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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!

Are You Fit?

By Andrew Mills

Fitness refers to ability of the body to function with vigor and alertness. Nutrition refers to the nurturing of our body, in our ability to keep it healthy and functioning as it is supposed to do. Our ability to provide the body with all the necessary food, vitamins, and minerals so that we continue to thrive in our daily life processes. But do we know if we are really fit? How do we tell?

First, you might want to look at your exercise habits, if there are any. If there aren't any exercise routines to examine, no fitness. Everyone, no matter what their age, benefits from exercise. It keeps our bodies conditioned, our mental sharpness working at top speed, and thanks to the physical aspect, we get a boost to our cardio health, extra calorie burn, and more oxygen to those cells!

Do you take in more calories than your body needs? Are you supplementing your vitamins and minerals to make sure you are getting your recommended daily allowances? If you're not making the most basic of efforts to take care of your nutritional needs, you aren't a fit individual. You may not look sick, you may not have any noticeable symptoms of ill-health, but you're not the fit and toned individual you could be. What about the stress levels in your life? Do work in an environment with high levels of stress? Is your personal life a source of comfort or does it add to your stress levels? Do you engage in some form of stress-relieving activity? Stress is the number one contributor to heart attacks and strokes, since they manage to speed up the affect of the real culprits. Stress is basically an out of control situation for most adults today. We manage to schedule every moment of our free time, and leave ourselves with no time for quiet reflection, or time to deal with life's unexpected emergencies.

Fitness requires us to examine more than just our exercise routine. The mere definition of fitness refers to the body's ability to meet physical stresses. That includes coping with our day to day life, getting from the beginning of the day to the end, without being worn completely out. In order to be truly fit, we find ways to rid ourselves of built up stress, the kind that begins to affect our muscles, muscle tone, and composition. Massages are the best cure for ridding our bodies of the stress buildup that can occur, even with exercise regimens and detract from our overall fitness.

Exercises that demand total body involvement are the best for maintaining and improving your level of fitness most effectively. Running, swimming, jogging, dancing, cycling, and very brisk walking are

Are You Fit?

some of the more popular total body involvement exercises.

There are so many occasions to stop and question our efforts at maintaining optimal health, that we usually don't even take the time to begin the examination. But it is beneficial to our overall health, the quality and quantity of our life, to make every effort to be fit, healthy, individuals. Read more health and fitness articles at

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and many other websites for over 5 years.

The Search For The Holy Grail (Or Finding The Right Bra)

By John Barnes

We've been hearing it for years. Seven out of ten of us are wearing the wrong size bra, ladies! And having a bra fit by a 'professional' may not help at all!

Too often, we rely on those silly little things called tape measures to 'tell' us what size we are and stick to it like gum on a shoe, when in reality, the fit will be different depending on the style, manufacturer and fabric. Charts and measurements are often no help, especially when it comes to larger sizes.

Women who have gone to have a sizing done by a professional bra fitter do not always get the best results, especially if the fitter is inexperienced or has received little training. Your best bet? Grab a handful—no pun intended—of bras in your general size and start trying them on!

Are You Fit?

The most common problem: cups and underwires. Cups should fit comfortably. In other words, your cup should not runneth over—no bulges from the front or sides; nor should they be baggy. Underwires should fit under and around the breast, resting comfortably on the ribcage—never on the breast itself and you should be able to raise your arms above your head comfortably, also.

To find the right fit you'll also need time. Take a Saturday and make it your mission to find 'the right one'. If you decide to see a professional, a good fitter will make you feel comfortable and at ease and will explain what she is doing. She will check where the wire, the underband and the straps fit and have the ability to know from a mathematical formula how to fit you with a bra that is supportive and comfortable, not to mention attractive and flattering to your figure.

You don't have to spend a fortune but every woman needs a few bras of good quality in her drawer. Remember, you get what you pay for. At last, you won't have to be one of those 7 out of 10 women walking around doing the bra cha-cha (1, 2, 3—tug and adjust). Won't that be nice?

John Barnes Writes for

<http://www.lingerieexpress.co.uk>

Lingerie Express carries a vast selection of

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