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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Best Finance Guide

By Venkata Ramana

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Imagine you need to look great to get all the attention at the biggest party of the year. The clock has already started ticking and you have got 7 days to fix yourself for the D-Day. If you can take out 15 to 30 minutes in the next few days, you can be ready for action.

Step 1:

Exercise: Start with skipping and jogging and chin-ups by hanging from a rod for warming up.

Two steps of crunches or sit-ups for strengthening and toning your abdominal muscles.

Then go for Flat bench press and dumbbell flyers for the entire chest area, focusing mainly on the inner chest and followed by 2 sets of push-ups.

Work on your trapezium for the collar muscle and shoulder pressing.

For biceps the exercise to be followed is standing barbell curl.

Next you can work out on your Triceps with Single dumbbell or French press and fore forearms.

Skipping will have an effect on your legs, other wise you can go for Squats and back with lat pull down.

Step 2:

Diets are just as important as exercise, because it is the most important part of getting the body you want. You have to eat good to look good. You need protein, and you don't need fat. Stay away from junk and fatty foods. Not all fat is bad; there is a healthy fat. This fat can be found in fish, Nuts and some oils. Have Lots of fibers such as leafy vegetables, salads and dairy products.

Step 3: The results though wont come easily and they wont come very fast either, So Stay dedicated, motivated and consistent, and do all 3 steps correctly to get the desired result.

Venkata Ramana is a Fitness Enthusiast and a Professional Body Builder. Visit his <http://www.awbodybuilding.com/> and <http://www.awweightloss.com/> websites and gain maximum Information to stay fit and healthy.

Personal Finance Is Your Responsibility

By Codi Morieta

Whether or not you choose to ignore it, you cannot deny the truth embedded in this statement: Your personal finance is and always will be your responsibility.

When it comes to finance, many people put an impractical blind eye to the fact that finances need to be managed. Personal finance is an ever-growing popular term for adults and teenagers alike, regardless of whether you are earning the money or not. After—all bills have to be paid, family members have to be fed and your lifestyle has to be maintained.

The biggest and most neglected step for many families is teaching their teens how to manage their money. Teenage finance is about educating teens on the value of money. Teach them how to save by showing them how to use their primitive form of book-keeping. This can often be incorporated through the child's upbringing via piggy-banks, savings accounts, and little chores in exchange for money.

Teenage finance is an important part of your personal finance because, too. When your children learn to save and use money wisely, you are subsequently saved from bailing them out of financial troubles in the future.

Personal Ethics and finance go hand-in-hand; if you have a good relationship with yourself, you will be able to save money. You won't feel the urge to do things that go against your ethics like sign-up for a credit card using someone else's name.

Personal finance involves taking a few steps toward safe-guarding your money. Your money spent should not exceed your money received. In order to prevent this from happening, you should make a crude balance sheet and use it to record all of your transactions.

Each month write down how much was received and how much was spent. Make a list of all the things the money was spent on, so you can keep track of your money.

You will be amazed at how much we spend on things that are not necessities.

Make a list and stick to it. Always try to get the best deal for your money and remember that cheaper does not necessarily mean lower quality.

After—all it is your money; managing your personal finances should be seen as a mandatory part of

making money work for you.

You can find out more on to acquire the mindset and behavior of the rich, copy exactly what they are doing to achieve financial success, and stay wealthy all your life on Rene Graeber's website at



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