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**Aerobic Clothing Trends**

**By Rachel Lynn**

Recently, I began attending aerobic class and went dressed in what I thought were standard

aerobic clothing. I wore soccer shorts, a faded t-shirt which I won't mind getting sweaty, and trainer sneakers. But the moment I entered into the aerobic class I was appalled.

Contrary to my expectations, my dressing style was viewed as derogatory and those high fashion snobs stared at me as if I were an alien. I found other related information like this at

<http://www.insideyourcloset.com>

. I think being sensible is no longer a trend, even for workout. Soccer

shorts and t-shirts is no longer considered appropriate aerobic clothing. Do you shop on the internet for your sports gear?

One of the factors for this aerobic clothes phenomenon is the vicinity I reside in. The people of Manhattan, are so fashionable that they come out all in their best clothes even for a walk in the Central Park. This is not like San Francisco, where anything and even non conventional and exotic fashions are accepted and appreciated by the people.

This is a city where people are uncomfortable when weather is too warm for overcoats. I know it was immature on my part to enroll for a trendy Manhattan health club, but had no other option. This was gym - a place where you sweat, you pant, you redden from exertion. There is no way to look good for an infinite length of time, so why this trend of nice aerobic clothing?

People were definitely very fashionable but no one there seemed to recognize that none of them actually required it. Had I been a little overweight, it would have ashamed me even more at my looks. What choice do fat people have? Is it a choice between slogging out at aerobic class or just sit doing nothing but hog and ultimately die of cardiac arrest?

## Aerobic Clothing Trends

I certainly was out of place with those clothes. I never want to adopt the aerobic clothing trend, it is absolutely illogical, but at the same those gory stares make me feel like a crook who has mistakenly entered a forbidden area. I wonder what they sleep in, when they are wear these expensive 80 dollar aerobic outfits.

Rachel Lynn loves working with the following sites:

<http://www.beautycap.com>

<http://www.masspressreleases.com>

### **Walking for fitness, A Beginning Program**

**By Kevin Doberstein**

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Start of article.

#### Walking for fitness, A Beginning Program

Warm temperatures, sunshine, summery breezes just incite you to start something active outside. Maybe that walking program you were thinking about all winter. Well here is a beginning-walking program you can follow to help you along. First we will start with some pointers.

Don't use a 6-lane highway as you're walking path. Try to find a safe area to walk if you can.

Use a pair of comfortable shoes preferably with a cushioned sole. Better yet, if you are serious about walking, buy yourself a topnotch pair of walking shoes.

Wear clothing you feel comfortable walking in. Preferably bright upper body clothing if you walk along more heavily traveled roads.

Start gradually with your walking to avoid getting super stiff and sore. Give your muscles a change to get use to it.

Use some light stretching after you are done walking to help bring back some elasticity back into your muscles.

## Aerobic Clothing Trends

If it is hot outside make sure to drink enough water to keep hydrated.

Walk with good posture by keeping your head up and shoulders back and not slouched ahead.

To reduce getting hit by a car try not wearing headphones.

**A Beginning Schedule:** This is an 8–week beginner's schedule. By the 8th week your total time will be 30 minutes. When you get done with each week you can progress to the next level. Each walking session starts with a 5–minute warm–up. The aerobic stage starts by increasing the walking speed. A rule of thumb to judge if you are going fast enough is you find yourself swinging your arms with each stride. Next slow down to relax your body and cool off for 5 minutes. If you think you are not ready to progress to the next week, stay at the same level until you feel you are ready.

Week One: Warm up 5 minutes, aerobic stage 5 minutes, Cool down 5 minutes

Week Two: Warm up 5 minutes, aerobic stage 7 minutes, Cool down 5 minutes

Week Three: Warm up 5 minutes, aerobic stage 9 minutes, Cool down 5 minutes

Week Four: Warm up 5 minutes, aerobic stage 11 minutes, Cool down 5 minutes

Week Five: Warm up 5 minutes, aerobic stage 13 minutes, Cool down 5 minutes

Week Six: Warm up 5 minutes, aerobic stage 15 minutes, Cool down 5 minutes

Week Seven: Warm up 5 minutes, aerobic stage 18 minutes, Cool down 5 minutes

Week Eight: Warm up 5 minutes, aerobic stage 20 minutes, Cool down 5 minutes

After week eight; Congratulations. You are ready to move up to the advanced level. Your next goal is eventually 30 minutes at aerobic stage.

Jeopardizing your health is the last thing Nature Boy wants. Please check with your doctor before starting a walking program. We want to make this a healthy start to a better lifestyle.

Kevin Doberstein has been a natural bodybuilder for the past 25 years. 15 years as a gym owner in Northern Wisconsin. Kevin enjoys walking on the Ice Age Trail in northern Wisconsin with Charliee the Wonder Dog. You can visit his site and join his newsletter at [www.nature-boy.bodybuilding.com](http://www.nature-boy.bodybuilding.com). You can contact him about articles or bodybuilding at [natureboy\\_bodybuilding@hotmail.com](mailto:natureboy_bodybuilding@hotmail.com).



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