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7 Diet Secrets of the Stars

Celebrities always look fabulous. Whether appearing in television or films or strutting down the red carpet during movie premiers and awards, they never cease to fascinate us with their larger than life presence. The truth is, it takes a lot of effort to look the way they do, and being the public figures that they are, they cannot afford to slack off when it comes to taking care of their physical appearances. Their livelihood largely depends on how they look. Aside from the clothes, the hair and the makeup, celebrities have to take good care of their bodies.

So it is no surprise that these stars have their own secrets when it comes to staying fit and gorgeous. Their health agenda can range from extreme workouts to well-planned meals. Who doesn't want to know their secrets in staying absolutely sexy? Here are some of the diet secrets of seven women celebrities.

1. Jennifer Aniston

The star of the phenomenal television show Friends not only mesmerized audiences with her adorable comic sense and her famous hairstyle, she was also known for having one of the sexiest bodies in Hollywood, as she appeared in countless magazine covers. To stay trim, Jennifer follows the 40:30:30 diet method. The diet consists of:

40% Low glycemic carbohydrates

-Foods such as beans, fruits and vegetables, legumes

30% lean proteins

-Tofu, fish, chicken, turkey, beef and low fat dairy products

30% essential fats

-nuts and seeds, fish and olive oils

It is essential that every meal should contain macronutrients to attain the balance of hormones and maximum weight loss.

2. Kate Hudson

The gorgeous daughter of actress Goldie Hawn gained 60 pounds during her pregnancy, which she needed to shed quickly before commencing on her next film. From her previous eating plan, she switched to a higher protein diet. She consumed high protein meals in smaller portions, and she combined this diet with an exercise program that includes weight training and cardiovascular workouts. After getting a lot of flak because of her post-pregnancy figure, Kate removed all that baby weight in only four months and has gained abdominal muscles that gained the envy of many in Hollywood.

3. Oprah Winfrey

As one of the most successful talk-show hosts in the world, there is no question that Oprah needs to maintain her physical appearance for her millions of audiences. Known as one of those celebrities who are constantly battling weight gain, she has

recently toned up her figure and has never looked figure in age 50 by combining a regular exercise regime and diet plan. Oprah works out five days a week, spending 30 minutes on the treadmill and doing free weights. Her eating plan consists of legumes, fish, nuts, fruits and vegetables, chicken and dairy products that are lowfat. She limits her consumption of white sugar and flour. Oprah also credits her trim figure to her habit of not eating anything after seven in the evening.

4. Gwyneth Paltrow

A lot of people may find it hard to believe that the perpetually slim Academy award-winning actress actually needs to diet. Gwyneth actually follows a healthy eating plan that resembles Oprah's, avoiding sugar and white flour. She usually follows a macrobiotic diet, eating foods like vegetables, brown rice, and lean meat. She also eliminated dairy from her diet, and does yoga everyday.

5. Madonna

The pop star known as the Material Girl has always flaunted a body that is to die for, and has become a true fitness paragon over the years. She keeps herself in tip-top shape by having Ashtanga Yoga, and follows a strict diet that mostly shuns junk foods. She adopted a macrobiotic eating plan that includes organic foods rich in lean protein.

6. Claudia Schiffer

The bodacious German supermodel eats salad and steamed vegetables for dinner and eats only fruits before the afternoon. While on locations, she prefers to eat black grapes and drinks tomato juice and herbal tea.

7. Christie Brinkley

Long-time supermodel maintains her all-American good looks by being a vegetarian. She does not keep junk foods of any kind inside her home to make sure that she does not eat them when cravings occur. She snacks on sweet potatoes in place of candy bars, and she adopts a liquid juice diet when she needs to slim down fast.

Celebrities are just like ordinary people. They need to maintain their figures just like anyone else, and there is more pressure on their part since they are constantly in the public eye. Ordinary folks can have celebrity-like bodies, too, and by following these diet and fitness plans, they can also look like red-carpet worthy.

<http://www.fatsecret.greater-weightloss.com>

Benefits of Stretching

The body is flexible. It is supposed to be flexible. You must be able to bend and reach that something you dropped on the floor. You must be able to zip the back of your favorite dress on your own. You must be able to reach that book you need to read at the top shelf.

These are simple activities. Nothing grand about them, you merely stretched out a bit. However, if there are difficulties in doing such simple motions, then you have to stretch your limits. You already need a stretching program.

What Is Stretching?

Stretching is simply the act of extending to full length the body or simply a part of it. This activity involves straightening or stretching the structure or the limbs.

How Does One Do the Stretching?

Stretching is fairly easy. As mentioned in the introduction, it is involved in the normal activities. It can be done by any people, regardless of age.

However the extent of stretching and flexing differs. The muscles tighten as a person ages. The range of joint movements can be minimized. This can very well obstruct an on-the-go lifestyle. That is why as the person grows older, bending or flexing becomes more limited. This is why stretching regularly, as part of a routine is very important.

Simple stretches can be done everyday. It can be incorporated in the lifestyle and the daily activities. It does not require much of your time.

Stretching exercises can also be done while training. Actually, stretching is an essential part of any training or sport. It must be done first before anything else. Stretching the body and the limbs is a good preparation for a more rigorous activity.

Most athletes would do the sit and reach, wherein they position on the floor, extend their legs and reach the tip of their foot with the tip of their hand. Actually, most trainers actually require their athletes to really do the stretching before playing.

There is actually an ideal length of time in stretching. It is best to do it in 10 minutes. This will give the body enough opportunity to move and flex the muscles, thus preparing it for more complicated and strenuous movements.

Experts however would frown upon going way beyond 10 minutes. Stretching the exercise to 30 minutes or more will already wear out the body. This will not be favorable if one is preparing for a game.

What Are the Benefits of Stretching?

1. Increase the Range of Movement

As one constantly do the stretching exercises, the length of the muscles and the tendons are also increased. This will help in increasing the range of your movement. Thus, the limbs and joints will be able to move, way before an injury can take place. You are definitely physically fit.

2. Increased Ability to Perform Skills

When you have a wide range of movement, the more you will be able to do more things. For example, you can jump high without feeling any pain when you land back on the floor. This will also help you start a new sport or improve more if you are in one. Stretching in this aspect also allows you to have a more active lifestyle.

3. Injury Prevention

One can prevent injury to joints, tendons and muscles with stretching. When the muscles and tendons are well-flexed, they are considered in good working order. This will help in a faster recovery and decreased soreness. The muscles of the body will be able to take more exhausting and rigorous movements with less probability of being injured.

4. Reduce Muscle Tension

If the muscles are given their regular exercises and stretching, it is less likely that they will contract. This will definitely relieve you of any muscle pain or problems.

5. Enhance Energy

Being able to move more will also give you more energy. Stretching will also help enhance your awareness, like knowing that you have a body that is capable of doing many things. As such, you are going to be more driven to move rather than sulk in the corner.

6. Reduces Cholesterol

Research also shows that doing prolonged stretching exercises, like yoga, will help reduce the cholesterol in the body. This of course must be done with a healthy diet at hand. This could prevent and even reverse the hardening of the arteries, allowing you to avoid coronary diseases.

Incorporate stretching in your everyday lifestyle. It has benefits you can not say no to. It also does not require much. It can be your usual activities, bending and flexing every now and then. After all, your fitness is everything so do what it takes to keep the body healthy.

<http://www.fitover40.greater-weightloss.com>

Benefits of Boxing Training for Fitness

You may improve your health and have a physically fit body by getting into boxing training fitness programs. This is the best way for you to have a stronger body and gain confidence. Boxing workouts can help you to be at your best fighting form as well.

Many people see positive results from boxing trainings. You may build stronger and more defined arms and legs. These programs and classes also help you to gain a sense of inner strength and emotional balance.

Boxing training classes got across to the mainstream of physical fitness training a few years back. They have seen the benefits on the cardiovascular and toning of the muscles by these boxing training workouts. Tae bo work out videos also popularized these boxing and kickboxing exercises.

Cardio boxing training classes and the innovative variations of the sparring jabs, power punches, defense, and fitness has all blends of aerobics exercises. You will learn the proper execution of the punch and kick combinations for a more intensive workout that can help you become stronger and more confident.

The combinations you perform on the blocks, jabs, and kicks are executed to an imagined opponent. You may see classes where participants throw punches and kicks on the air. You will also find training camps that have quality equipment such as punching bags and you may also have the option of getting a partner that has padded hands.

You may also enjoy more benefits aside from the physical aspects of boxing trainings. Cardio kick boxing workouts allow you to burn out 350 to 500 calories in just an hour. It also helps maintaining the heart rate at 75 percent to 85 percent regular beat. This has been proven to be good and is the recommended range if you are exercising or into training.

Moreover, these boxing training classes improve your speed, resistance, and strength. Flexibility and the reflexes of the muscles are also enhanced. Repetitive motion on arms by sparring and jogging while you punch helps your arms and legs gain strength and power.

These workouts also enable your joint movements to build very efficient fitness results.

These movements require you to develop balance and coordination that enables your body to be stable and maintain a good form.

These physical benefits you gain from boxing and kickboxing are just few of the many benefits that they can provide. You will be able to learn more about defense mechanism skills, which you may use in case of unwanted instances. You will also feel the satisfaction when you punch or kick. Relaxation and self-motivation is also developed.

You will feel a sigh of relief and feel that you are released from stressed. It also helps you to get rid of that anger that is inside of you. Once these things are releases, you may feel lightness into your body and peace of mind as well.

Many aerobic and fitness experts recommend boxing training lessons for beginners. It allows you to workout on your desired pace and body condition. Boxing classes let you to push yourself to the limit as long as you are safe and well conditioned.

Positive results await you with boxing training. You will enjoy a physically fit body and will keep you in better shape. You have the option working out and exercising at your preferred level and skill. Enjoy the fun of these boxing training programs.

<http://www.xtrememusclegrowth.com>



Benefits of Cardio Interval Training

In a long-term study of the health of the people of in the United States, the U.S. Public Health Service documented the chances of developing heart disease among various groups in the population. Long before the any symptoms appeared, epidemiological research could identify high-risk groups.

Among the highest risk factors are male sex, age over 35, cigarette smoking, high blood pressure, high levels of certain blood fats, and a family history of cardiovascular disorders.

Other researchers have added to this list another risk factor: the compulsive, hard-driving, highly anxious personality. The greater the number of severity, the greater the person's overall risk.

These threats to the heart can be divided into two main categories: those beyond individual control, such as age, sex, and heredity, and those that can be controlled, avoided, or even eliminated. Among those in the second category are what cardiologists call "the triple threat." These are the high blood pressure, cigarette smoking, and high cholesterol levels in the blood.

If you smoke a pack of cigarettes a day, your risk of having a heart attack is twice that of a nonsmoker. If you smoke, have hypertension, and eat a diet high in fats without any exercise at all, your risk is five times greater than normal.

The Healthy Heart

If these risk factors endanger the heart's health, what enhances its well-being and improves its odds of working long and well?

Obviously, quitting cigarettes and eating a low-fat diet will help. The next best thing you can do for your heart's sake is to give it what it needs: regular exercise or a complete cardio interval training.

The heart is a muscle, or, more accurately, a group or "package" of muscles, similar in many ways to the muscles of the arms and legs. And just as exercise strengthens and improves limb muscles, it enhances the health of the heart muscles as well.

Since World War II, several large-scale statistical studies have evaluated the relationship between physical activity and cardiovascular disease. One well-known survey compared 31,000 drivers and conductors of some bus companies. The more sedentary drivers had a significantly higher rate of heart disease than the conductors, who walked around the buses and climbed stairs to the upper level.

The why and how behind these statistics were bet explained by classic experiments with dogs whose coronary arteries were surgically narrowed to resemble those of humans with arteriosclerosis. Dogs who were exercised were had much better blood flow than those kept inactive.

The exercise seemed to stimulate the development of new connections between the impaired and the nearly normal blood vessels, so exercised dogs had a better blood supply to all the muscle tissue of the heart. The human heart reacts in the same way to provide blood to the portion that was damaged by the heart attack.

To enable the damaged heart muscle to heal, the heart relies on new small blood vessels for what is called collateral circulation. These new branches on the arterial tree can develop long before a heart attack — and can prevent a heart attack if the new network takes on enough of the function of the narrowed vessels.

With all these facts, it is now boiled down to a single question: What should be done in order to prevent such dilemmas?

Some studies showed that moderate exercise several times a week is more effective in building up these auxiliary pathways than extremely vigorous exercise done twice often.

The general rule is that exercise helps reduce the risk of harm to the heart. Some researches further attested the link between exercise and healthy heart based from the findings that the non-exercisers had a 49% greater risk of heart attack than the other people included in the study. The study attributed a third of that risk to sedentary lifestyle alone.

Hence, with employing the cardio interval training, you can absolutely expect positive results not only on areas that concerns your cardiovascular system but on the overall status of your health as well.

This particular activity that is definitely good for the heart is a cycle of “repeated segments” that is of intense nature. In this process, there is an interchange periods of recuperation. It can both be comprehensive activity and moderate motion.

Consequently, the benefits of merely engaging into this kind of activity can bring you more results that you have ever expected. These are:

1. The threats of heart attack are lessened, if not eliminated
2. Enhanced heart task
3. Increase metabolism, increase the chance of burning calories, therefore, assist you in losing weight
4. Improves lung capacity
5. Helps lessen or eliminate the cases of stress

Indeed, cardio interval training is the modern way of creating a healthy, happy heart and body.

[Lightning Speed Fitness Program](#)

Benefits of Cardio Training

Being fit and healthy is the in thing. Actually, it really never goes out of style. That body is the most valuable asset you could have in your lifetime. Thus it is important that you take good care of it. Give it the proper attention it needs.

When it comes to ensuring and maintaining the health, the best option is to do cardio training.

What Is Cardio Training?

Cardio training involves any activity that requires the use of the large muscle groups of the body in a regular and uninterrupted manner. It elevates the heart rate between 60 to 85 percent of the fastest heart rate you could get.

Some of the usual cardio training activities are walking, jogging, running, aerobics, cycling, tae bo, swimming and rowing. Cardio training is considered an aerobic exercise as one is required to move from one exercise to another.

What Are the Benefits of Training?

1. Gives Energy to the Body

You can expect more energy and higher endurance after some time of regular cardio training.

2. Prevents Diseases

One could prevent heart diseases with regular cardio training. It is also helpful in preventing other variety of diseases like diabetes, obesity and even high cholesterol. The cardiovascular training strengthens the heart and the lungs. The low to moderated type of cardio exercises are required for people seeking to prevent diseases. Examples of these are walking, brisk walking or jogging.

3. Control Your Weight

With cardio training, you are able to burn more calories. This will help one who needs to lose weight. While those who already achieved their ideal body mass, the training will make it easier to control the weight.

Cardio training helps burn calories. However this generally depends on your current weight and the kind of cardio training you are undergoing. Better consult this matter with your physician or trainer, to know the proper type of training for your needs.

4. Lose Body Fats

Some people do not have problem with their weights. However, there may be some excess fats that keep bothering. Cardio training will help in getting rid of those. The activities involve the movements of large muscle groups. Regularly doing the training will make you leaner.

5. Get Rid of Boredom

Cardio training is fun. It pumps up your system. You will definitely feel more energized and on the go.

Recommendations to Better Enjoy the Benefits of Cardio Training

Cardio training is essential when you need to make health improvements. For starters, it is best to do the 30 to 45 minutes of exercises, 3 to 5 days a week. If you are aiming for weight loss, the training must be done 5 days a week. The more frequent you do it; the more likely it is that you will lose weight. However, avoid exhausting yourself too much in exercise. Avoid going beyond 45 minutes. Remember, it has to be done in a regular basis.

Start now. Walk or ride the bike around the neighborhood now. Follow that aerobics video you purchased. Set a goal and follow that goal. At the same time, modify your diet too. Eat healthy food.

As you increase in the fitness level, the intensity of the training must also increase. This is to have an area of variation and there should always be room for improvement. Implement this by intensifying some parts of the training. If you are into jogging or running, increase speed every 5 minutes for at least a minute or two. It is important that you challenge yourself, so as not to be stuck in a stump.

Avoid doing the cardio exercises before bedtime. You will have a difficult time sleeping if you do so as the energy level of the body will stay high for sometime.

If you are undergoing weight training too, do the cardio exercises right after, not before.

It is best to take a snack 30 minutes before doing the cardio exercises. Do not start with training in an empty stomach. This will not help in achieving the proper momentum when you train. At the same time, avoid indulging in large meals too before exercise. Just give your body the proper supply it will need to sustain exhausting movements.

It is good to do the cardio exercises outdoors. This way you can easily interact with nature and breathe fresh air. You can also simply enjoy going around the neighborhood as you get your system healthier by the minute. It is possible to make some friends among the people who also do their exercises.

Be consistent and stick with the training once you have started it. This is the only way that cardio training will benefit your body and your health in the long run.

[Metabolic Thruster Program](#)



Benefits of A Detox for Fitness and Health

It seems to be a little disgusting when you are detoxing or cleansing. Your body shows some signs that you have built up toxins. These toxins can affect your whole body fitness and health.

There are times that you feel sluggish and feel the stressful. Your body may experience continuous aching, diarrhea, constipation, and feeling of clumsiness. Rapid weight gain and the incapacity to lose the excess weight can also be signs of having toxins in the body.

Moreover, the toxins found in the body are found and stored on your fat cells. For Americans who are taking the usual American diet, a person may consume 70 trillion garbage cans for each cell. In detoxing your body and cleaning that unwanted garbage in your cells, you should pay attention on your elimination organs.

There are particular organs in your body that deal on cell waste management. These organs play a major role in the detoxing process for a fit and healthy body.

1. Your liver is the organ that recycles the unwanted chemicals in the body. It sorts out the toxins and places them to the organ for elimination during the process of circulation. The principal elimination organs will back up the liver on where these toxins will be stored and then eliminated.
2. The lymph glands also play an important role in eliminating the toxins. A network of tubing brings out the excess waste of the cells from the body and to the final eliminating organs. The appendix, thymus, tonsil, and spleens are major lymphatic glands that help the major organs of the body in cleansing and detoxing.
3. The kidneys help in the water management of the body. They are the ones that keep the good chemistry of the blood alkaline by eliminating the dissolved acid waste. You can help your kidney to function very well by drinking plenty of water. It is much better if you drink fresh alkaline juices and purified water. You may take ½ ounce of alkaline everyday to see positive results on your body weight.
4. The lungs are the organs that keep the blood air purified. They allow the oxygen to go directly to the bloodstream. It is also responsible in removing waste gases that are found in every cell of the body. Deep breathing and fresh air is very helpful in keeping the lungs healthy and free from toxins. If you are in the urban area, it is recommended that you find an oxygen rich area where you can perform deep breathing.
5. The colon is a solid waste management organ in your body. Medical practitioners have found many people that may have an 80-pound mucus and rubber like solid waste that are found on the walls of the colon. Detoxing and cleaning the colon can be a real tough thing to do. However, having a free waste colon can certainly provide you good benefits of having a clean and healthy body.

If you are experiencing some signs of detoxification, you may try doing a regular walking exercise. Exercise is a good key in having a fit and healthy body. Many diet

doctors also suggest that you drink plenty of lemon water. This is an effective way of maintaining a very good circulation and can increase the rate of detoxification inside the body.

<http://www.detox.greater-weightloss.com>



Benefits of Fish Oil for Fitness and Health

When the words oils and fats are mentioned, health-conscious individuals tend to run for cover. What they fail to realize is that there are good fats and bad fats. Complete avoidance of intake of oils and fats would actually be detrimental – rather than beneficial – to their health.

The Truth about Fish Oil

Essential fatty acids must always be part of our daily diet – without them, we take one step closer to our deaths. Essential fatty acids are divided into two families: omega-6 EFAs and omega-3 EFAs.

Although there are only very slight differences to distinguish the two groups of essential fatty acids from each other, studies have revealed that too much intake of omega-6 EFAs can lead to inflammation, blood clotting and tumor growth. The good news, however, is that the opposite is true for omega-3 EFAs. Omega-6 EFAs can be found in vegetable oils while omega-3 EFAs can be found in fish oils among other foods.

Omega-6 vs. Omega-3

Physicians and scientists are of the same opinion that the cause behind increasing cases of heart disease, hypertension or high blood pressure, obesity, diabetes, premature aging and certain kinds of cancer is none other than an imbalanced intake of omega-3 and omega-6 EFAs.

As mentioned earlier on, omega-6 EFAs can be found in vegetable oils. This includes but is not limited to corn oil and soy oil, both of which contains high amounts of linoleic acid. Omega-3 EFAs on the other hand can be found also in marine plankton and walnut and flaxseed oils. It should be significant to take note that fatty fish and fish oils contain eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), fatty acids that have been observed to provide many benefits to the human body. In the early 1970's, a study on Greenland Eskimos have revealed that one of the major reasons why they rarely suffer from heart diseases is because of their high-fat diet (mainly composed of fish).

The two essential fatty acids, EPA and DHA, are also helpful in preventing atherosclerosis, heart attacks, depression and various forms of cancer. Fish oil supplemented food have also proven to be useful in treating illnesses like rheumatoid arthritis, diabetes, Raynaud's disease and ulcerative colitis.

Other Benefits of Fish Oil

There are a lot more illnesses and situations in which intake of fish oil has proven to be significantly beneficial.

Making the Heart Healthier

The heart is inarguably one of the most important parts of our body and having an unhealthy heart means having to suffer a rather limited lifespan. Naturally, it's in our best interests to keep our hearts happy and healthy and one way of doing that is eating food that contains fish oil.

In Athens, Greece, for instance, a study was made to show if there was a direct relationship between high fish diet and inflammation of blood vessels. The results revealed that those who ate more fish than the others had a lower level of C-reactive protein and interleukin-6, factors that are commonly used to measure likelihood of blood vessel inflammation. These benefits remained even when the various risks associated with high fish diet were taken into account.

Fish to Become Thin

In Perth, Australia, a study had revealed that fish consumption can be used against hypertension and obesity. Researchers of the UWA (University of Western Australia) have discovered that a weight-loss diet which includes a regular amount of fish consumption can be quite effective in reducing blood pressure and improving glucose tolerance.

Fish Oil to Combat Asthma

People suffering from respiratory problems like asthma tend to be perceived as unfit and unhealthy. They should now be pleased to learn that certain studies have revealed the benefits of fish oil for asthma-burdened-individuals. Statistics show that approximately 20 to 25% of children today suffer one form of asthma or another at a certain point in their lives. And certain evidence reveals a regular diet of food with high linoleic acid content as the reason behind it.

Researchers of UW (University of Wyoming) conducted a study by subjecting a number of children to a high-fish diet while others continued with their regular diet. Results revealed that the participants who ate more fish were less prone to asthma attacks and were able to breathe more easily as well.

Consult Your Nutritionist Now

Nothing is good when consumed or used excessively but complete avoidance of a particular food type is equally harmful as well. Ask your nutritionist for the right amount of fish intake for your age and health status.

[Instantly Reduce Excess Bodyweight](#)

Benefits of Liquid Vitamins

Vitamins and minerals can be absorbed by the body in a number of ways. They first enter our body through the food we eat. Secondly, we can take vitamin supplements to increase the amount of pertinent vitamins and minerals. There are different methods of taking medication and one of the most common methods is absorbing it in its liquid form. Do the advantages of liquid vitamins far outweigh its disadvantages – if there are any? Read on and find out.

Better or Easier Absorption for Kids

Although liquid vitamins may taste worse than vitamins in flavored, chewable tablet forms, they are however easier to absorb. There are numerous cases in which children have problems with choking, breathing and swallowing simply because of their inability to absorb medication or vitamins in this form.

This is the same problem as well for adults who have lost their ability to control their jaws or are unable to digest anything that is not in liquid form.

Liquid Vitamins are More Effective

Because of its form, liquid vitamins can be assimilated immediately into the blood stream for a more systemic administration of the vitamin and its average absorption rate is approximately 90 to 98%. It is also three to five times more concentrated than vitamin pills and this leads to higher bio-activity and greater therapeutic benefits.

The Link between Antioxidants and Liquid Vitamins

Have you ever wondered whether or not liquid vitamins contained oxidants as well? Vitamins E, C and A are examples of antioxidants and they are commonly found in vitamin supplements but what about liquid vitamins?

And the answer is an absolute YES. Liquid vitamins must in fact contain such antioxidants or they'll prove to be ineffective compared to other vitamins. Remember that the most important of all antioxidants – Vitamins A, C and E – are not internally produced by the body so they must be a regular fixture in our diet. Antioxidants are our main defense against effects of damaging oxidation reactions. Antioxidants are our best weapons against suffering from any form of cancer. Without it, we are basically weaker and less healthy.

Liquid Vitamins versus Digestive Acids

One reason why people refuse to acknowledge the benefits of liquid vitamins is because of the supposed destruction by digestive acids of any vitamin or mineral that it does not recognize as part of the process of digestion. The opposite is, in fact true. Our digestive system actually prefers or is able to better absorb liquid vitamins and minerals rather than those made in pill or capsule form.

A vitamin pill or tablet has to be digested completely before it can benefit the human body. It must be broken down into absorbable nutrients or only up to thirty percent of it will be absorbed by the human body. Liquid vitamins however provide a better and easier solution for the digestive system. Because it does not depend in any way on mechanical digestion, an estimated 90% of it can be absorbed directly by the body.

It's vital to remember that digestion does not mainly function to destroy vitamins and minerals but rather to transform them into substances it can use to improve the general constitution of the body.

Liquid Vitamins: Toxic or Not?

Another problem posed is the amount of colloidal minerals found in liquid vitamins. Are they harmful or not?

In truth, even plants and fruits contain a trace of such minerals in them. Apples, for instance, contain 3-5 mg of aluminum as it's one of the most abundant elements that can be found in the surface of the Earth. But do you hear anyone telling you that apples are dangerous to your health? On the contrary, what we are more likely to hear is that an apple a day keeps the doctor away.

And so it must be with liquid vitamins as well. Containing a slight amount of colloidal mineral doesn't mean it's bad for our health right away. Colloidal minerals, are above all else, naturally occurring elements and can not therefore be avoided.

You Have a Choice

At the end of the day, however, it's still up to you whether or not you wish to take vitamin supplements in liquid or solid form. What really matters is what you prefer and which will ultimately work better for you.

<http://www.slim.greater-weightloss.com>



Benefits of resistance training

Do you want to have a stronger and more beautiful body? Then the best thing to do is get on your feet and start doing the resistance training.

What Is Resistance Training?

Resistance training involves activities that use weights, machines and even body weight to work out the muscles properly. It is also known as strength training or weight training. This can be very helpful in achieving a healthier body.

This kind of training is usually associated with athletes who have to build up their bodies. Most people would think that when resistance training is done, the body will grow bigger. Actually it will not. Resistance training is simply about increasing the strength of the body, not its size.

Actually, this can be practiced by anyone. It basically builds and tones the muscle to give the body a better look. This training program is even very much advisable to the elders. The usual training programs undergone by the elders are standing free-weights resistance or the moderate-intensity seated machine training.

How Does Resistance Training Work?

A resistance training program will include the use of various exercise equipment and machines like the bench press, dumbbell or barbell. When the equipment is used, the muscles of the body will be pitted against the weight. The cells of the body will then adapt to the extra weight. This will then result to hypertrophy or the enlarging and increasing of the nerve cells to help in the muscle contraction.

Before doing any resistance training, it will be best to consult first with the doctor. This goes especially for people who have medical conditions or are overweight. This kind of training is not something that you can explore on your own. You have to know the proper equipment for the needs of your body. The body must also be conditioned first before taking in the weights.

Resistance training can also be done without resorting to the equipment. Doing push-ups is one good example. You can do it just about anywhere where there is enough space for you to move. This time it is your own body weight that will be pitted against the muscles. So those who are a bit constrained in the budget can still do resistance trainings.

What Are the Benefits of Resistance Training?

1. Increase Bone Mineral Density

Bones are constantly remodeling, meaning the tissues break down at the same time they build up. The peak of remodeling takes place during puberty.

However, as a person ages, there may be problems with the bone mineral density as the remodeling may not be as active anymore. This is especially a problem to post-menopausal women.

Bone mineral density is usually supported by the hormones. To address the problem of not having the hormones to maintain the bone mineral density, physical activity is the next best option. Resistance training is one physical activity that can address this.

2. Increase Strength

Strong bones and strong muscles will be developed as you undergo the resistance training program.

3. Increase the Range of Activities

When your body is strong enough to carry some considerable weight, then definitely you will also be capable of doing more strenuous activities. You are less likely to be lazy and you can live a more active lifestyle.

4. Reduce the Body Fat

Pitting the weights on your muscle will definitely give it the body the exercise it needs and get rid of the undesirable fats. Thus expect the tone of the body to improve. Even more, expect the body to look better, to be leaner.

5. Improve State of the Elders

For the elderly, undergoing a resistance training program will help improve their health and decrease the risks brought about by the age. They can be more independent, without needing to rely on other people for doing simple things. Being able to do so will also decrease the risk of injuries in the elders.

6. Improve Heart Condition

Regularly doing resistance training can result to a lowered heart rate and lowered blood pressure, especially after exercise. The risk of heart diseases is reduced to a considerable extent.

This kind of training however must be properly done. It requires commitment and consistency. It will have to be done in a regular basis, following a schedule that the doctor or the physical trainer would recommend. If done incorrectly, the benefits of the program may not be enjoyed and it can even result the injury.

The key here is to simply take your time. Do things one step at a time correctly. As your body condition improves, then move on to more challenging tasks. The strength of the body and its overall look are at stake in the resistance training. So you better be sure to do it properly.

[The Truth About Building Muscle](#)

Multivitamins – A Ticket to Daily Health

An increasingly number of the world's population is now eager and interested in looking after their health and in keeping tune with their well-being. It is important to note that this awareness is progressively contributing to the creation of several health supplements to benefit both the adults and the young ones. Dietary and vitamin supplements have constantly proven their worth to health conscious individuals.

An excellent daily multivitamin supplement does not only develop your general bodily functions but also improves your mental and physical condition and well being. Occasionally specification is needed in appropriately supplementing nutrients to deal with any individual needs. An example would be in heart disease patients, they would have to take in CoQ10 in preventing the said condition. Alzheimer's disease can be effectively prevented by a regular combination of Vitamin C and E intake.

Multivitamin supplements necessarily include all the vitamins and nutrients essential for recommended daily dosage. Multivitamin supplements may also be formulated to meet the needs of individual conditions like pregnancy and specific age brackets. It is a well settled fact that multivitamins in liquid form are more efficient than the ordinary pill forms. This is due to the fact that the body can easily absorb liquid nutrients five times more than ordinary multivitamins in tablet or capsule form.

Basically, the body needs 13 essential vitamins to function properly. In regulating the crucial performance of the body, it has to have vitamins A, B, C, D, E, K, B12, and the 7 B-complex vitamins. Majority of these vitamins are obtained by our body through the food that we eat. The danger of illness or even mortality is in the deficiency of some of the essential vitamins. This is where vitamin supplementation comes in. It counteracts the illness caused by such deficiency. With this fact, it is very unlikely for someone to refuse vitamin supplementation on a daily basis. So the question now is, why is it necessary for individuals to take multivitamins when majority of our daily diet can provide us with the basic nutrients we need? It may not be compulsory, but everyone can profit from daily multivitamins.

As previously mentioned, the clear benefit of daily intake of multivitamins is to prevent vitamin/nutrient deficiency. Some personal circumstances may increase dietary needs. Pregnant women, during their first trimester, are recommended by their doctors to take multivitamins. This does not only provide the mothers with sufficient nutrition but also proper vitamins to benefit the unborn child inside their womb. Taking multivitamins everyday reduces the risk of transmitting malnutrition from a pregnant woman to her unborn baby. Other conditions such as old age, alcoholism, smoking, and exposure to excessive pollution have long-term detrimental effects to the body system which can be successfully counteracted by multivitamins.

Stress is also one risk factor which needs serious supplementation that multivitamins can provide. Especially with people who have so much to do and have a hard time in keeping up with their health needs, multivitamins are a must to keep them always on the go without any health complications in the long run. Stress formulations benefit both your mental ability and daily endurance. Aside from the mentioned benefits, daily multivitamins also minimize the risk of cancer or any cardiovascular disease.

Several people, if not all, testify to have a feeling of comfortable health in regularly taking in multivitamins. This is due to the synergistic or combined effects of the supplemental ingredients found in multivitamins. A fat-soluble antioxidant vitamin, like the Vitamin E, works to neutralize probable harmful free agents in the body. This vitamin also maintains healthy skin through protection of cell membranes, blood circulation, heart, nerves, red blood cells, and muscles. Another antioxidant is the Vitamin C which effectively fights blood cell infection and is vital in collagen formation, wound healing, and formation of bone structures, capillaries, and teeth. Vitamin is also helpful in the iron absorption from plant sources. Vitamins A, D, K and other supplemental nutrients found in multivitamins have specific functions that benefit the bodily functions.

While daily intake of multivitamins may have proven beneficial, it is not a 100% guarantee to be free of serious illness attributed to other factors. It is often a misconception that symptoms of disease may always be cured by taking multivitamins. Health experts have the better opinion of immediate medical assistance rather than resorting to multivitamins alone.

[Muscle Building Nutrition](#)



Benefits of Using a Stability Ball in Your Training

If there is one equipment you should not miss in your training, it is the stability ball. The market comes up with new training tools every now and then. Yet you are not sure if they do work and if they are safe. So for one that is guaranteed to work, use the stability ball.

What Is a Stability Ball?

This is a large and inflatable ball used as an exercise equipment. Despite being air-filled, it is generally heavy-duty and capable to hold 600 to 700 pounds of weight. It is comfortable and gives good support. It perfectly suits the trainee as it easily goes with the structure of the body.

This exercise tool is also sometimes called as the physioball or the Swiss Ball.

The good thing about using the stability ball is it reduces the perception of ‘working’ in training, especially for beginners. It gives some element of ‘play’ as you get rough with the training. It adds some fun and excitement as you advance in the movements and techniques.

Another good point with the ball is that it can be used by anybody. No fitness level is required. It is very portable and light weight, easy to bring along even when traveling. It is also inexpensive compared to other exercise equipment and it could last for a very long time.

How Stability Balls Came About?

The use of the stability balls for training can be traced in rehabilitation. As early as the 1900’s, physical therapists have been using balls in addressing the neurological disorders of their patients.

Then, in the early 1960’s, Aquilino Cosani, an Italian toy maker, made the ball and sold it, known then as the ‘Gymnastik.’ Two decades after, Cosani came up with a company called Gymnic and became the major supplier of the stability ball to most rehabilitation programs and centers.

The ball then shifted from the rehabilitation to the athletic area, in the 90’s. It was used to condition the body of professional athletes. From then on, the ball became very prominent in the fitness community.

At present medical specialists and fitness professionals very much recommend the use of the stability ball by the public. It serves more than solving physical problems. It is good in preventing you from having one.

What Are the Benefits of Using a Stability Ball?

The stability ball definitely is best to improve the strength of the abs and the lower-backs. It improves as well the functional strength, balance and flexibility of the body.

1. Proper Alignment

Using the ball during training will test the body to make use of the different parts to maintain the proper balance. The dynamic movements during exercise will improve the natural motor reflexes of the body as different muscles are utilized in movement, especially the ones that are not usually used. The challenge posed by the ball is to maintain balance. As one aims to get the proper balance, the alignment of the body parts is also improved.

2. Great Abs

For people working out to achieve great abs, this ball can definitely target the abdominal areas. The abs and the back muscles are simultaneously moved as you work in your balance. Just imagine the good feeling of having a flat stomach area and you will definitely love this ball.

3. Muscle Strength and Endurance

The stability ball can help in alleviating any back pain and preventing one in the future. As all the major muscle groups are exercised, the muscle tone, strength and endurance are also improved. Thus it gives the body flexibility, stability and resistance.

4. Core Stability

This concerns the major muscles that helps stabilize and support all of the body movements. This is made up of back and the deep abdominal muscles. With the ball, no matter how 'deep' or 'into the core' these muscles are, they are still exercised. This is something only the stability ball can guarantee.

5. Stretching

The ball is a good companion during stretching exercises. With this, you can easily move into and move out of different stretching positions.

6. Losing Weight

Of course, with all the good benefits of using the ball, you will not miss out on the aspect of losing weight. With regular exercises and trainings done with the stability ball, a person can lose some unwanted pounds as the body is firmed.

Health is definitely your most important asset. So do your regular exercises and maintain a healthy diet. Furthermore, have a happy and fun training with the stability ball.

<http://www.fatloss.greater-weightloss.com>

Benefits of Whey Protein

In recent years, the subject of whey protein has come up often in health discussions. Know what whey protein is, its possible benefits and side effects and more as you read on.

What is Whey Protein

Whey protein is actually a term used to describe a group of globular proteins that can be separated from whey. When cow's milk is used to manufacture cheese, it also leads to the production of whey, which may or may not be discarded. It is a mixture of lactoglobulin, alpha-lactalbumin and serum albumin.

Similar to protein found in egg white, whey protein can also be irreversibly changed by heat. When made part of the pasteurization process, it becomes less bio-active. If not, whey protein naturally becomes bio-active which basically means it contains a high concentration of cysteine and consequently glutathione, an antioxidant that is essential to improved fitness and health.

Bio-active whey protein is an active source for protein but exposure to extreme heat can easily reduce the amount of cysteine in it without affecting its protein content and basic food value. Native whey protein

What Makes It Good for the Body

Because whey protein contains an inordinate amount of essential and non-essential acids, it frequently plays a prominent role in most low-carb and high-protein diets. Another reason for this is because of its low content of fats and of course, carbohydrates.

Why Pregnant Mothers Love Whey Protein

A number of OBs have advised their gravid patients to increase their intake of whey protein because it will provide the basic amount of amino acids needed by the growing infants inside their bodies. An increased intake of whey protein will naturally improve and speed up the development of the baby. Also, increased intake of whey protein will indirectly improve the immune system of the baby. In its growing stages, it is highly vulnerable to different types of illnesses. With the help of whey protein, it grow faster and better and more equipped to defend itself against any health complication.

Whey Protein for Bodybuilding Enthusiasts

For bodybuilders, muscle growth is everything and that's why they love whey protein so much. Studies have satisfactorily proven that whey protein can lead to acceleration of muscle development. This is welcomed news especially for bodybuilders who are only a few weeks away from the date of competition but is still in high need of muscle growth.

How it Helps Athletes Busy Recovering from Old Injuries

In this case, whey protein saves the day once more because it can be used to supplement diets of individuals who are suffering from compromised immune systems. Basically, it helps athletes heal faster and feel better.

A Weapon against Degenerative Diseases

Although you can't truly say that any disease is less painful than the other if both have life-altering consequences, it is an inarguable fact however that degenerative diseases are one of the worst health complications to suffer from. These illnesses tend to

subject people to a protracted form of suffering and with symptoms with increasing levels of severity. They commonly affect three systems in particular: the nervous system, the muscular system and the skeletal system.

Although rarely curable, degenerative diseases can be treated through chemotherapy, surgical operations and the proper diet. Whey protein is often a part of this diet because of its rehabilitative benefits especially when it comes to muscle growth. Cancer, diabetes and AIDS have symptoms that causes muscle strength and growth to deteriorate – an undesirable effect that can be combated with increased intake of whey protein.

Where to Buy Whey Protein

Are you sufficiently convinced of the benefits of whey protein then? If so, you should be happy to know that you can avail of commercial whey protein product in most supermarkets and specialty food stores specializing in healthy food.

Ending with a Warning

Whey protein is good for the body – no doubt about it – but too much consumption of anything is never beneficial. Too much intake of whey protein can lead to unnecessary complications of your liver. And need we remind you that the liver is the next most important organ in the body? Lastly, lactose intolerant individuals must consume whey protein isolate rather than the normal variety as the former has less lactose content.

[100% Whey Protein](#)



Cross Training for Fitness and Fat loss

The numbers on your scale do not indicate whether you are fit or fat. Far more significant than your total body weight is the composition of your body tissue. If a man's fatty tissue is bigger than 14% up to 15% of his body mass, or if a woman's is more than 20% to 22%, he or she is overweight, or more precisely, overfat.

A small amount of fat is needed for padding the internal organs and as insulation under the skin. Excess fat leads to such diseases as diabetes, gout, high blood pressure, coronary artery disease, and gallbladder problems. There are very few, very fat persons. The reason is that the fittest, not the fattest survive.

The problem now is focused on how to resolve the problem. The problem with most people who want to lose weight is that they have the propensity to concentrate more on getting those numbers lower than what they are seeing now. What happens next is that they strive harder to achieve a lower weight, according to the "ever reliable" result of the weighing scale.

It would be more important to think of the human body as a heat-exchange engine that works on the basic principles of energy physics. The caloric balance equals the total calorie intake minus the total calorie expenditure.

Some of the calories people ingest are used for basal metabolism. As people get old, their bodies require fewer calories for this basic upkeep. Some calories are excreted as waste products. Some go into "work metabolism," the energy expenditure required for any physical activity.

Hence, if people take in more calories than are used by these functions, there is a definite caloric excess. By the laws of physics, energy is transformed rather than destroyed. In this case, each excess of 3,500 calories is changed into a pound of fat. If people want to reverse this process, they have to burn up 3,500 calories to lose a single pound.

Winning the War Against Fat

When you think of fighting fat with exercise, you probably think of hours of hard, sweaty exertion. If this is the case, then, you will not get any farther. This is because people who are so much into losing more by exerting more effort tend to get bored easily.

Why? Because experts contend that when people exert more effort than what they are capable of doing creates a tendency to develop weariness and ennui. Hence, they give up, stop doing their routine exercises, and end up sulking in the corner with a bag of chips that seems to have all the bad calories in this world.

Now, you might ask, "What should be done instead?" The answer: cross training.

After some intensive studies and experimentations, health experts were able to come up with the concept of incorporating cross training in order to overcome or break the monotony or dullness in an exercise program.

Cross training refers to the integration of diverse movements or activities into a person's conventional exercise routine. The main purpose of incorporating cross training into an exercise program is to avoid overdoing excess muscle damages and to put a stop to an imminent boredom.

Three of the most commonly used activities whenever a person decides to engage into cross training are swimming, running, and cycling.

In cross training, distance is one way to extend your activity as your condition improves. For this reason, you need to traverse a measured distance.

If possible, swim the course and measure the distance. If you will be using a running track, such courses usually are a quarter-mile per lap for a complete circuit.

Cross training offers a variety of benefits for fitness and fatloss. It builds up the strength and endurance of the heart, lungs, and blood vessels. It has also some tranquilizing effect on the nerves, and it burns up calories as much as it makes your "losing weight" more bearable.

Cross training has three basic components:

1. Endurance exercises to condition the heart, lungs, and blood vessels and to induce relaxation. These begin with a careful planned walking and jogging regimen, depending on fitness level.
2. Exercises to strengthen the muscles, particularly those important to good posture. These include some activities that are selected to encourage some people who are already burnt out with a particular routine.
3. Exercises to improve joint mobility and prevent or relieve aches and pains. These consist of a series of static stretching positions that are safe and effective for most of the people who wish to try to lose some fat.

Indeed, cross training is a great way to modify the concept of exercising and losing fat without having to endure monotonous activities. In fact, the idea of exercising is to like what you are doing, hence, if you engage into cross training, you will be aware of it that you have already achieve your desired weight.

Boiled down, cross training is, certainly, one way of having fun.

<http://www.slimdiet.greater-weightloss.com>

Exercise and Arthritis

Your bones hang out in a lot of joints. Knee joints. Hip joints. The joints in your fingers and the joints in your toes.

Wherever bones meet, there is also cartilage, a rubbery, protective layer that ensures your joints bend smoothly and painlessly. But even cartilage cannot do this tremendous job alone. A thin membrane called the “synovium” provides fluid that lubricates the moving parts of the joint. When the cartilage wears out of the synovium becomes inflamed, the result is generally a case of “osteoarthritis” or “rheumatoid arthritis.”

In osteoarthritis, the cartilage can be eroded so much that bone does rub on bone. This type of arthritis develops gradually over a lifetime as a simple result of the wear and tear placed on your joints over the years. Very few people escape some degree of osteoarthritis, though the severity varies a great deal.

As a matter of fact, if you are over the age of 50, you are likely to have at least one joint affected by osteoarthritis. Osteoarthritis affects men and women equally and is by far the most common type of arthritis, with almost 16 million Americans in the list.

In rheumatoid arthritis, damage to the synovium is at the source of trouble. Doctors and researchers are not absolutely sure what causes it, but most think that rheumatoid arthritis is a disease in which the immune system actually attacks certain tissues in the body, including those that connect the joints and the synovium.

Rheumatoid arthritis begins with swollen, red, stiff, and painful joints, but it may progress until scar tissue forms in the joint or, in extreme cases, until the bones actually fuse together. Almost 75% of the 2 million people with rheumatoid arthritis in the United States are women. The disease can hit as early as teen years.

Exercising Your Prevention Options

Investing a little time in developing a good weight-bearing low-impact exercise and stretching plan can add up to great results when it comes to staving off arthritis pain. Strong muscles help protect the joints from wear and tear, and the movement keeps joints flexible.

That is why the quest for fitness is at hand, even if you are 50 years and over. However, most Americans over 50 are still right where they always were sitting back and watching others jog by. Most of them contend that that is just for people who have been athletic all their life, or some say exercise is for young people and engaging into exercise will do them more harm than good.

There are still some that insist on excusing their selves in exercise routines because they do not just have time or they have less energy than ever before. These are all lame excuses. Hence, it is time to start to get rid of those pains. Start exercising.

Consequently, preventing arthritis is not an exact science, but physicians have discovered a few ways to lower your risk. Here is how:

1. Do not weight around

The single most important measure anyone can take to prevent osteoarthritis of the knee is to lose weight if they are overweight. Extra weight puts extra stress on your knees. If you are 10 pounds overweight, for example, you put 60 pounds per square inch of extra pressure on your knees every time you take a step. That extra pressure can slowly but surely erode the cartilage in your knees, leading to arthritis.

A study has clearly supported the theory that weight loss weighs in on the side of prevention. In the study, overweight women who lost 11 pounds or more over a 10-year period decreased their risk of developing osteoarthritis of the knee by 50%.

2. Stretch those muscles

Any kind of stretching is good as long as you do not bounce, which can lead to a muscle pull. This is according to some of the professors of clinical medicine in New York City.

Try to hold a slow, steady stretch for 15 to 20 seconds, then relax and repeat. It is best to flex up by stretching before any exercise, especially running and walking. But it is also a good idea to stretch each day. Ask your doctor to teach you stretches that focus on potential arthritis trouble spots, such as the knees or the lower back.

3. Walking is always the best exercise

Take a good long walk at least three times a week or participate in a step-aerobics or low-impact exercise routine maximum results. There is no proof that running is bad for the joints, but remember, it may aggravate an injury if you already have one. Just remember to check with your doctor before starting a new exercise program.

The bottom line is that of all the healthful habits, exercise is the most important. This is because people are designed to be active. Hence, it is really important for people to exercise in order to stay healthy and keep those joints free from wear and tear.

Just keep in mind that the unexercised body, even if free from the symptoms of illness or problems like arthritis, is not at its full potential. Hence, start exercising right now!

<http://www.yoga.greater-weightloss.com>



Exercise and Cellulite

When Mike turned 65, he was 25 pounds overweight. By strict dieting, he shed the extra pounds, but he lost more weight; he also lost his energy and vitality. He was always exhausted, and his friends, seeing his gaunt, drawn face, worried about his health.

By the time volunteered for a particular fitness program two years later, he had put 25 extra pounds back on. After 6 months of exercise and some willpower at the dinner table, Mike slimmed down again. This time he felt better than he ever had, brimming with energy and glowing with good health.

What made the difference? The first time Mike lost weight; the second time he lost fat. The distinction is important. According to research, a large portion of the weight lost by dieting alone is active tissue, such as muscle and connective tissue, while a smaller fraction is excess fat. Exercise has the opposite effect. It increased his lean body mass and decreased his excess fat.

Same thing goes with cellulite. Most people tend to think that cellulites are only present to people who are obese. That is why they sometimes associate cellulite with fats and obesity.

Actually, even if cellulite refers to the chain of wrinkled “fat cells” and “subcutaneous connective tissues” beneath the layer of the skin, it should never be associated with people who are fat or obese. In fact, there are many people who have cellulite but are not fat at all.

In reality, nobody knows the main reason why some people accumulate cellulite. However, there are some factors that health experts are considering such as the structure of the fat cells or the poison that entered the body. Some experts say it may be caused by some hormonal changes in the body. But none of these things has been proven to cause cellulites.

However, the only main reason why most of the cellulite cases are abundant in women is that the connective tissues of women are more rigid and firm than men. Hence, whenever a woman gets fat, the fatty cells tend to swell and get bigger. It creates a protruding appearance to the skin producing an “orange peel” look.

For this reason, women are more prone to cellulite than men. That is why it is important for women to be more careful on their body as they have higher chances of accumulating cellulite.

Fats and Cellulite

With the many cases of obese people having cellulites in their body, most of them believed that their cellulites are caused by being too fat.

Even though not all those who are obese develop cellulites, being overweight can really trigger the development of cellulites. This is because too much fat under the

skin tend to push the connective tissue creating a strain on the skin. Thus, cellulites form.

However, this is still dependent on the structure of the cells. If an individual's cell structure does not inhibit the tendency to bulge or expand even if fat deposits accumulate, then there will be no cellulites.

So, the most important thing to remember here is to keep those connective tissues firm and strong and avoid accumulating excess fats so as to avoid the development of cellulite.

How? Start an exercise routine program.

Transforming food into fat seems all too easy for most of us. Losing fat is far more difficult, and to accomplish this, we have only three alternatives: (1) decrease food intake and keep activity constant; (2) increase activity and keep food intake constant; or (3) combine both approaches: diet and exercise.

Physical activity can help reverse the results of inactivity. An hour of vigorous exercise burns up 300 to 600 calories. If you also cut 300 to 500 calories from your daily menu, you can also lose weight at the rate of one to two pounds a week.

Without exercise, you would have to eat 500 to 1,000 fewer calories a day to lose the same number of pounds in a week. Exercise is not for everyone who is over-fat, however. The severely obese person should exercise only under medical supervision to prevent strain on the cardiovascular system and connective tissue. And no one should restrict food intake drastically without consulting doctor.

Resorting to this kind of activity will only get the matter worse. Remember what happened to Mike? He thought that when he started dieting, he would eventually lose all the excess fats he has accumulated. The problem is that he lost those connective tissues rather than excess fat.

For people who are prone to cellulites, this will be a greater problem. Losing connective tissues instead of fat by strict dieting can only make the skin more prone to greater problems but the fat cells are still there. That only means that the problem is not solved at all.

Hence, if you wish to loose those cellulites, it would be better to loose those fats first. The idea here is to burn those fats by increasing your metabolism by 7.5% to 28% more than your normal rate.

It is for this reason that exercising is an important factor in losing cellulite. So for a more cellulite free body, always engage in an exercise routine.

<http://www.cleanse.greater-weightloss.com>

Exercise and Hypertension

It seems as though many Americans are living a life that leads to high blood pressure or hypertension. As people age, the situation gets worse. Nearly half of all older Americans have hypertension. This disease makes people five times more prone to strokes, three times more likely to have a heart attack, and two to three times more likely to experience a heart failure.

The problem with this disease is that nearly one third of the folks who have hypertension do not know it because they never feel any direct pain. But overtime the force of that pressure damages the inside surface of your blood vessels.

However, according to experts, hypertension is not predestined. Reducing salt intake, adopting a desirable dietary pattern losing weight and exercising can all help prevent hypertension.

Obviously, quitting bad habits and eating a low fat diet will help, but the most significant part that you can do is to exercise. And just as exercise strengthens and improves limb muscles, it also enhances the health of the heart muscles.

Heart and Exercise

The exercise stimulates the development of new connections between the impaired and the nearly normal blood vessels, so people who exercise had a better blood supply to all the muscle tissue of the heart.

The human heart basically, supply blood to an area of the heart damaged in a “myocardial infarction.” A heart attack is a condition, in which, the myocardium or the heart muscle does not get enough oxygen and other nutrients and so it begins to die.

For this reason and after a series of careful considerations, some researchers have observed that exercise can stimulate the development of these life saving detours in the heart. One study further showed that moderate exercise several times a week is more effective in building up these auxiliary pathways than extremely vigorous exercise done twice as often.

Such information has led some people to think of exercise as a panacea for heart disorders, a fail-safe protection against hypertension or death. That is not so. Even marathon runners that have suffered hypertension, and exercise cannot overcome combination of other risk factor.

What Causes Hypertension?

Sometimes abnormalities of the kidney are responsible. There is also a study wherein the researchers identified more common contributing factors such as heredity, obesity, and lack of physical activity. And so, what can be done to lower blood pressure and avoid the risk of developing hypertension? Again, exercise seems to be just what the doctor might order.

If you think that is what he will do, then, try to contemplate on this list and find some ways how you can incorporate these things into your lifestyle and start to live a life free from the possibilities of developing hypertension. But before you start following the systematic instructions, it would be better to review them first before getting into action.

1. See your doctor

Check with your doctor before beginning an exercise program. If you make any significant changes in your level of physical activity — particularly if those changes could make large and sudden demands on your circulatory system — check with your doctors again.

2. Take it slow

Start at a low, comfortable level of exertion and progress gradually. The program is designed in two stages to allow for a progressive increase in activity.

3. Know your limit

Determine your safety limit for exertion. Use some clues such as sleep problems or fatigue the day after a workout to check on whether you are overdoing it. Once identified, stay within it. Over-exercising is both dangerous and unnecessary.

4. Exercise regularly

You need to work out a minimum of three times a week and a maximum of five times a week to get the most benefit. Once you are in peak condition, a single workout a week can maintain the muscular benefits. However, cardiovascular fitness requires more frequent activity.

5. Exercise at a rate within your capacity

The optimum benefits for older exercisers are produced by exercise at 40% to 60% of capacity.

Indeed, weight loss through exercise is an excellent starting point if you want to prevent hypertension. Experts say that being overweight is linked to an increased risk of developing hypertension, and losing weight decreases the risk.

[Quit Smoking In Less Than 3 Hours](#)



Exercise and Pregnancy

Prescribing a medication for pregnant women is a complex process.

Before obstetricians and gynecologists decide which dose of which drug can best treat a condition without putting any harmful side effects on the mother and the baby, they consider the patient's age, general health, the number of months before delivery, tolerance for medications, and any other drugs the pregnant patient may be taking.

Prescribing exercise on pregnant women has to be just as scientific and precise. The type, intensity, frequency, and duration of a "dose" of exercise are all critical. One person's healthy, vigorous workout could be hazardous to another. These dangers may be greater in pregnant women because they are more likely to have strains and other serious side effects for the would-be mother.

However, if exercise will be implemented and carried out in a normal, average range, exercise will not have an effect on the overall condition of the pregnancy and especially on labor or delivery.

Pregnancy

Quality prenatal care should be given to a mother during her pregnancy. She should be prepared for the normal delivery of a healthy baby. Complications should be prevented at all costs.

All of these things are boiled down to the fact that a pregnant woman should be cared in such a way that she will not be compelled to do vigorous work but should not also stay in bed and be inactive until she gives birth to her baby.

Consequently, a pregnant woman's condition varies in relation to the growth and development of the baby in side her womb. Therefore, it is necessary that proper health guidance be provided by her physician during her visit.

Moreover, it is important to keep the pregnant woman's life active in order to promote good health, not only for her but also for the baby most importantly.

Physical conditions like blood pressure, weight and health status is usually monitored during the pregnant woman's visit to her doctor. For this reason, it is significant to note that exercise can be the number one factor in order to keep these aspects in good condition.

As the health experts contend, adequate physical and emotional information is needed by a pregnant woman to prepare herself for delivery. She needs practical health messages in keeping herself and the baby healthy.

Hence, for mothers or would-be mothers who are not yet aware why they should exert some effort in engaging into moderate, normal exercise, here is a list of some of its benefits so that you will be able to understand the reason why pregnant women have to exercise regularly:

1. Defiance against fatigue

As muscle becomes fatigued, it produces less force. To accomplish a task like climbing the stairs, for example, or shoveling snow, more units of muscle must be called into play to back up the wearied muscles.

The tired muscles are both less efficient and less effective. Hence, this will just put more strain on the pregnant woman because of the weight that is continuously adding up each day. That is why tired muscles will usually result to leg cramps or sore muscles.

What every pregnant woman must know is that exercise improves the condition of the muscles and their ability to work longer without fatigue.

2. Reduce backaches

Even when you sit or stand, some muscles are working, and such relatively easy postures can tax some muscles and cause fatigue. The muscles of the lower back, for example, can be exhausted and worn out by the effort of keeping erect when a pregnant woman stand still for several hours.

With exercise, a pregnant woman can correct this error by developing her posture.

3. Increase the amount of oxygen

Work and exercise rely on glycogen, a substance produced by the body from complex carbohydrates and stored muscles and liver. The supply of glycogen in the muscles determines and limits the duration of activity. Exercise depletes the glycogen in the muscles and leads to tiredness.

However, when glycogen is depleted by strenuous activity, it is replaced in quantities greater than before, as if the body recognized the need to lay in a larger supply of fuel.

Hence, oxidation is essential for converting glycogen to the energy that pregnant women need to wiggle a finger, flex a muscle, or practice the lungs and heart for some blowing action during normal delivery.

These are just some of the many benefits exercise can bring to pregnant women. Besides, nothing is completely wrong for a pregnant woman doing some moderate exercises. The only important thing to remember is that before starting an exercise program, whether pregnant or not, it is best to consult your doctor. As they say, doctors know best!

<http://www.fitmum.greater-weightloss.com>



The advertisement features a purple and white design. On the left is a photo of Suzanne Somers with blonde hair, smiling. To her right, the text reads "What's her secret?" in green, followed by "Stay Slim & Sexy Forever" in blue. Below this, it says "LOSE 10 LBS. IN 5 WEEKS" in white on a purple background. On the right side, there is a sign-up form with fields for "Height:" (with "ft." and "in." dropdowns) and "Weight:". Below the form, it says "* CLICK FOR DETAILS" and "FREE* eDiets Profile".

Exercise and Type 2 Diabetes

One of the most undemanding and the most workable ways to knock over blood sugar amount, eliminate the dangers of “cardiovascular disease,” and perk up health and welfare in general is exercise.

In spite of that, in today’s inactive world where almost every indispensable job can be carried out online, from the ergonomic chair in front of a computer, or with a streaming line of messages from a fax machine, exercising can be a hard argument to win over.

The Weight of Exercise

Everyone should exercise, yet the health experts tells us that only 30% of the United States population gets the recommended thirty minutes of daily physical activity, and 25% are not active at all. In fact, inactivity is thought to be one of the key reasons for the surge of type 2 diabetes in the U.S., because inactivity and obesity promote insulin resistance.

The good news is that it is never too late to get moving, and exercise is one of the easiest ways to start controlling your diabetes. For people with type 2 diabetes in particular, exercise can improve insulin sensitivity, lower the risk of heart disease, and promote weight loss.

Type 2 Diabetes

Diabetes is on the rise. The number of people diagnosed with diabetes every year increased by 48% between 1980 and 1994. Nearly all the new cases are Type 2 Diabetes, or adult-onset, the kind that moves in around middle age. Symptoms of Type 2 Diabetes include increased thirst, appetite, and need to urinate; feeling tired, edgy, or sick to the stomach; blurred vision; tingling or loss of feeling in the hands.

The causes of type 2 diabetes are complex and not completely understood, although research is uncovering new clues at a rapid pace.

However, it has already been proven that one of the reasons for the boom in type 2 diabetes is the widening of waistbands and the trend toward a more deskbound and inactive lifestyle in the United States and other developed countries. In America, the shift has been striking; in the 1990s alone, obesity increased by 61% and diagnosed diabetes by 49%.

For this reason, health experts encourage those who already have type 2 diabetes to start employing the wonders that exercise can do for them. Without exercise, people have the tendency to become obese. Once they are obese, they have bigger chances of accumulating type 2 diabetes.

Today, the U.S. Department of Health and Human Services reports that over 80% of people with type 2 diabetes are clinically overweight. Therefore, it is high time that people, whether inflicted with type 2 diabetes or not, should start doing those jumping and stretching activities.

Getting Started

The first order of business with any exercise plan, especially if you are a “dyed-in-the-wool” sluggish, is to consult with your health care provider. If you have cardiac risk factors, the health care provider may want to perform a stress test to establish a safe level of exercise for you.

Certain diabetic complications will also dictate what type of exercise program you can take on. Activities like weightlifting, jogging, or high-impact aerobics can possibly pose a risk for people with diabetic retinopathy due to the risk for further blood vessel damage and possible retinal detachment.

If you are already active in sports or work out regularly, it will still benefit you to discuss your regular routine with your doctor. If you are taking insulin, you may need to take special precautions to prevent hypoglycemia during your workout.

Start Slow

For those who have type 2 diabetes, your exercise routine can be as simple as a brisk nightly neighborhood walk. If you have not been very active before now, start slowly and work your way up. Walk the dog or get out in the yard and rake. Take the stairs instead of the elevator. Park in the back of the lot and walk. Every little bit does work, in fact, it really helps a lot.

As little as 15 to 30 minutes of daily, heart-pumping exercise can make a big difference in your blood glucose control and your risk of developing diabetic complications. One of the easiest and least expensive ways of getting moving is to start a walking program. All you need is a good pair of well-fitting, supportive shoes and a direction to head in.

Indeed, you do not have to waste too many expenses on costly “health club memberships,” or the most up-to-date health device to start pumping those fats out. What you need is the willingness and the determination to start exercising to a healthier, type 2 diabetes-free life.

The results would be the sweetest rewards from the effort that you have exerted.

<http://www.carbdiet.greater-weightloss.com>



Heart Rate Monitors

Heart rate monitors used to be exclusively operated by physicians and nurses alone but that was soon rectified with today's multi-tasking generation. Every person seemed to want to know about everything that was related to them and that of course included monitoring their own heartbeats.

What is a Heart Monitor

Also known as a cardiac monitor, a heart monitor is a piece of electronic equipment that can be used to track or observe heart functions continuously. It allows people to place a numerical value on their healthiness based on their heart rate and have a target heart rate to work for. The more complex versions of the heart monitor allow physicians to see any signs of deterioration or improvement and make the necessary adjustments immediately.

Types of Heart Monitors

Today, heart monitors are produced by the millions and designed to cater specific types of individuals. Some heart monitors are primarily designed for weight loss programs while others are meant for the use of athletes or fitness programs. Some are wireless or come as a built-in feature of exercise equipment like a treadmill or an exercise bike. It can be strapped to your wrist or of considerable size. It may or may not emit any electromagnetic waves, depending on its purpose. A fetal heart monitor, for instance, must not produce any waves at all as this may affect the health of the baby.

Factors on Selecting the Best Heart Monitor for You

ECG-Accurate Monitors with Chest Straps – Heart monitors that come with chest straps are more often not the most accurate of heart monitors. The chest strap is strapped around your chest, a few centimeters below your breast. It contains a device that's able to detect electrical activity of your heart and transmit it to the brain of the machine – just like an ECG. The results are shown on the display monitor, which most of the times is attached to your wrist like a watch. Others however prefer results to be transmitted through audio messages via earphones.

Upon choosing heart monitors with chest straps, you need to remember to keep the strap constantly connected to your body lest you want the heart monitor to produce inaccurate readings.

Lastly, the only alternative against buying heart monitors with chest straps are the ones that rely on pulses on your fingertips. These however do not provide readings as accurate as those with chest straps.

Heart Monitor Features – Basic and lower end models tend to display only your heart rate and maybe the elapsed exercise time as well. This of course does not provide sufficient information if you want to know exactly how much you need to improve before you can be qualified as a completely healthy individual. Higher end models will naturally offer a wider range of features – for a price. Examples of such features are – but not limited to – heart rate zone alarms, timers and number of calories

burned. It may also allow users to set pre-programmed workouts along with a targeted heart rate.

Ease of Use – Lastly, you must purchase a heart rate monitor that you will have no problems of using. What good would a high end heart monitor do if it takes you an hour to operate it? Are the numbers and words appearing in the heart rate monitor readable? Can it be used in no-light situations? Are buttons well-labeled and ergonomically positioned?

To Buy or Not to Buy a Heart Monitor

Heart monitors can be especially costly, more so if you are intent on purchasing higher-end models. If you have a limited budget, you should ask yourself whether or not you truly need to buy a heart monitor. You can of course purchase one of the lower-end models but low quality heart monitors can lead to inaccurate results and that sort of defeats the purpose of buying one.

If you are intent on purchasing a heart monitor, you need to ask yourself another question: do you need to make a solo purchase or is it alright with you to use the heart monitor that comes as a built-in feature of a treadmill? Lastly, you should remember as well that you can always pay your doctor regular visits and have him monitor your heart rate for you.

[Bodylastics](#)



How to Read Food Labels

You cannot measure every morsel that passes your lips, but it is a good idea to measure most foods and beverages until you get a feel for portion sizes.

It is a supersized world out there, and most people are surprised to find that their idea of a single serving is actually two or three.

If you are into bells and whistles, there are food scales that are preprogrammed with nutritional information, as well as scales that will keep a running total of your daily food and nutrient intake for you. The only tools you really need, however, are a simple and inexpensive gram scale, dry and liquid measuring cups, and idea on reading food labels.

Among all of the mentioned tools, reading food labels seem to be the most effective way of determining the right kind of food to be bought in the supermarket. It lets you make sensible food selections. Through the “Nutrition Facts” section in a particular item in the grocery, you can identify the amount of serving sizes provided in that product.

With food labels, you can clearly understand the amount and kinds of nutrients that are provided in the item. Usually, it contains the information on saturated fat, sodium, total fat, fiber, and cholesterol amount “per serving.”

However, understanding and reading these food labels can be very perplexing. A typical consumer would definitely ask what those numbers mean and how it will affect her diet intake if ever she will religiously follow the serving guide as stipulated on the food label.

To further have a clear and more comprehensive understanding of the items stated in the food label, here is a list of things that you need to know:

1. Serving size

This is the primary item you will see in a food label.

The amount of servings stated in the food label refers to the quantity of food people usually consume. However, this does not necessarily mean that it reflects your very own amount of food intake.

Moreover, serving size determines the amount of nutrients that enters the body. This means that if you will follow strictly what the serving size is, you will obtain the same amount of nutrients according to the serving size that was given in the label.

For instance, if the serving size says one serving size is equal to 54 grams, that would mean you have to measure 54 grams and eat that and you have just eaten one serving. So to speak, the amount of nutrients stated in the food label is the same amount that has entered your body considering the fact that you have just eaten 54 grams.

However, if you have eaten everything, and the food label says that each pack is equivalent to 4 servings, you have to calculate the amount of nutrients that have entered your body. This means that if the food label says 250 calories per serving that means you have to multiply it to four to get the total amount of calories you have taken.

2. Nutrients

This refers to the list of available nutrients in a particular item. It is also where the nutritional claims of the product based on the recommended daily dietary allowance are stated. Usually, the nutritional amounts are based on both the 2,500-calorie diets and the 2,000 recommended dietary allowances.

In order to understand the numeric value of each item, you should know that the “% daily value” that the food label indicates is actually based on how a particular food corresponds to the recommended daily dietary allowance for a 2,000 calorie.

If in the event that you have purchased an item that has a dietary allowance different from the 2,000-calorie diet, you just have to divide the stipulated amount by 2,000 and you will be able to identify the “%daily value” for the nutrients.

3. Ingredients

This refers to the list of the ingredients that were used to manufacture the product. The listing is usually arranged from the main ingredients that have the greater amount by weight up to the smallest quantity. This simply means that the actual quantity of the food includes the biggest quantity of the main ingredient or the first item and the minimum amount of the very last ingredient.

4. Label claim

This refers to the kinds of nutritional claims of a particular food item. For instance, if an item says it is sodium-free, it has less than 5 milligrams per serving or a low fat item actually contains 3 grams of fat or less.

Indeed, reading food labels can be very tedious and confusing. Nevertheless, once you get the hang of it, it would be easier for you to watch your diet because you can already control the amount of food that you take.

[Nutrition Generator](#)

Importance of Warming Up Before Exercise

Since a lot of people are involved in physical exercises, it is imperative that the importance of warming up before any strenuous activity should be discussed. Many have repeatedly ignored going through the warm up stage before working out, not knowing the consequences in doing so.

Why warm up? Several changes take place in the body once physical activity is initiated. A person's respiratory rate, blood flow, and oxygen and nutrient levels delivered to the cells increase. The rate of increase should be regulated in a steady pace to prepare the body for the physical stress that exercise will demand. If one foregoes this priming procedure, the body will function less efficiently and the workout will produce less quality results. Warming up preps up the nervous system, heightens mental awareness and alertness, and loosens up joints and muscles to make them less prone to injuries. Warm ups jump start the fluid located in the joints, minimizing the risk for wear and tear of the muscles. It gives the heart a suitable period to adjust and pump up blood and nutrients into muscles.

This is vital for older people, since they have tissues that are less supple; they have joints with less fluid, and weaker hearts. Sudden exercise can produce heart attacks to older people.

How does a person warm up properly? Initially, it can be done in any procedure that enables the heart to beat faster. One can simply walk and jog, or if a cardiovascular equipment is available, such as rowing machine or a bicycle, it can be utilized. Start at a gentle pace, and then slowly increase the pace until heart beat rate increases and the body temperature rises. It is important to note that the pace should be in accordance to one's current fitness level, where the activity will leave the person energized and not exhausted.

After working up a light sweat (suggested time is 3-5 minutes, longer if the person is working out in a cold environment) one should do dynamic stretching. Stretching helps in developing overall flexibility, particularly in the spine, shoulder, and hip areas. The kind of stretching depends on the type of activity a person plans to engage in. For instance, if one is about to play sports, the recommended kind of stretching would be the ones that mimic the movements that will be done in the court or field. If one is about to do martial arts, light sparring can be done in the quarter of the normal speed, or just simply do the movements in slow motion. Be certain that the major muscle groups are stretched for 8 seconds minimum. It is necessary to remember to keep feet moving or do leg exercises whenever the upper body is stretched to keep prevent blood from pooling in the legs. Remember, one should only do stretching if the muscles are already warmed up. Do not bounce while stretching. It leads to a contraction that can result in muscle tear or pull.

For weight-lifters, this is what should be done after the initial warm up. Load the bar with about 50-60% of the heaviest weight to be done for the session and perform the number of repetitions that will be done for the heavy sets. For the second set, the weight will be increased to 80%, then eventually to 90%, decreasing to 2-3 repetitions. Afterwards, rest for about 30 seconds, then repeat the steps. After this

warm up, one can now proceed to the heavy lifting for the day. The advantage of doing the procedure is that the heavy sets will feel less daunting and can now be performed with considerably less stress.

After warming up and proceeding to the main workout, it is equally important to cool down. When a person suddenly stops exercising or lifting weights, blood gathers in the muscle and oxygen is blocked. When this happens, a person runs the risk of having a heart attack. So cooling down should have the same importance as warming up.

Exercise is good for the health. Everyone is encouraged to pump it up, just remember to remember all the necessary precautions not only to maximize the workout, but also to stay safe and healthy.

[Live Lean Today](#)



Quick Tips to Boost Your Metabolism

There are a lot of people who would give a lot to increase their metabolism. Having a high level of metabolism enables one to maintain burn fat and lose weight fast with the least amount of activity. Metabolism is the rate by which the body produces and consumes energy and calories to support life.

There are several factors that affect the metabolism of a person, such as the amount of muscle tissue, the frequency of the meals one consumes, genetics, stress levels, personal diet and activity levels. Metabolism slows down due to the following: loss of muscle because of not enough physical activity, the tendency of the body to cannibalize its own tissue because there is not enough food energy to sustain it, and the decrease of physical activity that comes naturally with old age.

Here are several ways to fire up one's metabolism:

1. Build up on lean, mean body mass. It is only natural that metabolism decreases along with age, but it is possible to counter the effects. The amount of muscle a person has is a very strong determinant in the ability to burn calories and shed fat. So it goes without saying that exercise is essential. Build strength and resistance by working out at least twice a week, preferably with weights. Do easy exercises in between workouts. Simple tasks such as walking the dog and using the stairs in place of the elevator can already take off calories. The key is to match the amount of eating to the amount of activity one has. Here are some guidelines in getting the right exercise:

For strength training

- Increase the amount of repetitions of a particular exercise.
- Add the level of resistance
- Utilize advance exercise techniques if possible

For cardiovascular training

- Insert intervals between exercises
- Perform cross-training and combine the exercises
- Add up on resistance and speed

2. Eat breakfast. A lot of people are ignoring the fact that breakfast is the most important meal of the day. Surprisingly, the ones who eat breakfast are thinner than the ones who do not. Metabolism can slow down considerably if breakfast is taken during mid-morning or if one waits until the afternoon to eat.

3. Avoid sugar. Sugar enables the body to store fat. It is recommended that a person consumes food that helps sustain an even level of blood-sugar. Additionally, progressive exercise 2-3 times a week should be in order to stabilize blood sugar.

4. Eat spicy foods. Hot cuisine with peppers can increase metabolism.

5. Sleep more. According to research, it is riskier for people who do not get enough sleep to gain weight. Also, muscles are regenerated during the last couple of hours of slumber.

6. Increase water intake. Water flushes out toxins that are produced whenever the body burns fat. Majority of bodily functions involves water, and lack of water causes the body system's operations to decrease its speed, and produces unneeded stress as a result.

7. Eat smaller meals. It is advisable to consume 4 to 6 small meals that are timed 2 to 3 hours apart.

8. Never skip meals. People tend to skip meals in order to lose weight, which is a big mistake since it slows down metabolism.

9. Plan meals in detail. Always prepare the right amount of food to be consumed at the designated intervals. Do not commit the mistake of eating meals in sporadic patterns.

9. Ditch the stress! Stress, be it physical or emotional, triggers the release of a steroid called cortisol, which decreases metabolism. Also, people tend to eat excessively when stressed.

10. Guzzle up on green tea. It can be used as a substitute for coffee. Tea has the ability to stimulate metabolism, and unlike coffee, it has no undesirable side effects when too much is consumed.

11. Include more energy foods in the diet, such as fruits and vegetables, beans and whole grains.

Achieving the desired body weight is never impossible if one has the determination and patience needed to stabilize the metabolism level, which plays an important role in weight loss. A person needs to realize that eating right and working out is not just a passing fancy, but a way of life.

[Nutritional Life](#)

Staying Motivated to Exercise

Exercise is always a do-it-yourself venture. No other person and no machine can do it for you. Hence, it is important to have those motivating factors so that a person who is into exercise in order to lose weight will hang about.

This is what people who are overweight should learn to understand. However, even if it so easy to set for instructions and easy to follow, this is not the same case for almost 35% of Americans who are unable to prevent being overweight.

Of course, once we are overweight, we usually want to trim down for a whole lot of reasons, some related to physical condition and fitness, while others would want to enhance their physique and appearance. And it is never too late to be fit.

In the past 50 to 75 years, physical activity has become the exception rather than the rule, both at home and on the job. People tend to drive where others once walked. People tend to flick a switch and machines do the hauling, lifting, pushing, and pulling for them.

However, people who try to lose weight tend to believe that weight gain is likely to happen if they will not take forward-looking steps to stop it.

The point here is that health experts believe that people lose their way, especially when it comes to dieting. They tend to go back to their old eating habits even after they learn to enjoy low-fat eating. They tend to return to sedentary ways even though they enjoy exercising.

But despite the momentum toward weight gain, you can stop it from happening, experts say. And there are plenty of good reasons to avoid excess pounds, reasons that go beyond vanity or social appearance. There are many reasons in order to keep you motivated to exercise and stay healthy for the rest of your life.

Ways to Lose Big

1. Have an explicit goal

A simple statement like, “I want to lose some weight,” is an ambiguous and an indefinite statement. It will not the least motivate you to start doing exercises right away.

What is important is to be precise on your goals. It would be better if you will set some detailed amount of pounds that you really want to lose. Envisage yourself what you will look like after reaching your desired weight. Doing this will inspire you to lose weight. In fact, maybe even more than what you have planned in mind. The idea is to use that figure to assist you to remain resilient and dedicated.

2. Develop a strategy

Strength of will does not work alone! To lose weight and stay with it, your strategy must comprise of both exercise and diet, and not either of the two.

Try to start motivating yourself by throwing away your clothes that have bigger sizes. This will put you in a situation where you only have your sexy clothes and that you have to make a choice by staying motivated to exercise or not wear any clothes at all. Which do you prefer?

3. Make out little, calculable measures

Put into practice actions that will suit your lifestyle. This means you have to implement moves that you and you alone will benefit from it and not somebody else.

The idea here is to opt for a more positive and attainable goal and not just to shun away from being plump and chubby.

4. Produce monitoring that has an important effect

It would be better to have somebody willing to take note of your progress or development. This will inspire you to keep on doing what you have started. Having somebody to listen to your achievements is definitely a better prize than just achieving your goal alone.

Besides, having an extra hand to support you and cheer for you when things start to fall short. It is that simple way of hearing somebody believing on what you do is one of the greatest motivations to keep you exercising for more.

5. Construct a vigorous, sensible timeline

What do you plan to achieve in a year? Try to suit your objectives to your calendar, and do not look forward to see the results in just a snap.

The bottom line is that in order to stay motivated to exercise entails a lot of hard work, which is contrary to what most people tend to think. The main idea is to let people change their lifestyle because it is only through this way that they will absolutely change their weight...for the better.

LeeHayward.com



Importance of Resistance Training For Women

Many women nowadays are into resistance training. Many get into resistance training programs engaging into sports. Resistance training is important for women. It allows you to be active and have a healthy body. You may also gain the needed strength and physically built muscles.

Before you start lifting weights, you should know the proper ways on how to execute the exercise. Many women seriously encounter injuries when they incorrectly lift weights. It is important that you get rid first of the excess weight that you have by walking or jogging. You may also purchase weight loss equipment such as treadmills, cross bar platinum, and nutrition boo guides for a better health.

Women usually do not have the natural muscle structure that most men have. They may not also have the same strength to carry heavy loads or the same resistance that men have. What more if you get older? Your body may no longer have the same strength when you were still young. This happens because of the lifestyle you have or just because of aging process. Your resistance may have just decreased and your body tends to weaken.

You can benefit many things when you get into resistance training. Even if you are not an athlete or a body-building enthusiasts, you can get into resistance training programs. Having an active body and well-toned muscles can provide you the more strength and good resistance. You can do some workout outdoors like walking or jogging to get a better blood circulation.

You may also do some stretching and warm up exercises to allow the blood nutrients go to the muscles and joints of your body. Muscle stretching also helps in lessening the risks of injuries and muscle pains after the work out. Muscles tend to sore and get strained if you are not well warmed-up and do the proper stretching techniques before the work out.

In addition, muscle stretching also gives you more flexibility. You will be able to execute exercises comfortably and effectively. It is advisable that you do repetitive stretching and warm ups. Repetition of exercises makes your muscles and joints more enhanced and more adapted to the motion you are executing.

When you are ready to lift weights, you should first work on your larger muscles then the smaller ones. You may then finally go to the muscles that are isolated. You may execute push-ups that can enhance the upper muscles of the body. Before doing triceps extension exercises, you should first focus on the larger muscle groups such as the muscle found in your butt. You may execute exercises like repetitive squatting, box step-ups, and lunges.

You may also work on your quads which is the muscle found on the front thigh. You may perform repetitive squatting and lunges as well. You may also use the leg extension machine and the leg press machine for a well-executed exercise.

You should always remember that you work on the opposite muscles. Muscles tend to get imbalanced especially if the amounts of exercises you do are not equally

distributed. When performing triceps extension, it is advised that you also do bicep exercises. If you work out on the chest and the stomach area like crunches, it is important that you do back extension exercises to get a balanced upper muscle toning.

Always take a rest after your resistance training work out. Allow your muscles to cool gradually so that you will not feel any sore or strained muscles. After the resistance training, you will see that you are more ready and physically fit for many kinds of sports.

[BodiPro](#)



The Importance of Working Your Core Muscle

Suppose that at a distance you see a short, stooped figure walking with short, slow steps. Most likely, you will conclude that the person is old. The hunched posture gives you the clue.

Why does aging contort so many bodies in this way? The reason is that many people, throughout their lives, never extend the neck to its full range, and so the muscles shorten. Long hours of reading, sewing, typing, or standing at a workbench take their toll. Eventually deposits of calcium salts in the joints complete the process of immobilization. Once this calcification takes place, nothing can be done to reverse it.

Fortunately, older persons can take action before it is too late. The best action is regular exercise that stretches the muscles and improves flexibility, with special considerations on the core muscles. This kind of response is relatively important for a number of factors that when taken for granted will only lead to serious health problems.

What Are Core Muscles?

Core muscles pertain to the muscles found at the obliques, abdominals, lower back, and the glutes. These four areas of the body are the ones that usually frame the posture of a person. Hence, a good posture reflects the good condition of these muscle areas.

What people do not know is that core muscles are actually the “core” or the central part for all the strength that is needed to boost carry out different physical activities. This only means that if an individual’s core muscle is physically powerful, it will maintain equilibrium on the body and will stabilize the system every time the person is working out and moving.

Strengthening Core Muscles

The main responsibility of the core muscles is to provide enough power to the body in order to enable it to cope up with the dynamic challenges of every physical activity that a person encounters.

For this reason, many health and fitness experts have realized that it is relatively important to strengthen the core muscles than with the other muscles in the body. Through some series of experiments and research, they have found out that having a stronger core can lessen a lot of health problems concerning posture.

For instance, a well-conditioned core muscle can project good posture. It can also improve the endurance of the back all the way through the day.

Why? Because muscles that are included in the group of core muscles are actually the ones that initiate the proper stabilization of the whole upper and lower torso.

So, for those who wish to know and understand why it is important strengthen the core muscles, here is a list of some of the benefits that you can use as references:

1. Strengthening core muscles will improve posture and prevent low back pain of the muscular origin.

This means that as you incorporate stretching exercises in your routine, taking a particular focus on the muscles of the upper and front part of the trunk, including the abdominal and trunk muscles, the activity has the tendency to strengthen the muscles of the back that extend to the spine.

2. It will help tone the muscles, thereby, avoiding further back injury

Exercising your core muscles will strengthen and tones your lower back muscles and buttocks while stretching the hip flexors and the muscles on the front of the thighs.

Achieving this state will deter you from any serious lower back injury.

3. Improves physical performance

Exercising the core muscles with slow, static stretching is just as effective in relieving stiffness and enhances flexibility. Once the flexibility of a person has improved, it follows that he will be able to perform his physical activities at a better state.

4. They do not cause sore aching muscles

Static stretching for core muscles is best for the muscles and connective tissues. And because it employs slow stretches only, it will not cause any soreness, as do the quick, bouncing exercises that rely on jerky muscle contraction.

5. Lengthen muscles and avoid unbalanced footing as you get old

Core muscle exercises lengthen the muscles that have contracted as a result of pain. It also prevents pain from vigorous exercise if they are included at the end of each workout.

Health and fitness experts highly recommend starting core work out immediately and repeating the routine at least 2 times a week. The process can be done after the workout or even during the activity, for about 10 to 20 minutes only.

Indeed, core muscles are absolutely important in determining the good posture of the body. Strengthening them can absolutely eliminate those nuisances of back pains.

[Simple Steps to Getting Huge & Shredded](#)

Why Muscles Get Sore

As people age, they begin to complain more of pains in their muscles and joints. They seem to stiffen up with age, and such commonplace activities as bending over for the morning paper can make them wince.

Such pain can grip so fiercely that they are sure it begins deep in their bones. But the real cause of stiffness and soreness lies not in the joints or bones, according to research at the Johns Hopkins Medical School, but in the muscles and connective tissues that move the joints.

The frictional resistance generated by the two rubbing surfaces of bones in the joints is negligible, even in joints damaged by arthritis.

Flexibility is the medical term used to describe the range of a joint's motion from full movement in one direction to full movement in the other. The greater the range of movement, the more flexible the joint.

If you bend forward at the hips and touch your toes with your fingertips, you have good flexibility, or range of motion of the hip joints. But can you bend over easily with a minimal expenditure of energy and force? The exertion required to flex a joint is just as important as its range of possible motion.

Different factors limit the flexibility and ease of movement in different joints and muscles. In the elbow and knee, the bony structure itself sets a definite limit. In other joints, such as the ankle, hip, and back, the soft tissue—muscle and connective tissue—limit the motion range.

The problem of inflexible joints and muscles is similar to the difficulty of opening and closing a gate because of a rarely used and rusty hinge that has become balky.

Hence, if people do not regularly move their muscles and joints through their full ranges of motion, they lose some of their potential. That is why when these people will try to move a joint after a long period of inactivity, they feel pain, and that discourages further use.

What happens next is that the muscles become shortened with prolonged disuse and produces spasms and cramps that can be irritating and extremely painful. The immobilization of muscles, as researchers have demonstrated with laboratory animals, brings about biochemical changes in the tissue.

However, other factors trigger sore muscles. Here are some of them:

1. Too much exercise

Have you always believed on the saying, “No pain, no gain?” If you do, then, it is not so surprising if you have already experienced sore muscles.

The problem with most people is that they exercise too much thinking that it is the fastest and the surest way to lose weight. Until they ache, they tend to ignore their muscles and connective tissue, even though they are what quite literally holds the body together.

2. Aging and inactivity

Connective tissue binds muscle to bone by tendons, binds bone to bone by ligaments, and covers and unites muscles with sheaths called fasciae. With age, the tendons, ligaments, and fasciae become less extensible. The tendons, with their densely packed fibers, are the most difficult to stretch. The easiest are the fasciae. But if they are not stretched to improve joint mobility, the fasciae shorten, placing undue pressure on the nerve pathways in the muscle fasciae. Many aches and pains are the result of nerve impulses traveling along these pressured pathways.

3. Immobility

Sore muscles or muscle pain can be excruciating, owing to the body's reaction to a cramp or ache. In this reaction, called the splinting reflex, the body automatically immobilizes a sore muscle by making it contract. Thus, a sore muscle can set off a vicious cycle pain.

First, an unused muscle becomes sore from exercise or being held in an unusual position. The body then responds with the splinting reflex, shortening the connective tissue around the muscle. This causes more pain, and eventually the whole area is aching. One of the most common sites for this problem is the lower back.

4. Spasm theory

In the physiology laboratory at the University of Southern California, some people have set out to learn more about this cycle of pain.

Using some device, they measured electrical activity in the muscles. The researchers knew that normal, well-relaxed muscles produce no electrical activity, whereas, muscles that are not fully relaxed show considerable activity.

In one experiment, the researchers measured these electrical signals in the muscles of persons with athletic injuries, first with the muscle immobilized, and then, after the muscle had been stretched.

In almost every case, exercises that stretched or lengthened the muscle diminished electrical activity and relieved pain, either totally or partially.

These experiments led to the "spasm theory," an explanation of the development and persistence of muscle pain in the absence of any obvious cause, such as traumatic injury.

According to this theory, a muscle that is overworked or used in a strange position becomes fatigued and as a result, sore muscles.

Hence, it is extremely important to know the limitations and capacity of the muscles in order to avoid sore muscles. This goes to show that there is no truth in the saying, "No pain, no gain." What matters most is on how people stay fit by exercising regularly at a normal range than once rarely but on a rigid routine.

[Burn The Fat Feed The Muscle](#)

Why You Can't "Spot Reduce"

People have problem areas. Even people, who have achieved their ideal body weight, will still have problem areas. It could be the love handles, the flabby arms, the sagging skin or the hips. Then you will find the market offering all sorts of products, from creams and applications to get rid of the fats to gadgets and machines to tone the arms, thighs or the abs.

However, there is one reality check you have to make. You cannot spot reduce. The attempt to do so is not going to work and it will not be for your good.

Why Can't I Spot Reduce?

The market misinforms the public of the benefits that can be expected from their so-called revolutionary products when in fact there really are no revolutionary results to look forward to.

1. Healthy Diet Is Important

Diet is an important element to get rid of the undesirable body fats. The foods that you eat have calories and cholesterol that get stored in your body, probably amassing on those problem areas of yours. The diet is the main culprit for presence of fats.

So no matter how much you depend on those gadgets in the market, it will remain defenseless if you keep indulging in sweets, fatty foods or junk foods.

2. Spot Reduction Is a Mere Myth

It is not healthy to believe what those people say about the productivity of spot reduction efforts. The products you see on the market require nothing but merely attach or apply them on the problem areas. What about your other body parts? What about the other requirements of the body?

In any healthy endeavors, you must be on the top of your physiology. You should know what it takes to achieve a goal. For example, if you want six-packs in your stomach, you have to know what it takes to get them.

Some people out there would claim that if you want to improve the look of your stomach, you simply have to concentrate on abdominal exercises or use the gadgets that will do the exercise for you. Again, you cannot spot reduce. You cannot achieve the goal with simply doing that one abdominal exercise.

The fat can not just come off on its own by just using a gadget. Genetics has to do with it. Diet has to do with it. Lifestyle has to do with it.

The truth is, before you can even aim for the six-packs on the stomach, you will have to take away the fats first.

So doing 500 crunches a day will only exhaust you but it will not get rid of those fats. Your body will not burn the fats stored in that spot you are targeting. Actual workouts can actually address this. With this, the fats are burned one at a time, and not just in one area. It has a more integrated system of reducing the fats in the body.

Then you will also have to gain body mass. At this point, the only way you can only get rid of the fats and get some body mass is to have a healthy diet and do cardio exercises.

Only after surpassing the diet and cardio requirements can you focus on the abdominal exercises. This is the only proper time to really focus on working out for the six-packs.

3. There Are No Shortcuts

Miracle diets, pills and potions are mere shortcuts that will lead you to a dead end. If a healthy body is aimed, you have to work for it. You have to earn it.

We truly are living in a fast world with the advancement of technology, but your body still is very much natural. Thus you will still have to be grounded to what is naturally required by the body, healthy diet, regular exercise and considerable amount of time to develop that desirable state.

4. Health and Fitness Require Commitment

Your dedication to the health of your body is a lifelong commitment. Even if you achieved a good body now, it will not remain so forever if you abuse on your diet and lifestyle. It needs to be loved and taken care of, regularly.

That is why if you will depend on the spot reduction claims, it will really bring you nowhere. You can only hope, but you cannot expect. So if you aim for the healthy body; get an exercise program for your self and make some changes in your diet. Give your self a holistic development. Improve not only the body, but your outlook in life as well.

Do It the Proper Way

With all these points raised, the bottom line is to simply get healthy the proper way. The saying still holds true. No pain, no gain. So do not be a victim of the misleading information and empty promises thrown upon you. Simply know the proper options. Take the matter into your own hands and enjoy the benefits of a healthy body.

[Low Card Diet](#)



Your Thyroid and Weight loss – The Connection is Real

Your thyroid dictates much of your metabolism, any malfunction or disease afflicting this area may cause you to have problems in metabolism leading to a drastic problem with your weight – you may either gain weight, lose weight, or may find that losing weight is harder than usual.

Those that plan diets do not take into consideration how their thyroids and metabolism may affect their weight loss program. Most experts and even the media pitch in and recommend that the best way to lose weight is cut calories.

Those with a condition called hyperthyroidism suffer from an overactive thyroid leading to one having his or her metabolism skyrocket. If this is the case, then you will probably lose weight fast. This is a nice proposition for some who wish to lose weight. However, this is actually hazardous to the health.

Aside from the medical difficulties such a disease brings, one will also notice weight problems as a result. These people have trouble keeping on weight and may notice weakness and bulging of the eyes. This disease may need special treatment from doctors.

Hypothyroidism on the other hand works in the other direction – slowing metabolism until the body gains weight at an incredible rate. Like hyperthyroidism, hypothyroidism causes a general weakness in the body. It too may need special treatment and may cause serious health problems if left unattended.

While cutting calories in itself can be very hard for most people – imagine, the people involved in life and death struggles at the supermarket regarding whether to buy that extra box of sweets, some have exactly the opposite problem.

Instead of eating too much calories – which is a problem in itself, they eat too little calories instead.

Problem? What Problem

The problem with some is that they believe that since the experts say that they have to cut calories, cutting calories to an inordinate amount will reap greater results. Unfortunately, it doesn't work that way. While cutting calories helps diets, consuming too little calories pushed the body into a hoard mode, the body's metabolism slow to adapt to the lesser amount of available energy.

If your body enters this mode, your body will work at such slow metabolism that losing weight becomes impossible. The technique here should be to reduce calories without the body slowing its metabolism. Only then can losing weight become easier.

Another problem that can arise from decreased metabolism is that when your metabolism slows due to a drastic reduction in metabolism, and then you suddenly eat a good, hearty, calorie-filled meal, you are bound to gain more weight owing to the increased surplus of energy.

This is why an imbalanced meal is highly discouraged among those that seek to lose weight. The sudden loss and increase of calories will cause an imbalance in one's energy consumption directly affecting fat deposit.

Here is a simple computation to help you get to the right amount of calories you will need per day so that you get your nutrients in the right balance.

First of all, multiply your weight in kilograms by 30. If you only know your weight in pounds, divide it by 2.2 to get to its English equivalent. We divide this number by 30 because that is the number of calories you need to maintain your weight per pound of weight.

For example if your weight in pounds is 150, divide it by 2.2. That will give you a figure of 68.18. This is your weight in kilograms. Multiply this by 30 and you will arrive at the amount of calories you will need per day to maintain 150 lbs.

You may consult a nutritionist to help you come lose weight. In the end it all comes down to math. If you consume more that your body needs, it stores it as fat. Now is probably a good time to start studying the back of those grocery cartons.

Try to keep your diet at a 40% protein, 25% fat, and 35% carbohydrate meals at 300 calories per meal. Spread out these meals in a day for optimum results.

While it may be simple computation to get at numbers, do not forget the earlier mentioned fact that the body adapts to its condition. Expose it to extreme ones and you may find yourself getting results you never wanted. Consult a nutritionist for more advice.

[Lose Weight With Your PC](#)



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