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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!**

**A Body at it's Best**

**By Mark Dayley**

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A great diet of nutritious foods provides the natural fuel to maintain youthfulness and long life but we are depriving ourselves of complete health and happiness if we do not include a good exercise program. I recommend developing a healthy, safe and lifelong commitment to exercise. It is best to carefully set realistic goals after meeting with your doctor. He or she may recognize your strengths and limitations and can work with you to achieve permanent results. Find activities and programs that interest you and rotate them so that you always enjoy your workouts.

So what can you do? Jogging, walking, swimming, aerobics, tennis, ... just about anything. The main thing is to commit, begin, and stay with it. Exercise goal and commitment realizations are greatly increased when you involve a friend. I highly recommend this and it makes the time go by faster and it is more enjoyable.

Why exercise? Improve the cardiovascular, respiratory, circulatory, immune, metabolic, systems just to name a few. If you are committed to taking supplements to help these critical bodily systems, go the "extra mile" (or more) and include exercise. You will feel and look younger, have more energy, and enjoy all the physical pleasures of a healthy life.

Here are some helpful links on exercise:

- American Council on Exercise (ACE) (I recommend reading their "Fit Facts")
- DiscoverFitness.com (Information and exercise programs)
- Workouts For You (Information and exercise programs)
- The President's Council on Fitness (Guidelines for fitness programs)

The next eUpdate article will discuss improving our "Breath for Life".

Health has everything to offer if you are willing to indulge. Start today to make these suggestions a part of your new lifestyle. Enjoy good health and long life!

About the author: Mark Dayley has studied numerous health and nutrition topics, written articles for health related newsletters and magazines, developed herbal formulations, registered many nutritional products internationally and consulted for various health and nutrition companies for several years. He sits on the boards of Body and Sole Patches, LLC. (<http://www.bodyandsolepatches.com>) and New Life Health Center (<http://www.newlifehealthcenter.com>)

## **Body Building Supplement**

**By Rolf Rasmusson**

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Body Building Supplement - what is it?

The term "body building supplement" is familiar to almost everyone nowadays. Body building supplement is a supplement that is designed to help people who use it to achieve several things that include but are not limited to weight gain, muscle building, and strength training. There are many other reasons for using body building supplement products but these three are probably the most popular.

Body Building Supplement - variety.

Currently there is a wide range of body building supplement products in the US market. Most of the time, you will probably have a real tough time figuring out what body building supplement does what, and what supplements you should take. There will probably be a lot of confusion when you are looking for the right supplement for your needs. Consult with you trainer and with your doctor. They can make it easier for you to make a selection and purchasing decision dealing with body building supplements.

Body Building Supplement - examples.

Since there are so many body building supplement products available to public, for almost every need in bodybuilding, there's a supplement that answers that need. The choice of supplement depends a lot on what are the goals of your body building program. For example, if your goal is gaining weight, many athletes say that creatine is essential.

But since there is no scientific proof of the benefits of creatine or many other supplements, be careful and don't simply trust that the claims on the label of the product. Spend some time researching about the product, consult with professionals. The body building supplement that you will use should both bring the positive body building results and be safe. If you are using several body building supplements, make sure that they can be used together without any danger to your health.

Additional interesting contentat [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)



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