way to exercise both your body and your mind.

Playing a competitive sport is great for putting the fun into exercising. A lot of towns/cities have team activities such as softball, volleyball, tennis, football, and so on. These types of activities will not only provide you with good exercise but they will also help you to meet new people as well.

When you exercise, try to picture your muscles getting bigger. Research has shown that if you focus all of your thoughts on the muscles that you are working, they will respond better. Try to watch them work with each repetition as your muscles contract and relax.

As you can tell, there are plenty of ways you can make exercise more fun and interesting. You don't need to follow the same routine day after day, as you can do many other things to get in some exercise.

The important thing is that you should always try to incorporate exercise in all the various forms into your everyday life and make those habits the kind of habits that will last a lifetime.

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## ***Reasons To Exercise:***

Many of us need to follow an exercise program, in order to remain healthy. Below, you'll find several good reasons why you should start exercising now.

### **1. Contributes to fat loss:**

It is well proven from scientific research all over the world that physical exercise contributes to weight loss. If you burn more calories than you consume through nutrition, you'll lose weight. When you exercise, you burn more calories than when you don't. It's really simple - the more you exercise, the more weight or fat you'll lose.

### **2. Prevent disease:**

The chances of developing several various diseases has been proven to decrease when exercising. These diseases include heart disease, cancer, diabetes, and strokes.

Around 4 out of 5 deaths caused by heart disease and cancer, are linked to factors that include stress and lack of exercise. We all know that diabetes increases the chance for heart attacks and strokes.

What this shows, is that many of the risk factors and diseases caused by not exercising are working in conjunction to damage your health. To prevent this from happening, start exercising.

### **3. Improving diseases:**

Many severe and minor diseases can be improved or even healed through regular exercise. These even include the diseases listed above. By following a regular plan, you can also decrease HDL cholesterol levels, decrease triglyceride levels, and decrease your blood pressure as well.

Exercising on a regular basis will also reduce the risk of prostate cancer for men, breast and uterine cancer for women, and much more. All of this is scientifically proven, which is why you should start exercising today.

#### **4. Enhance your state of mind:**

Most of us know from the many scientific studies that regular exercising will lead to an increased release of endorphins in the body. These chemicals will fight depression and make you feel happy. The body releases these endorphins only 12 minutes into the workout.

There is another chemical known as serotonin that is increased during and after a workout. The increased levels of serotonin in the central nervous system is associated with feelings of well-being and decreased mental depression. The chemical can also help you sleep better at night.

#### **5. Enhance your wellness:**

When you are in great shape and well fit, you'll have more energy and you'll notice that your overall mood is improved. You will have experienced that you can stretch beyond your own limits and you know that you can do more than you thought possible.

#### **6. Persistence:**

Exercising regularly will give you more energy, which can help you be more productive at home and at work. Exercising can help give your new goals a sense of purpose and give you something to focus on and aim for. This can help you increase your persistence and prevent you from going off track while you aim for your goal.

#### **7. Social capabilities:**

After a working out on a regular basis you can really boost your self esteem. This can help you look better, have a better posture, and you'll feel more comfortable and relaxed as well. Exercise will also help you to become more active and meet new people, which will prevent you from feeling isolated and unsupported. Exercise will also increase your interests in sex, and can help you to improve your marriage or your partner relationship.

After relating to these tips and reasons to exercise, you shouldn't hesitate to get out there and get going. You can exercise at home or go out there and join a gym.

There are several different ways that you can exercise, all you have to do is select a few that you like. Take a little bit of time out of your day and start exercising - you'll feel better than ever before and your body will thank you.

## ***Choosing The Right Exercise For You:***

The type of exercise you do all depends on 'you' and what you like to do. What you hate doing, paying membership fees, and whether or not to buy your own equipment are all things you need to consider as well as answer.

If you choose something that you don't like to do, you aren't going to keep doing it for a long period of time. Give it some thought - if you don't like jogging, you aren't going to get up at 6 AM and go running. If you can't find something you like to do, choose something you hate the least, which will normally be walking.

Walking is great exercise, as it suits all levels of fitness. Anyone can start a walking programme at any time, it's normally the intensity and duration that differs. Walking is also a social exercise, as it isn't difficult to find a training partner to chat with while you exercise. Walking with a partner will also make time go by faster.

No matter what exercise you choose, you should start at a low level of intensity and gradually build it up over a period of weeks, which is essential to the longevity of your exercise programme. If you start off too hard, you could end up with an injury which will require time out of your schedule to get over it.

If you are in really bad shape, you should start off by walking for 10 minutes each day. Then, increase it by 5 minutes every 2 weeks. To make things more interesting, you should try walking a different course every few days. You can also roster a different friend to walk with you on different days of the week.

If walking isn't your thing, then you may want to try a fitness centre. They have a lot of variety and normally have trainers on hand to answer any questions you may have. When you choose a fitness centre, make sure that they give good service and communicate well with their customers about staff changes and training for new equipment they install regularly.

If they aren't willing to treat you well before you join, then they certainly won't afterwards. You should also make sure that the equipment they use is well taken care of. It's easy to find out, as all you have to do is listen to the machines. If they squeak a lot or make strange noises, then chances are they aren't being taken care of.

If you still aren't sure what you should do, then you should look into golf or tennis. Both are good social activities available in most areas, and you can meet a whole new group of friends and associates. Tennis is great for fitness, although it isn't really for someone who is just starting out. If you haven't exercised in a long time, then golf may be the best activity for you.

## ***Free Weights VS Machine Exercise:***

Something you need to keep in mind and never forget is that when you exercise, you are training for life. You may still spend an hour a day in the gym, although that will still leave another 23 hours or so for your muscles to function without using any fancy equipment.

Whenever you do any type of exercise, the movement of your body during the exercise is known as the range of motion. The more difficult the range of motion is, the more effective the exercise will be, because your body has to work twice as hard to perform the movement.

Take for instance the classic dumbbell bicep curl. If you aren't familiar with the exercise, it is performed by standing up straight with your palms facing forward, and a pair of dumbbells held down by your side. You'll contract your biceps to bring the dumbbells up to your shoulder height, then repeat the exercise as many times as you wish.

Using that same movement for exercise on a bicep curl machine, you should sit down, brace your upper arms on a pad, grasp 2 handles that are in front of you, then perform the same movement as above to move the handles in an upward motion.

Now, looking at the muscle contractions in this exercise, you are contracting essentially your biceps if you are using the curl machine, and that is pretty much all you are doing. When you use the machine you are sitting down, which will limit just how much your shoulders give. The machine works several muscles used in this exercise limited to the biceps, as well as the muscles in your forearms and fingers.

Most of the time, when using machine weights, you will always be limited as to what type of exercise you can perform. You must always follow a strict procedure, which is pretty much the same with free weights. Unlike free weights, machine weights offer a certain degree of resistance.

One of the best thing about free weights is the fact that you move a little chuck around to select the weight you want to use. Instead of dragging it over to your exercise area, you simply select it on the machine. When you are tired during a workout, this can be a blessing.

A lot of people argue in the fact that free weights are the best for your body. While this is normally true, many people out there feel that machine weights are the best. There are pros and cons with both machines, although free weights have been around a lot longer and have been proven time after time to achieve dramatic results.

Body builders for example, have used free weights over the years to build very impressive bodies. If you ask most of them about machine weights, they would probably laugh at you and tell you that you need to quit joking around.

In a nutshell, free weights will use more of your muscles than the machines do, which makes them more effective overall. This doesn't mean that the machines are a waste of time, as they offer some great advantages. In some cases, it is best to stabilize the muscles that are being used in a movement, which is where machines are the best to use.

The decision on which to use for you should be based on what you hope to achieve with lifting weights and where you plan to use the equipment, such as home or at a gym.

Both systems are great for your body, although the free weights are best to use if you want the best possible workout, and always ensure that your muscles are getting the right workouts they need.

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## ***Children And Exercise:***

If you have a child of 6 to 8 years old that wants to start exercising and lifting weights, you may find yourself wondering what you should do. While some think it is perfectly fine for children to exercise, there are others that think differently.

The long and short of it is that yes, it is beneficial for your child to partake in exercise or a weight training regimen although there are a few things that you should keep in mind once this starts to happen.

No matter how you look at it, children aren't miniature adults and therefore you can't use the same methods with growing children that you can use with adults, as children are different from adults emotionally, anatomically, and physiologically.

All children have immature skeletons, as their bones don't mature until they get 14 - 22 years of age. With girls, exercise during childhood can have very critical effects on bone health that can last for their entire lives.

Children are often times vulnerable to growth related overuse injuries such as Osgood Schlatter disease. Children have immature temperature regulation systems due to their having a large surface area compared to their muscle mass which will cause them to be more susceptible to injury when they aren't properly warmed up.

Children don't sweat as much as adults do, so they will be more susceptible to heat exhaustion as well as a heat stroke. Due to their low muscle mass and immature hormone system, it makes it harder for them to develop strength and speed. Their breathing and heart response during exercise are also different from an adults, which will affect their capacity for exercise.

On the other hand, young boys and girls can drastically improve their strength with weight training although opposed to adults, neurological factors instead of muscle growth factors are mostly responsible.

When you consider programs for children, first and foremost you should obtain a medical clearance.

The first approach to designing a program is to establish a repetition range of 8 - 12 and keep the work load appropriate for the age range.

You should ensure that workouts are spread out enough to have at least 1 - 2 full days of rest between workouts. The main focus when working out should be on the form of every exercise performed, and not on the amount of weight being lifted.

Before weight training, warm up and stretching should be done. Start your children off with light loads and then make adjustments accordingly. No more than 3 non consecutive exercise sessions should be done in a week. You should also see to it that they drink plenty of water before, during, and after exercise. Getting enough water is very important with exercise, as it is often times very easy to get dehydrated - especially with children.

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### ***Eating And Exercise:***

Any time you exercise, you do so in order to try and maintain good health. You also know that you have to eat as well, so your body will have the energy it needs to exercise and maintain for the everyday tasks of life. For making the best of your exercise, what you eat before and after you workout is very important.

No matter if you are going to be doing a cardio workout or a resistance workout, you should always make it a point to eat a balanced mix of protein and carbohydrates. What makes that determining percentage of carbs and protein you consume is whether or not you are doing cardio or resistance exercise and the intensity level that you plan to work at.

The ideal time for you to eat your pre workout meal is an hour before you start. If you plan to work at a low intensity level, you should keep your pre workout meal down to 200 calories or so. If you plan to exercise at a high level of intensity, you will probably need your meal to be between 4,000 and 5,000 calories.

Those of you who are doing a cardio session will need to consume a mix of 2/3 carbs and 1/3 protein. Doing so will give you longer sustained energy from the extra carbs with enough protein to keep your muscle from breaking down while you exercise.

For resistance exercise, you'll need to eat a mix of 1/3 carbs and 2/3 protein, as this will help you get plenty of energy from the carbs to perform each set you do and the extra protein will help keep muscle breakdown to a minimum while you exercise.

Eating after you exercise is just as important as your pre workout meal. Any time you exercise, whether its cardio or resistance, you deplete energy in the form of glycogen. The brain and central nervous system rely on glycogen as their main source of fuel, so if you don't replace it after you exercise, your body will begin to break down muscle tissue into amino acids, and then convert them into usable fuel for the brain and the central nervous system.

Keep in mind that mostly during resistance exercise, you'll break down muscle tissue by creating micro tears. What this means, is that after a workout, your muscles will instantly go into repair mode. Protein is the key here for muscle repair, as you don't want muscle breaking down even further to create fuel instead of lost glycogen.

Once you have finished a cardio session, you'll need to consume mainly carbohydrates, preferably those with high fiber. Rice, oatmeal, whole wheat pasta, and northern fruits are excellent sources. Also, try to consume 30 - 50 grams of three types of carbs after you exercise. After your cardio workout, it is fine to eat within 5 – 10 minutes.

Once you've finished a resistance workout, you will need to consume a combination of carbs and protein. Unlike cardio workouts, resistance workouts will break down muscle tissue by creating micro tears. You'll need protein as this happens to build up and repair these tears so that the muscle can increase in size and strength. The carbs will not only replace the lost muscle glycogen, but will also help the protein get into muscle cells so it can synthesize into structural protein, or the muscle itself.

After your resistance exercise, you should wait up to 30 minutes before you eat, so that you won't take blood away from your muscles too fast. The blood in your muscles will help the repair process by removing the metabolic waste products.

## **Cardio Exercise:**

Everyone has wondered at some point in time which cardio exercise is better. To put it in simple terms, both low and high intensity exercises will help you to burn off body fat. The question here is which is the most effective to burn off more body fat.

When scientists first discovered that during intensive exercises, your body burns glycogen, which is a form of stored carbohydrates that are stored in your liver and muscles for energy. During low intensity exercises, your body will burn a lot of fat.

If you're wondering whether or not it works, the answer is no because there are so many obese people still around. Even though they are working out with low intensity routines, it still makes you wonder how it can be.

The scientists were right when they said the human body burns more body fat during low intensity exercises like walking or swimming. During a high intensity exercise such as running, the body will burn a lot more calories. Even if some of the calories burnt are from glycogen, there are still many fat calories burned as well.

To put the icing on the cake, when your store of glycogen gets low, the carbohydrates from your food you eat will later get converted into glycogen to fill up the store and won't be converted to body fat when they are left unused for energy.

High intensity cardio exercise will juice up your metabolism even after you have completed your workout. What this means, is that your body will continue to burn body fat hours after you have left the gym. This effect is nearly non-existent in low intensity cardio or aerobic workout.

Accumulatively, your body will burn up more and more calories during and after you have finished a high intensity cardio exercise than it will with low intensity.

You can inject high intensity exercises into your cardio workout by introducing some interval training. You can walk for 5 minutes or so, then break into some jogging for another 5 minutes or so. Then, walk briskly again until you have caught your breath and then sprint for a minute before you walk again. From this point, simply alternate your running and walking for the next 15 minutes until you are finished.

One of the best things about cardio is the more you do it, the more energy you'll have. Cardio will help you to burn calories, although it's more useful for keeping your energy levels high. If you've never tried cardio before, you should give it a shot. If you like to exercise, you'll find cardio the best way to boost your energy and keep in top shape. If you are just starting out, you'll want to go slow and keep your cardio exercise in track - as it is very easy to over-exert yourself.

## ***Exercising Properly:***

There are two main types of exercise that you can do - aerobic and anaerobic. The first one, aerobic, means with oxygen. Aerobic type exercise has an important distinction, it burns fat as the main fuel.

Anaerobic on the other hand, burns sugar as the main source of fuel. Despite common myths, exercise doesn't have to be drastic in any way to provide massive benefits. Even if you choose light exercise, you will still burn fat.

Light exercise will clear out lactic acid, which is a waste of the body, and stimulate your cells to regenerate. To be sure that you are burning fat rather than sugar, it's very important to make sure that you are doing several things as you exercise.

The most important thing you can do as you exercise is breathe deep. You should always breathe in deep into your stomach through your nose, hold it for a few seconds and then exhale hard through your mouth.

Second, you should make sure that you exercise at a comfortable level. You should exercise at a level of 7 out of 10, and still be able to carry on a normal conversation while you exercise. You should do this for 45 minutes or so each day, then you'll begin to notice just how much your energy will explode.

Even if you don't think you have the time to exercise, rest assured that there is always time. If you have to, use the time that you would normally spend sleeping. With exercising, you'll actually need less sleep than before. You can also use the time of your lunch break to exercise as well. The increase in productivity will have you more on the ball, and you can save your time through the dramatic increase in your overall productivity.

Cellularise, or rebounding, is one of the best forms of aerobic exercise there is. If you have access to a rebounder, you shouldn't hesitate to use it. Use any break you have at work to engage in some type of movement and deep breathing.

Any type of exercise you do will strongly benefit your heart. It will make it a stronger and larger organ. Deep breathing will help your lungs become stronger and larger as well. There is research now that links exercise to helping benefit and almost prevent each and every type of disease or ailment.

Movement of the joints will promote proper blood flow and create energy, as sitting down all day will rob your body of much needed energy. If you sit down all day, it's very important that you promote blood flow, circulation, energy, brain flow, and the strength of your heart. With just a little bit of your time devoted to exercise, you'll find yourself healthier than you have ever been in the past.

## ***Exercise As Power Source:***

This day and age it can be very difficult indeed to go to the gym. Life is very hectic and busy, which will create a serious challenge for remaining consistent with exercise each day. Exercise is however, just what we all need to reduce stress, and give the body the extra energy it needs to carry out normal living.

The best results of exercise are achieved through the use of refined techniques, functional exercises, cardio, the right nutrition, variety, awareness, consistency, and motivation over a period of time.

The refined techniques mean correct form to isolate muscles or to target areas of the body. Efficiency is needed to ensure stimulation of the muscles. With weight lift training, which is also known as resistance training, you'll need to eliminate any type of momentum.

It is also important to move the weight about using a full range of motion. Full range of motion causes the muscle to contract for the right amount of time and help to ensure the right length of the tendons. The goal here is to strengthen the joints of your body by stimulating the muscles.

Cadence is also helpful, as it is a term that refers to the rate in which the resistance or the weight moves. The best results with cadence are gained by slow movements which will cause the muscle to contract for a longer period of time. You can mix in a series of fast and slow cadence, which is very beneficial with sports type training.

Using the correct angles will achieve muscle isolation in target areas and help to decrease the risk of injuries, which is great for those using heavy weights.

Functional type exercise is a popular technique that will stimulate the core and torso of your body while you work on another muscle group at the same time. As an example, when you perform a dumbbell press while lying on an exercise ball.

Your abdominal muscles and the core muscles will contract to hold your body into this position, while your chest and tricep muscles will push the dumbbells up. This type of exercise and challenge will cause maximum stimulation to your body and keep the workout interesting and refreshing.

Cardio is another exercise that is great for the heart and lungs. The total number of calories you burn is very important along with maintaining the right heart rate. The formula for your heart rate is 220 minus your age times 60 for the lower number, then 220 minus your age and times 80 for the upper number.

This is also known as fat burning zone. Cardio will also de-toxify the body and help to strengthen the immune system along with other benefits. The muscles will contract and pass the lymph along, which will allow the immune system to clear away dead cells and bring new ones in.

Any time you exercise, warming up is very important, as it will prepare your body for the more demanding workout of cardio. You should always allow 15 - 30 minutes prior to weight lifting and 10 - 15 minutes prior to cardio exercises. You should also stretch as well, as this will help get the blood flowing through your muscles and get them limber as well.

An ideal schedule for working out is to warm up then follow with cardio. You can lift weights on Monday, Wednesday, and Friday then cardio only on Tuesday and Thursday.

Even though you may think your schedule is simply too busy to maintain a schedule for working out, you'll find that adding exercise will actually add more time, as you'll have a lot more energy in your normal everyday life. You can think of exercise as the batteries that will help to give your life power.

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## ***Exercise Your Back Pain Away:***

According to past research and studies, nearly 80% of all Westerners will experience some type of back pain in their lives. The American Academy of Orthopedic Surgeons believes this as well, as they say 80% of us out there will encounter some type of problem with our back before we die.

Traditionally, the treatment for lower back pain is increasing core strength to increase flexibility on muscles that are tight, which will provide better stabilization of the spine and exercises to correct the imbalances of the muscles. The muscles that surround the spine will provide stability and support of the spinal column.

Every muscle between the hips and shoulders are included as well, as these muscles are referred to as the core muscles. Back pain can be a result of muscle imbalances caused by any of these core muscles. If the back of your thighs are weaker than the front of your thighs, there will be an uneven pull on the front of your spinal column.

There are some effective ways that you can integrate core strength training exercises into all of the exercises you perform, rather than doing just the traditional crunches and sit-ups. One such way is by breathing effectively. Deep breathing will utilize your diaphragm muscles which will help support the spinal column and lengthen the spine, which is great for your lower back and supporting you when you walk or run.

The tummy tuck and bridge lift can also help you to reduce back pain and strengthen the core muscles as well. The tummy tuck exercise is a simple pelvic tilt that draws the abdominal muscles away from the floor. To perform a tummy tuck, simply lie face down on the floor and squeeze your glutes (bottom cheeks) to strengthen your spine.

Instead of pressing into your thighs, you should instead reach your tailbone down towards your heels. Perform 15 reps of each exercise and alternate them until you have completed a couple of sets.

For the bridge, place your feet on a bench or on the floor and scoop your pelvis upward, as your rib cage should stay low to reduce any irritation to your spinal muscles. The bridge will help to relieve stress on your back and focus the muscle contractions into the glutes and the hamstrings.

Other exercises for lower back pain are the lumbar side stretch, hip flexor stretch, and calf stretches, as all three can help to alleviate pull on your spinal column.

Hip flexor stretch; When doing a hip flexor stretch, bring one foot forward in a bent knee, 90 degree angle, while your other leg is on the floor behind you with your foot pointed upwards toward the ceiling. The hip flexor stretch will help to open up the muscles of your back on the side of the spine near your hips. You can also squeeze your glutes as well to deepen the stretch with each breath you exhale. You should begin to feel a stretch in your back leg, in the thigh front and the hamstrings on your front leg.

Lumbar side stretch; This stretch will bring your legs wide with your knees bent while you sit or stand. Simply bring one hand down towards your foot on the inside of the thighs and your other hand behind your head.

The last stretch will open up your Achilles tendon, which is the most distant pull on the spine. For this, place an object under your foot and lean the weight of your body forwards. Maintain a fluid breath while you hold stretches for 30 seconds or so. After a while, you should begin to feel a stretch behind your knee and shin.

For visual explanations of these terms, Google Images would be 'the' place to go. Simply type in the term you're looking for and 'magic' happens :-)

## **Exercise And Harm:**

Any time you exercise, your brain releases chemicals known as endorphins that produce a feeling of euphoria, which is known as "runners high", which is also very easy to become chemically addicted to.

Without this rush, you'll feel irritable and out of it until you exercise again. Therefore, you'll go on exercising and not listen to what your body is actually telling you - which is to stop.

The main reason addicts will continue to push themselves lies in what will happen when they don't work out. Normally when they are unable to exercise, they will display signs of depression, anxiety, confusion, and be less happy with themselves.

### **Aches and pains:**

Over exercising doesn't only affect the mind, but the body as well. Exercise will initially do what it is intended to do, give you a fit body but once you cross the line however, it can be drastic. Muscle damage, osteoarthritis, and heart problems will all be waiting in the wings if you continue to overdo it. The body has limits and if you push beyond that limit, you'll do nothing but harm yourself.

Obsessive exercise tends to happen among those who are new to exercise. Therefore, if you are keen to reap the benefits of getting fit, you'll tend to overstep the limits. The initial signs of over exercise are exhaustion, which can lead to a build up of fatigue. Keep in mind, it isn't only the muscles that are at risk, but the bones as well. Many people who exercise push themselves to the point of injuries such as shin splints or even stress fractures, then refuse to rest, which causes greater and sometimes even permanent damage.

Even a brisk walk in the morning doesn't come without risk, as walking too much can lead to osteoarthritis. When you walk, you are working against gravity. Even though you are exercising your muscles, you are also harming your knee joints as well. Many people who walk up to an hour or more everyday end up with complaints of aches in the knees. The fact is, jogging also harms the knees, and too many sit ups can hurt as well. As with any type of exercise, moderation is the key.

You should always start off gradually, and combine several different types of workouts, which is one thing that obsessive exercisers forget to do. One of the biggest complication factors of people who get addicted to exercise is that they will tend to perform the same workout each and every day, which further increases the risk of permanent damage.

### **Think right:**

You should never work out to the point where you feel completely exhausted once you have finished. Your limit with exercise should be 45 minutes to an hour, four or five days a week. When you are finished, your workout should leave you feeling fresh and energetic. Every week should make it a point to take a day's break - as your body will need to relax and rejuvenate.

The key to achieving this completely lies in your attitude, as exercising is the way to a healthy life. If you do it only to please yourself, you'll defeat the entire purpose when you stand there on the weighing machine.

If you take things one day at a time and don't over do it, you'll be well on your way to a healthy body. Exercising can be a lot of fun and a way to relax, if you don't rush it. Start off slow and gradually work your way up. Before you know it, you'll know how to prevent injuries before they happen and you'll know exactly what you need to do to remain healthy.

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### ***Exercise And Stress:***

Even though exercise may not be the most exciting word in your vocabulary, it's surely a word with a lot of benefits. Participating in daily exercise will not only make you healthier in general, but it can also diminish the effects of stress on your body as well.

Think about all the times you have heard someone say "the doctor says it's stress related". Normally people will laugh it off, concluding that doctors say that when they don't know the real answers or diagnosis. The truth of the matter is that too much stress 'will' play a role in many diseases.

To help increase your immune system and decrease your stress levels as well, try exercising, as movement is the key word here. Bending, stretching, reaching and walking. There's really no need to buy any expensive equipment either, as you can implement more movement into your daily routine and reap the benefits.

If you like aerobic exercise, you should grab a partner and have a blast with one of the basic aerobic videos. Or, you can simply go out for a walk and enjoy spending time together. As you may have heard, walking really is the best overall exercise you can do for your health. As long as you have a pair of walking shoes, you'll be fine.

As you go through your daily activities, make it a point to walk a little farther, bend down and pick something up without using a pick up stick or moving the item towards you with your foot. While you are sitting, you should also do some simple and quick stretches for your neck and shoulders.

If you enjoy sitting around watching television, you should consider buying a jogging board. These padded boards will make running, jumping, or walking in place less stressful on your knees and joints. They are easy to store as well and also very portable.

In many people's opinions, jogging boards are the best pieces of equipment you can buy. They are also far cheaper than bulky treadmills and stationary bikes.

There are several different exercises that you can do to help you eliminate the stress in your life. Walking is by far the best, as you can easily lose yourself and your troubles by walking. Even if it is just around the block, walking can do wonders for your health as well as stress.

If you have a lot of stress in your life, you may want to consider a gym. Working out then sitting in the sauna is also a good way to relieve tension. If your gym has a pool, you may find swimming to be very beneficial as it also helps you to relax.

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### ***Exercising During Pregnancy:***

Everyone knows that exercise is very good for your health. During pregnancy, exercise can have many other benefits as well. Normally, exercise should be light, especially during your first few weeks of pregnancy while your body adjusts to the changes.

Any type of heavy exercise can divert the blood flow from crucial areas, and most women that exercise on a regular basis should tone down their workout regimen during pregnancy.

Swimming, walking, and yoga are two very popular exercise activities that are suitable for pregnant women. There are other forms of exercise such as weight lifting that are acceptable as long as it isn't too strenuous. Most specialists recommend exercise 3 - 4 times a week, unless you have a medical condition that prevents it. If you are ever in doubt, you should consult a physician first.

Below, you'll find some of the best reasons as to why you should exercise during pregnancy.

1. Exercise can help to reduce the length of labor and recovery time. The right exercise routines will also increase stamina that is needed for delivery.
2. Improved mental health. Exercise can lower stress and improve your emotional health, making it easier for you to get through the new experience of becoming a mother.
3. Exercise can also help with weight management after the child has been born. A common concern with most mothers is the weight they lose after pregnancy. During pregnancy, exercise can make postpartum weight loss easier.

4. Exercise is very good for your unborn baby. By keeping your body healthy, you are also looking out for your baby as well.

5. Exercise can help reduce the side effects of pregnancy. Symptoms such as fatigue, headaches, swelling, and constipation are all common with pregnant women. Studies have shown exercise to reduce the occurrence of these symptoms.

6. Exercise can also decrease the risk of premature birth. Exercise has been proven to decrease the risk of premature birth by at least 50%.

You should always make sure that you drink plenty of fluids before you exercise, follow a nutritious diet, and avoid over exertion. You should also listen to your body, and if you start feeling sick you should immediately stop and rest.

If you exercise during your pregnancy, you'll find it a lot easier to deliver when the time comes. Exercise will help your body strengthen up, which will make it very easy on you when you go into the delivery room. Women who don't exercise find it much harder when the time comes to giving birth.

Exercising during pregnancy is one of the best things you can do for yourself and for your unborn baby. Your baby will reap some of the benefits, which is reason enough to exercise.

Always be safe when you exercise, and don't hesitate to ask a doctor for advice if you have any questions at all. As long as you exercise safely and use good common sense, you'll do a world of good for your pregnancy.

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### ***Exercise And Asthma:***

If you suffer from asthma, you probably think that you can't exercise properly or safely. Contrary to what many think on this subject, there are ways that you can get in shape and exercise, even if you do suffer from asthma.

Asthma is a chronic lung disease that is marked by characteristics such as coughing, wheezing, shortness of breath, and chest tightness. Asthma tends to occur with people who are genetically or environmentally pre-disposed to the condition.

Some of the triggers that may start or make an attack worse include exposure to allergens, viral respiratory infections, airway irritants, exercise, and exposure to things such as dust mites or cockroaches.

You can help prevent asthma attacks by doing the following:

1. Bathe your pets weekly.
2. Don't smoke or permit smoking in your home.
3. When mold or pollen counts are high, you should stay inside with air conditioning.
4. Wash your bedding and any stuffed toys at least once per week in hot water.
5. Wash your hands every chance you get.
6. Get a flu shot.
7. Wear a scarf over your mouth and nose in the winter months.
8. Be proactive and know your triggers and how you should avoid them.

Now that you know what you know about asthma, you may be wondering where exercise fits in. As most doctors will tell you, you shouldn't give up on sports or exercise at all. You just have to be smart about how you play and take special precautions to avoid attacks.

Almost all doctors agree that the best way to prevent attacks during exercise is to keep your inhaler and medication close by. You should never use the inhaler more than 3 times during a game or exercise session. If you are up the previous night with coughing and wheezing, it's always best to go light with your exercise the next day.

For something known as IEA (Exercise Induced Asthma), the symptoms are somewhat different, it's a fact that they appear after 6 - 10 minutes of exercise and will often be worse in cold or dry air. If you have IEA, there are several activities that you can enjoy such as swimming, walking, biking, downhill skiing, and team based sports. There are many activities for you to choose from, to ensure you get the exercise you need as well.

Keep in mind that the condition of asthma isn't "all in your head", it is a real physiological medical condition that will require treatment to prevent and treat. Even though your doctor will be your best friend in treating your asthma, you are the one who can control and often prevent your symptoms.

Always be smart, take your medication, and be proactive. Don't let it keep you in a life of misery - as you can enjoy exercise just like everyone else.

## ***Exercise For Diabetics:***

The most common types of diabetes are known as Types 1 and Type 2.

**The Type 1 diabetes**, which is also known as adolescent diabetes, differs from Type 2 in the sense that the body will stop producing insulin altogether.

**Type 2 diabetes** is normally diagnosed in older adults and occurs as the body stops producing enough insulin or the individual becomes resistant to their own body insulin.

No matter what form of diabetes it is, you'll lose your ability to adequately utilize sugar. The blood sugar levels will increase due to the body's difficulty in transporting sugar into the cells and out of the blood stream. There are several ways to lower your blood sugar levels, including diet, exercise, and medication.

As a whole, exercise is a very important part of diabetic management for both Type 1 and Type 2 diabetics. Those that have Type 1 will find regular exercise helps to maintain insulin sensitivity, helps to prevent the accumulation of excess weight, and also increases the use of glucose by muscles. Although there is really no way to prevent Type 1 diabetes, it is possible to prevent Type 2 diabetes.

The things to consider when you attempt to prevent the onset of Type 2 diabetes are regular exercise supplementation with vitamins and herbs that will help to prevent insulin resistance and proper control of weight.

Not only will exercise help directly with diabetic management by lowering blood sugar levels and maintaining insulin sensitivity, but it will also help minimize several of the complications that can occur in a diabetic individual. Research has shown that walking 30 minutes each day can diminish the possibility of developing Type 2 diabetes.

Almost all diabetics tend to develop circulatory problems and exercise can help lower blood pressure and improve circulation throughout the body. Seeing as how people with diabetes tend to have poor blood flow to their lower areas and feet, better circulation is a great benefit.

Even though there are risks associated with exercise, the potential benefits will outweigh the risks. Exercise does indeed lower blood sugar levels, so those with diabetes should measure their blood sugar both before and after they exercise. Since your body uses more sugar while you exercise and makes you more sensitive to insulin, there is a risk of blood sugar becoming too low and causing hypoglycemia as a result.

Whenever you exercise, it is important to let others know that you are diabetic. They should also be informed about what they should do in case of hypoglycemia. To be on the safe side, you should always carry candy or fruit juice with you to treat low blood sugar when it occurs.

During and after you have exercised, you should pay very close attention about how you feel, since rapid heart beat, increased sweating, feeling shaky, or hunger can signal that your blood sugar levels are getting too low.

With diabetic management and treatment, exercise is very important. Exercise will help with blood sugar control when the muscles use more glucose and the body becomes more sensitive to insulin. Exercise will also help to prevent and minimize common diabetic complications which include heart problems, high blood pressure, and circulatory deficiencies.

If you are a diabetic, exercise should be part of your daily routine. You should always exercise at a slow pace and never overdo it. Also, you should be sure to exercise around people you know or at a gym, so there will always be people around you in case something goes wrong. Being a diabetic doesn't have to hinder your life or your performance, as exercise can help you get your life back on track and heading in the right direction - the healthy direction.

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### ***Exercise And Sleeping Better:***

The amount of physical exercise that you exert during the day is one of the key ingredients to helping you get a good sleep at night. The more active your body is during the day, the more likely you are to relax at night and fall asleep faster.

With regular exercise you'll notice that your quality of sleep is improved and the transition between the cycles and phases of sleep will become smoother and more regular. By keeping up your physical activity during the day, you may find it easier to deal with the stress and worries of your life.

Research and studies indicate that there is a direct correlation between how much we exercise and how we feel afterwards.

You should try and increase your physical activity during the day. The goal here is to give your body enough stimulation during the day so that you aren't full of energy at night.

Your body requires a certain amount of physical activity in order to keep functioning in a healthy manner. It is also important to note that you should not be exercising three or four hours before you go to bed.

The ideal exercise time is in the late afternoon or early evening. You want to make sure you expend your physical energy long before it is time for your body to rest and ready itself for sleep.

You should attempt to exercise at least three or four times a week for a period of 30 minutes or so. You can include walking or something simple. If you prefer, you can include strenuous activities such as running as well.

The goal here is to increase your heart rate and strengthen the capacity of your lungs. By adding a regular exercise activity to your daily schedule will help you to improve your overall health and help you emotionally as well.

Along with running and walking there are several other physical activities that you can add to your daily life to increase your level of physical activity. If you are battling not sleeping, you'll find aerobic exercise to be the best.

Your goal with exercise is to increase the amount of oxygen that reaches your blood stream. Overall, there are many types of aerobic exercise for you to choose from. The activities include running, biking, using a treadmill, dancing, and jumping rope.

There are some non aerobic exercises that you may find beneficial to help you solve your amnesia problem.

**Yoga;** Yoga is an exercise that has a stimulatory effect on your nervous system, especially the brain. Yoga utilizes breathing techniques and yoga postures to increase the blood circulation to the brain, promoting regular and restful sleeping patterns. The regular practice of yoga will help you to relax as well as relieve tension and stress.

**Tai Chi;** Tai Chi is an ancient art of breathing and movement that was developed by the Chinese monks. The movements involved are slow and precise, which is ideal if you have joint pains or you are unable to participate in high aerobic exercises. Research has shown that Tai Chi can help with insomnia by promoting relaxation.

If you discover that you don't have any time to exercise on a regular basis, you should try to sneak moments of activity into your schedule. Whenever possible, you should take the stairs instead of the elevator, as little things like that will do wonders for your body.

You should also park your car around the corner and walk that extra block or two to get to your destination. As you may know, there are many small things you can add to increase the activity in your life. Your overall goal here is to have a healthy and well balanced life - with plenty of sleep.

## ***Exercise And Play:***

Often, when children return from playing, they look quite exhausted and ready for a nap. This is because playing is hard work :-). It's exhausting to the mind and body of the child, and it plays an important role in helping them to become productive and healthy. The role of play and exercise in the life of a young child will provide them with many benefits.

Exercise of the body is a very important part of keeping the young body fit as it grows into an adult body. Once we reach adulthood, if we've had the benefit of exercise and play, we all tend to continue that habit well into our adult years.

Play is also good in the form of participating in organized sports, coordinated play times, and being a member of a large group during all of these types of activities. Playing on this level will teach us how to interact with peers and perform as a team with our fellow players. In today's business world, these skills are essential.

What we learn in body language, coping skills, and the interaction of the mind and body during our interaction with others is invaluable. When we learn these skills to the fullest, not only will we learn how to get along with others, but we will also learn how to interact better with ourselves.

Although interacting with ourselves seems like a rather pointless exercise, it is actually an important part of maintaining the best sense of health and wellness. There will always be times when our bodies are trying to tell us things about our physical or mental condition, which we will simply refuse to listen to.

Through exercise and play, we will also learn what our limitations are - both physical and mental. At times of play, you'll see children and young adults push themselves to their limits and beyond. As children, we are all more able to distinguish between a real limit versus what society itself calls our limits.

For children and young adults, the pressures of the world doesn't affect them nearly as much as it does adults. Children have a much better state of mind and peace, unlike adults that have let the outside world influence the body and mind, which will do little more than become a dominant factor of time. As you can tell, the benefits that are gained from exercise and play time as children, will benefit us for the rest of our lives. As adults, we all too often forget how important both exercise and play are.

Normally, we want to rush children into their daily responsibilities, forgetting that at their age they need play and interaction for their young minds.

## ***Exercise And Your Complexion:***

As we all know and hear all the time, exercise can do a body good. It can help you to stay trim, tone muscles, and help to boost energy as well. What you probably don't know, is the fact that exercise can actually help you achieve the complexion that you've always wanted.

It's true that regular exercise will nourish the skin all over the body with fresh blood, oxygen, and nutrients. As well, the increased blood flow and circulation that come with working out will help to draw toxins out of the body and improve the condition of all your vital organs, including the epidermis.

A lot of people think that sweat can trigger acne flare ups. The fact is, sweating is great for any type of congested skin, as it helps promote the flushing of impurities from the epidermal layer and will clean out the pores. As well, vigorous exercise can actually correct the hormonal imbalances that can trigger blemishes, therefore reducing the likelihood of outbreaks.

Any physical routine that you like to do, such as yoga, running, biking, spinning, pilates, boxing, and such, will help to lessen the stress that you encounter on a daily basis and help to prevent stress related acne.

Keep in mind that exercise may not be a miracle cure for everything, as you may still experience breakouts from time to time although your acne will certainly be less severe and last for a much shorter time frame.

Exercise is also great for other skin conditions that may or may not have to do with the presence of acne. Your skin losing its elasticity or becoming thin and less resilient is something that we all encounter. This is a common problem for many of us as we get older.

As we all get older, we start to lose collagen, which will make us look tired. As many of us don't know, physical activity can actually help to promote the growth of collagen in your skin cells, which will plump up your facial skin and make you look younger and more vibrant.

If you are worried about wrinkles, you should consider relaxation that comes after you exercise. This has the effect of making your muscles, facial muscles included, soften up. What this means, is that your lines will appear less pronounced, helping to contribute to the youthful look that you are trying to achieve.

With exercise you can achieve a smaller waist, better muscle tone, softer skin, fewer blemishes, and an overall younger, more fresher look. If you've wanted to add or change to your complexion, you shouldn't hesitate to exercise. Exercise will help you feel more alive as well as improve your body. All you need to do is take a little bit of time out of your schedule to exercise - its as simple as that.

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## ***Alcohol And Exercise:***

On Friday afternoon after you leave work, you probably think about going out and having a few drinks with friends to relax and wind down. Even though you may think you deserve to go out and have a few drinks, there are some things that you should certainly keep in mind.

Like any other day, tomorrow is going to be a day for exercise, and since you are exercising on a regular basis, a few drinks of alcohol won't really hurt anything, right? Before you decide to rush out to the local bar, there are a few things below that you should think about before you make your choice about going out to drink some alcohol.

Research has proven that even small amounts of alcohol will increase muscular endurance and the output of strength, although these types of benefits are very short lived. After 20 minutes or so, the problems will begin to surface. All of the negative side effects associated with alcohol will easily outweigh any possible benefits that it can have.

No matter how you look at it, *alcohol is a 'poison'* that can really harm your body if you aren't careful.

The negative side of alcohol can reduce your strength, endurance, aerobic capability, recovery time, ability to metabolize fat, and even your muscle growth as well. Alcohol will also have an effect on your nervous system and brain. If you use it long term, you can cause severe deterioration of your central nervous system. Even with short term use, nerve muscle interaction can be reduced which will result in a loss of strength.

Once alcohol reaches the blood cells, it can and probably will damage them. With alcohol users, inflammation of the muscle cells is a very common thing. Over periods of time, some of these cells that have been damaged can die which will result in less functional muscle contractions. Drinking alcohol will also leave you with more soreness of your muscles after you exercise, which means that it will take you a lot longer to recuperate.

Alcohol will also have many different effects on your heart and circulatory system as well. When you drink any type of alcohol, you may begin to see a reduction in your endurance capabilities.

Anytime you drink, your heat loss will increase, due to the alcohol simulating your blood vessels to dilate. The loss in heat can cause your muscles to become quite cold, therefore become slower and weaker during your muscle contractions.

Drinking alcohol can also lead to digestive and nutrition problems as well. Alcohol cause a release of insulin that will increase the metabolism of glycogen, which spares fat and makes the loss of fat very hard. Due to alcohol interfering with the absorption of several key nutrients, you can also become anaemic and deficient with B type vitamins.

Because your liver is the organ that detoxifies alcohol, the more you drink, the harder your liver has to work. The extra stress alcohol places on your liver can cause serious damage and even destroy some of your liver cells.

Since alcohol is diuretic, drinking large amounts can put a lot of stress on your kidneys as well.

During diuretic action, the hormones are secreted.

This can lead to heightened water retention and no one who exercises will want this to happen.

If you must drink alcohol, you should do it in moderation and never drink before you exercise, as this will impair your balance, coordination, and also your judgement. Think about your health and how you exercise - and you may begin to look at things from a whole new prospective.

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## ***Quit Smoking With Exercise:***

When you decide to stop smoking, you'll bring on other changes in your life as well. Smoking is a very addictive habit, meaning that it is very hard to quit. There are a lot of changes that take place, although 'exercise' can be a big help to you when you decide to quit.

Try to set a new routine, such as working out or going to the gym. If that isn't possible, you should try waking up earlier and going for a short walk. If you can turn that walk into a run or a jog, it is going to be very stimulating and the best way that you can start your day.

Keep in mind that exercise doesn't really mean pumping metal. If you don't have the time to stop by the gym every day, then it isn't really that big of a problem, as you can always choose to workout at home.

Whether you choose to workout at home or at a gym, you should always remember that regularity is the key. It isn't getting started that's the difficult part, it's sticking to a regular exercise programme that is difficult and proves to be stumbling block for most people.

Some people have a great start. They will buy track suits, gym wear, running shoes, and a lot of other gear, so their first day at the gym is almost like a celebration. As the days go by, they find it very difficult to meet the demands and their routine will slow down a lot and finally come to a complete exercise burnout.

One mistake that several people make is choosing the evenings to exercise. If evenings fit your lifestyle, then it's fine. For most people however, the evening hours are when they are completely pooped. By the evening most of us are drained, and simply too tired for exercise. Therefore, it is always best to set some time aside for exercise in the morning.

In the morning, wake up a half an hour or so earlier, put on your shoes, and hit the road. Most roads are less crowded in the morning and less polluted as well, making it a wonderful and relaxing way to start the day.

You should also steer clear from the coffee and try tea instead. If you are moving around in the house, try playing music. You can also redecorate your room by adding a few pictures around. When you redecorate, you should get rid of everything that reminds you of smoking.

Plan your day where you'll have something fun to do at the end of the day. It doesn't need to be something that involves money, as you don't want to end up bankrupt. Spending time with family, playing games, or going for a walk with your family are all good activities.

Watching television doesn't really fit into the list. The reason is because television isn't something that demands a lot of attention. You can easily do something else while you are watching television.

You should also make a list of things that build up your stress and try to avoid them. If it isn't possible, you should try to find out some ways to bust stress and use them. Whatever you do, you shouldn't use stress as an excuse to start smoking.

There are many other methods that you can use to beat stress. You can try breathing exercises, meditation, or even music. Another great way to beat stress is using the distressing ball. If you don't have one or access to one, you can always wiggle your fingers and toes. This too is a great and natural method to beat stress.

## ***Water And Exercise:***

The human body is made up of over 75% of water, and as we all know, we cannot live without water. The fact is, we can only survive for a total of 3 days without water. Water has however, been replaced in most diets by soft drinks and other sugar sweetened refreshments. Keep in mind that water is a healthier and necessary for leading yourself towards a better health and longevity.

Your own personal need for water can vary greatly due to exercise, weight, and temperature. Research has proven that over 2/3 of adults don't get the water they need on a daily basis. By drinking water on a regular basis you can replenish your body and keep it well hydrated and functioning as it should be.

A majority of us wait until we are thirsty before we drink water. Keep in mind, this way isn't a reliable gauge of the water needs for the body. By the time you are thirsty you have already lost two or more cups of the body's water supply. Therefore, drinking water regularly is much better than simply waiting until you are thirsty.

It is very important that you don't substitute beverages with alcohol and caffeine for water. The reason behind this is that those types of beverages act as a diuretic and can cause you to lose more weight through increased urination. You may think and feel as if you are getting more water through these beverages, although the fact is that you are letting it go almost as fast as you consume it.

Anytime you exercise, you need more water. Due to perspiration, your body will lose quite a bit of water. For each pound lost due to exercise, you need to drink 2 cups of water. Even when you lay down to sleep, your body loses water. By drinking a glass or more of water before you go to sleep, you can wake up with your body functioning as it should be.

It should become more obvious that when you are sick you'll need more water than any other time. When you get a cold or the flu, your body can become dehydrated quite quickly. You can help to prevent this by drinking more water at times when you become sick.

There are several mixed opinions as to whether purified water will actually provide benefit. This is a subject you should explore yourself as you determine the best type of water for yourself.

Always make it a habit to drink water on a daily basis. You should keep a bottle of water with you at all times and drink it throughout the day. You should also teach yourself to drink water instead of other beverages that don't replenish the nutrients your body needs.

## **Exercise Balls:**

Exercise balls are one of the most innovative ways to exercise. These little balls will catch every one's fancy due to their shape and very attractive colors. The real benefit of these balls, which were introduced by a group of Swiss medical therapists, is a substitute of support during exercise.

Working out with the exercise balls will strengthen and tone all of the major muscles of the body. The soft texture of the balls make it an ideal choice for Yoga positions, using dumbbells for muscle toning, or working on heavy duty weight training equipment.

The advantage of exercise balls is that they are durable and maintain shape well under pressure. The documentation with the balls will provide test load figures for how much weight the exercise balls will hold. The advantage here is the fact that the balls provide soft yet firm support that doesn't harm your body.

You can find exercise balls in several different colors and finishes. You can even get a ball that matches the texture of your room. They are simple to store and you can even roll them under your bed or a table if you prefer. When you aren't using them, you can let kids play with them. These balls are very fun for kids, as they are very soft and won't cause them any harm.

**Medical equipment;** Originally developed for use in medical therapy, the exercise ball is used to support the body during exercise. These balls will provide support to the body when you do a specific exercise in a specific position and still need to maintain the balance. Most exercise balls are made of burst-proof latex or other material that is very safe to use.

There are many postures with yoga and muscle toning exercise that can only be done with the help of support. For these postures, exercise balls are quite useful. The exercise balls will introduce an element of stability to the exercise that you wouldn't normally get with the floor exercise.

Your body responds automatically to the instability to keep balanced on the exercise ball. This will help in strengthening the muscles that aren't actively participating in exercise.

An exercise is also very useful for physiotherapy treatment. Exercise balls will help to get rid of backache and spinal disorders. The small range of movement and adjustment of balance of the spine that is induced by exercising with the exercise ball will help reduce back pain.

The Swiss ball exercise is for people with back pain to provide them with a simple way to restore movements after an episode of back pain. It also results in improved muscle strength, greater flexibility, and a wide range of motion of the spine during treatment.

## ***Exercise Bikes:***

When you decide to purchase an exercise bike, you should first find a place in your home where you can place it. Then, you'll need to think about whether or not you want an upright exercise bike, a semi recumbent bike, or a recumbent exercise bike.

Once you have made the decision of which type of bike you want, check out the reviews that are available in bike magazines and also on the internet.

You can also take the advice of family and friends who are currently using the same as well as personal trainers who have experience. The reviews on exercise bikes are normally rates in accordance to their performance, functions that they have, as well as the type of material that is used for constructing the exercise bikes.

The exercise bike that you select should be very comfortable to sit on and the seat should be easy to adjust, as it otherwise it would be really hard to cycle on. If the height of the seat is wrong, it can put a lot of pressure in your lower area, specifically the groin. To find out more about these types of features, it is very important that you read a review as the reviews can give you valuable information about the features of exercise bikes.

Reviews have other advantages. A lot of times, websites on the internet will offer special discounts on the exercise bikes as well, which is just another benefit to reading the reviews. After you have read those reviews, you'll be able to negotiate for a better price once you talk to the sales person.

No matter how you look at it, you really can't go wrong with reading a review on exercise bikes.

You can find out anything you want to know, as well as get opinions from those who already own the equipment. A majority of the time, you can find out flaws as well, which can save you a lot of time and effort.

*(Also be aware that 'reviews' can be bought by dubious traders etc, so due diligence is recommended)*

Going to local gyms is also a great way to find out about exercise bikes. If you don't want to buy one or if you don't have the space to keep one at home, you can always join a local gym and use one there. There are several different types available at your local gym, with everything from standard exercise bikes to the newer electronic versions.

Whether you choose to buy on for home use or use one at the gym, an exercise bike can help you stay in shape. All you need to do is ride it a few minutes a day, and you'll be amazed at just how much it helps you. Considered to be a part of cardio, an exercise bike can help you lose weight and tone your body down like never before.

## ***Exercise At Home Or Gym:***

Making the decision of where you will go to exercise is a very important step in reaching your goals of fitness. A lot of factors will go into this decision, and each one should be evaluated well before you start exercising. Once you have made a decision on where you will go to exercise, you can move on to deciding how you plan to work out.

As you probably know, exercising at home has many advantages. The finance department is one of the best advantages. With the gas prices being what they are today, it is quite obvious that you'll save money on fuel as well as wear and tear on your vehicle by choosing to exercise at home.

Memberships to a gym can often be quite expensive and may include other things that you don't need such as child care or swimming pools. You also won't need to be concerned about the latest trends of exercise gear as you most likely will be exercising by yourself at home.

Keep in mind that working out at home does require a bit of financial obligation. Even though you may plan to run, it is very important that you have high quality running shoes. This statement applies to any type of equipment that you may purchase to use at home. If you go out and buy cheap equipment, you'll probably end up getting hurt or getting frustrated because you aren't making any progress.

Along with the financial gains, exercising at home may also help those who don't like to work out in public. If you are worried about how you look in gym clothes, it is very comforting to know that the only person who has to be with you when you exercise at home is you. Also, when you exercise at home, you don't need to worry about time at all.

Those of you who are motivated by being with people you know or come to know while working out away from home, a gym may be a better idea than working out at home. At the gym, you'll also have more of a selection of equipment as well, far more than you'll have at home.

If you need other services than just weights and equipment, the gym may have just what you need.

If you plan to swim a triathlon, you'll find the swimming pool at the gym to be just what you need to prepare yourself. Swimming is also a great exercise for your body and cardio, as it will work muscles in your body that you probably didn't even know you had.

Gyms will also offer you classes that you may find very motivating. If you attend class on a regular basis, you may be motivated enough to continue so you don't have to defend yourself when asked

where you've been or what you have been doing. You can also meet new people in class, or just help others along if you choose.

All in all, making the choice of exercising at home or at the gym is a choice you should make based on your goals and personal preference. The most important decision you'll need to make is to determine what type of environment you want to be in and how you want to accomplish the fitness goals in your life.

Once you have given it some thought and weighed out the pros and cons, you'll have no problem making the choice. Always keep in mind that once you've made your choice, you can always switch if you aren't happy with the choice you made.

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### ***Buying An All In One System:***

These days, more and more people are turning away from memberships to gyms and instead choosing to invest money in a home gym. You can put a home gym in a spare corner of your home, or even in the basement if you wish. Along with helping you save money by combining several different types of equipment into one machine, these types of equipment can easily fit in small spaces and type up a lot less weight than their individual counterparts.

When you are considering to buy an all in one piece of exercise equipment, you should first think about your goals. You should consider what you hope to achieve from exercising and just how well this piece of equipment will benefit you.

There are several types of all in one equipment for exercise on the market and almost all of them are advertised well on television, in magazines, and on the internet. The most popular types on the market are those types that are geared towards individuals who are interested in lifting weights.

Right now, the two most popular types of all in one exercise systems are the Bowflex and Total Gym brands. The Bowflex system uses resistant bows that bend instead of the traditional weights that simply lift. Bowflex is designed to fit a wide variety of budgets and needs, it's widely adaptable and extremely popular as well.

To make things even better, you can store the basic Bowflex system in small and tight places, even under a bed if you choose. The larger and more expensive Blowflex system competes with the types of professional equipment that you can find in gyms, which allow you a quality workout on quality equipment.

The Total Gym system is great as well, as it is advertised by martial arts legend Chuck Norris and supermodel Christie Brinkley. It is less expensive than the Bowflex and uses gravity and resistance instead of traditional weights. By using this system, you have the ability to adapt the machine to a wide variety of exercises that will work many different areas of your body.

When you make that decision about buying an all in one exercise system, you must also decide on price, features, brand, and just who will use the machine. If your family plans to use it as well, then you'll need to get a system that everyone will agree on. You obviously wouldn't want a machine that is too complicated for others in your home.

Even though Bowflex and Total Gym are the 2 most popular types of all in one quipment, there are several others out there as will, from brands such as Weider and many others.

Before you make your choice, you should look at several to see which one offers you the most for your money while also offering built in simplicity to use.

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**That's it Folks :-)** ... But before you leave, check out these articles with regard to looking after your health with exercising, diet and other lifestyle changes ... [Click Here!](#)

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