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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

6 Fun Fitness Activities...

By Kathy Burns-Millyard

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Exercising and staying fit doesn't have to mean hard work. Simply being active will help you get or stay in good shape. So with that said, here are some enjoyable activities that can help with your fitness goals too.

Bicycling

When you ask many adults when the last time they rode a bike is, they cannot answer. Although bicycling is a favorite pastime, many adults do not take advantage of this great option for exercise. Not only does bike riding exercise the body and build a stronger cardiovascular system, it allows you to get out and enjoy nature, fresh air, and see new sites.

Jogging or Walking

Both jogging and walking are GREAT ways to get fit. Not only do they tone the muscles, relieve stress, create a healthier heart, and improve lung capability, they make you look wonderful, which in turns helps you get excited about doing other exercise for fitness activities.

Swimming

Swimming is an excellent way to get into and stay in shape. If you do not own a pool, many high schools have aquatic centers, or there is always the YWCA or YMCA, or your local gym. Many offer water aerobic classes that will help you tighten your body, lose weight, and get a good overall workout.

Tennis Anyone?

Tennis is not only a fun sport, but also a great way to exercise. You do not have to be a Venice Williams to play; in fact, you do not even have to be good. Just running after the ball alone will help get you into shape. This is a great way to strengthen your cardiovascular system and lose weight. You can find tennis courts in just about every city and if you would like to play but have no idea how, lessons

are reasonable.

Tip: Raquetball is sort of a "one person tennis". If you don't have someone to play tennis with, or you aren't feeling sociable, try raquetball instead.

Dancing

Dancing is so much fun and whether you enjoy a slow, Ballroom dance or a nightclub packed with people all moving to heart-pumping techno, as long as you are moving, it really does not matter what type of dance or music. The whole idea is to move your body. Dancing has long been recommended

as an avenue to fitness.

Tip: Belly Dancing is an excellent workout for your stomach, waist and hips ladies!

VCR

If you have a VCR or DVD, rather than just using it for your favorite comedy or action-packed movie, try sticking in some good workout tapes. Even taking 15 minutes every day to work out will get you started. Try that for two weeks and you will be surprised at the results. Once you see that 15 minutes a day makes a difference, you will be encouraged to increase the time spent.

And one of my personal favorites... Yardwork!

Whether you're pulling weeds, planting flowers, mowing the grass or chopping wood: All of these activities can help you get into better shape. Don't cheat yourself though. Using a riding mower to cut the grass won't help you use the muscles or get your blood pumping ;)

So go out and get active, have fun, and work on getting or staying fit too!

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Bodybuilding 101

By Ted Belfour

Bodybuilding is a great pastime for people of any age. When you are young you may not even realize what you are doing in your everyday common or specific exercise activity is considered bodybuilding. As you get older bodybuilding might be something you do less for fun and more for the preservation of your health and appearance.

You may ask what types of bodybuilding activities you can do at home, at the gym, or in the great outdoors. The key to successfully maintain an exercise program is to find activities that you are interested in with out the knowledge you are exercising, character building, and bodybuilding.

As adults kayaking, swimming, and diving are activities in or near water that can build bodies. Tennis, softball, and skating can be fun bodybuilding activities. Teens participate in activities during school. Typically teens will walk more than an adults will just by the sheer fact the malls are bigger than ever. The activity that you choose or that chooses you must be fun to you. Both adults and teens are drawn to partake in gym–type–sports like racquetball or basketball.

If you ever watch a relatively active child they are naturals at exercise. They don't wake up in the morning and decide to put on running shoes to exercise; however they wake up on the go. Jumping, running, and skipping are just natural bodybuilding activities for children. Though today's society promotes the opposite behavior, with so many conveniences that are unnecessary, there are still kids that are outside from daybreak until dinnertime. Climbing trees, swinging on the neighbors rope swing or riding a bicycle are typical child–like activities and are bodybuilding activities too.

Exercise, weight training, and bodybuilding activities are not the only aspect of healthful lifestyles. Diet and proper rest are key ingredients also. The word diet tends to conjure the image of the latest gimmick in order to be thin. With a healthy person, diet is merely a balanced and structured feeding of the body. Allowing you body the proper amount of down time is essential in that with the correct fueling your body will perform more efficiently in ever aspect of your life.

Bodybuilding can be a fun and creative pastime for any one. Beginning or continuing a regimen of heavy–duty weight training and serious bodybuilding might not be for everyone. But an activity that promotes healthful habits and lend to the lean fitness of your body is always a plus.

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and

websites that

provide information on bodybuilding.



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