

# Exercise Fitness and You!



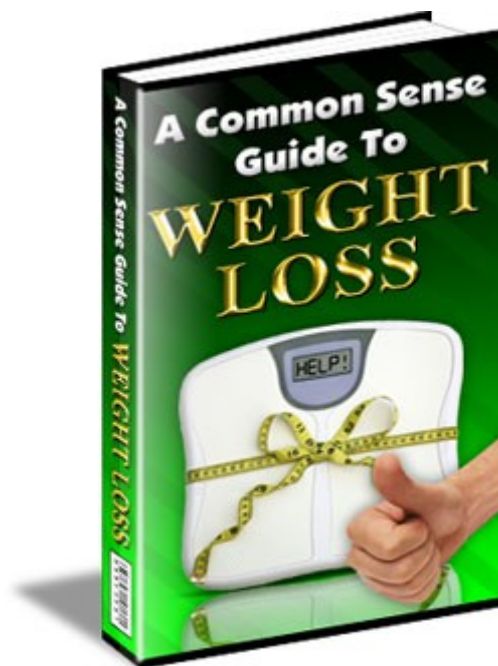
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# INTRODUCTION



## *BENEFITS OF EXERCISE*

The benefit of exercise is great for you body and mind. Many people think of all the things that exercise helps with but they never consider that one of the benefits of exercise is actually a positive thing for the mind. Exercise should not be taken lightly; by exercising you can increase your own lifespan dramatically. A person that is overweight will tend to die before a person that is at the right weight for their age.

**The Mind-** One of the biggest benefit of exercise is of the mind. A person can sink into a deep depression when they begin to gain weight or just stop exercising. However, the moment they begin exercising it does something to the mind, gives them a bit of a boost of self-confidence. One of the worse seasons for the human body is winter, this is because many of us tend to stay indoors where it is warm and sit around. This not only lets us think of all the things we could be doing but lets in our inner demons. If we were out more and exercising we wouldn't think about these type of things. By exercising we are doing something healthy, probably walking around with a smile on our face and actually increasing the oxygen in our blood which keeps us active.

**Staying healthy-** Staying healthy is a big benefit of exercise. You are actually helping your bones, joints and muscles when you exercise. By exercising regularly and eating healthy you will also be able to reduce the risk of Osteoporosis, which is when the bone weakens and break easily as you grow older.

**Lose weight-** One main benefit of exercise for most people is the fact you can lose weight. This is great for those that are overweight but you should always ask your doctor before trying any exercise if you haven't already been doing it.

**Increases Life-** Possibly the most important benefit of exercise that I can think of, is the fact that it can reduce the risk of heart disease and premature death. What person wouldn't want to exercise if they knew that it would let them live longer? If you

already know that exercise helps your chances than why does it take a life-altering experience before most people decide that it is time to exercise? Many people tend to steer away from exercise because they just don't want to do it or they never have any time. Exercise doesn't have to take time; in fact you can actually incorporate it into your daily life. You don't have to go to the gym to do it, that's one thing; many people think they have to do to stay healthy.

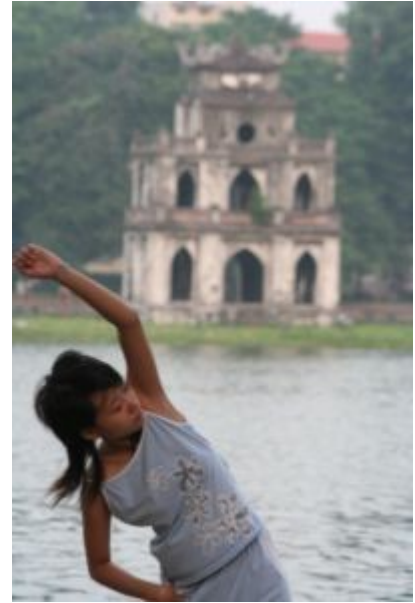
Here are three things you can do to stay healthy and get the benefits of exercise:

1. Walk in Place- This can be done at work or at home, when ever have to wait in an elevator on your way to work or coming home. Walk in place and turn waiting time into get healthy time!
2. Breathing exercises- This is something that can be done just about anywhere, sitting in a car, at your desk or at home. Not only is this a great way to let out your bad air but also it is a great way of calming the nerves while sitting in traffic.
3. Sit-Ups- Sit ups are something we all know how to do and you don't need any equipment to do them. Simply lay on the floor in your home and do a couple sets and the great thing is it doesn't take that much of your time. You just have to will yourself to the floor, this is one thing you can do while waiting for dinner to come out of the oven or while waiting or your favorite movie to come on.

As you can see, exercise can be done many ways from the comforts of your own home or anywhere. You just have decide that it is something you want and stick with it. Stay healthy and live longer...exercise today.

## ***IF YOU WANT TO LOSE WEIGHT CARDIO WORKOUT Is FOR YOU!***

Cardio work outs are a favorite workout exercise for many people. Why? Because cardio is a very important workout exercise that raises the heart rate and it burns massive calories. Cardio workouts can also increase the lung capacity; reduce the chances of having a heart attack, high blood pressure, diabetes and high cholesterol. To put it simply, a cardio workout exercise can make a person feel good and look great. It can reduce stress, help you sleep at night and give the feeling like you are being productive in your exercise choices.



If you would like to start a cardio workout exercise program you should first decide what type of things you like to do. Do you like to hike? Cycle? Run? Walk? If so, the good news is that there are many machines which you can use that will allow you to simulate these activities for a great cardio exercise workout. Maybe you like things such as martial arts or aerobics? If so, you can easily join a class or watch a video in the privacy of your own home and exercise along with the video.

The truth of the matter is that there is truly no “best” cardio workout exercise. Anything that you like to do that will raise your heart rate and get your blood pumping is what you should do. You should keep in mind that it is not about what type of exercise you are doing but how hard you do it. You should try to chose a cardio workout program that you can see yourself doing long term. For instance, if you cannot see yourself joining a gym and going to aerobic classes three or four times a week, you may be better off purchasing an aerobic tape to do at home or purchasing a piece of machinery that you can workout on at home if you hate going to a gym.

After you have narrowed down your choice of cardio workout exercise, you must then know that how long you exercise for is important. It doesn't matter if you walk a mile on a treadmill in five minutes if you get off of it after the five minutes and stop exercising. You must keep your heart rate up for at least thirty minutes. However, it is important to note that if you are beginner and overweight that exercising for five minutes may be all you can manage in the beginning. The most important thing to keep in mind is to push yourself a few more minutes each time you exercise until you have worked up to the 30 minute goal.

If you truly want to do a cardio workout exercise and you can admit that motivation is your factor, you may want to consider hiring someone to make you do it. Yes, that's what I said. Hiring a personal trainer to stay on your behind until you workout is the motivation that some people need to keep going. Oprah Winfrey has had personal trainers in the past, so there is nothing wrong with admitting that you need a kick in the pants to keep you focused and motivated.

If you want to lose weight and get healthy it will involve a cardio workout exercise of some sort or another. There is no way around it. So, find out what type of exercise turns you on, set reasonable goals for yourself and reach out for help if you need it by hiring a personal trainer or teaming up with a buddy to workout with you.





## HOW TO SET PROPER WEIGHT LOSS EXERCISE GOALS

Setting proper and realistic weight loss exercise goals can be hard for someone who wants to see a drastic drop in weight fast. However, if you do not have realistic weight loss exercise goals you can become disappointed and quit a weight loss exercise program. The first step to setting realistic goals is being truthful about how much weight you want to lose. The goal you set should be realistic and reasonable. In addition, you should have a standard in your goal setting. This means your goal should be something you can measure and attain. Your weight loss exercise goal should be based as much on how you feel as by what you think you should weigh or look like. Maybe you have certain clothing that you would like to fit back into. That is not an unreasonable goal. However, dropping eight dress sizes in four months might be an unreasonable weight loss exercise goal.

The appropriate guideline for weight loss exercise programs is to try to lose about two pounds a week. You can easily find weight loss calculators and BMI calculators on the Internet which can help you find a target weight loss goal for a week. However, keep in mind that if you do use these tools that these calculations are not personalized and they are only estimations. For instance, your weight may be comprised of a lot of muscle instead of fat. You would not want to lose muscle, no matter what a weight loss exercise tool may tell you. A proper weight loss exercise plan will have you go into a calorie deficit. This means you will be burning more calories that you eat per day. This is what will make you shed unwanted pounds. Through diet and exercise it is possible to lose weight without starving yourself or working your body in an unhealthy manner.

Once you know how much weight you want to lose, you should set your weekly weight loss exercise goals accordingly. For instance if you want to lose 30 pounds you should plan to have a weekly weight loss of around three pounds per week. At this rate you can easily drop those 30 unwanted pounds in ten weeks!

There may be times when you will have to adjust your weight loss exercise goals. If you are not losing weight as fast you would like you can change your goal weight or extend the length of time you have to reach your goal weight. It is important that you

do not box yourself into a corner and be rigid about your goal. If you are, the chances are high that you will be discouraged and quit.

Another thing that should be kept in mind when planning a weight loss exercise program that is attainable is to not push yourself physically. Many people start out a program and try to conquer machines or workouts that are too intense and difficult. This is a major pitfall for many people who are trying to lose weight. After the first few days they become overwhelmed and quit. Allow your body time to adjust to physical activity and gradually increase the intensity and type of workout you are doing gradually as your body adjust and becomes stronger. Don't sabotage yourself out of the gate.

By following this tips and setting proper and attainable goals for yourself you should see success in your weight loss exercise program.

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