

This Free E-Book is brought to you by Natural-Aging.com.

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

Avoid Common Fitness Pitfalls

By Lynn Bode

Avoid Common Fitness Pitfalls

by: **Lynn Bode**

While exercising isn't complicated, it's very easy to make mistakes. Often times the mistakes are made because of lack of proper technique training or simply due to rushing to get the workout completed. Regardless of the reason for the mistakes, they can lead to injuries or at the very least be counter-productive to your fitness goals.

Of course it's important to know specifically what to do to be successful at meeting your health and fitness goals but it is also crucial to understand what not to do. So take note of the following common mistakes and how to avoid them. These tips will help ensure your workout time is effective and help prevent injuries.

Too Much, Too Soon

Many new exercisers try to lose weight or tone up too quickly, by exercising too frequently or trying exercise programs that are too difficult for their fitness level. Be sure to start with an exercise plan that takes your current fitness regimen (or lack of) into account.

Pie In The Sky Goals

Despite what many advertisers would like you to believe, it's unrealistic to think you can lose 30 pounds in 30 days or that you can have Hollywood abs simply by doing 10 minutes of crunches a day. It's good to set goals but be sure they aren't too aggressive and realize it's okay to periodically re-define them.

Ignoring Expert Advice

It's always advisable to consult your physician before starting an exercise program. Working with a fitness professional is also a good idea so you can learn proper technique, the latest fitness information

Avoid Common Fitness Pitfalls

and learn how to avoid injuries.

Over-Exercising

If you start to feel overwhelmed, neglect important daily activities in order to workout or repeatedly get injured, then it might be due to exercising too frequently. Realize the importance of balance and that more is not always better. Consider reducing the frequency of your workouts or the intensity of some of them and periodically resting for a few days or a week.

Improper Breathing

Sure, breathing is an involuntary bodily function; something that most individuals tend to ignore. But, breathing correctly during fitness sessions is very important. Incorrect breathing can lead to lack of oxygen and even faintness. When working out ensure that you don't breathe too shallowly and try to

breathe through the nose and out the mouth.

Selecting The Wrong Size

Choosing the proper weight size when strength training is trickier than it sounds. Lifting weights that are too heavy for you can lead to improper form and ultimately to injuries. Use weights that are too light and the exercise session can be ineffective. If possible consult a fitness trainer to determine the correct amount of weight for your size, strength and goals. A trainer can also help you develop a plan for safely progressing forward on weight sizes.

Not Staying Hydrated

Drinking enough water on a daily basis is important. When you exercise you need to consume even more water. You should drink 16 ounces for every hour of exercise you complete. Plus you should try to consume 1–2 cups of water about 30 minutes before you begin working out.

Eating Too Little

No, that's not a typo. Not eating enough can be as detrimental as eating too much. When the body is not fed consistently, it goes into a starvation mode. Five to six smaller meals evenly spaced throughout the day helps keep the metabolism running smoothly. Just be sure to control portion size.

Hanging Out Instead Of Working Out

Just showing up at the gym is not going to help you get more fit. Socializing while leaning on a weight machine won't build muscles. It's important to enjoy your exercise time but make sure that the focus remains on physical activity.

Fixating On The Scale

Avoid Common Fitness Pitfalls

If you think the scale doesn't lie, consider this. Many professional athletes would be considered obese based on their weight alone. Look at the bigger and more relevant picture. Monitor your body fat percentage, if possible. Otherwise track measurements. Also don't underestimate the importance of improved physical and mental well-being.

Lynn Bode is a certified personal trainer specializing in Internet-based fitness programs. She founded Workouts For You, which provides affordable online exercise programs that are custom designed for each individual. Visit:

for a free sample workout and to sign-up for their

monthly fitness newsletter. Fitness professionals take your business online, visit:

Setting Body Perfect Fitness Goals for the New Year

By Robert Adams

Setting Body Perfect Fitness Goals for the New Year by Robert Adams

Goal Setting 101

All of our lives, we have many things we want to accomplish, but somehow, somehow, things just don't get done. That includes sticking with a lifestyle change that helps improve your overall fitness and health.

Each year the average American gains more and more weight, and yet there are more and more diet plans, weight loss schemes, exercise programs, and short cut methods that are supposed to support a Body Perfect solution.

Well I have a secret!!!

Life and success in your fitness and health goals, begins and ends with a between the ears process.

Yes, your MIND!!!

How you feel, what you think, what is going on between your ears, effects the net result of any lifestyle change, fitness program, or reaching any long term fitness or health goals.

So let's talk about Goal Setting and how important of an impact and focusing on establishing S.M.A.R.T Goals has on your future success in fitness and health.

So this is what defines S.M.A.R.T Goals.

– The most comprehensive fitness and health resource online, dedicated to

helping improve everyone's overall
Body Perfect Fitness and Health!!

Get your **FREE Coaching Session TODAY!**

Visit your **Body Perfect Fitness and Health** Blogging Session on the link below and be a part of helping support and improve everyone's overall **Body Perfect Fitness and Health.**

–Your Source for up to the minute Body Perfect Fitness and

Robert Adams holds an Associates Degree in Culinary Arts from the Culinary Institute of America, is a Certified Coach in Coaching for Personal Development as well Interaction Management, is a member of NESTA– National Endurance Sports Trainers Association, and lives a healthy lifestyle through his Body Perfect Fitness philosophy of healthy eating and fitness focus.

Related Content:

Setting Body Perfect Fitness Goals for the New Year
S.M.A.R.T Goals @ Body Perfect Fitness and Health
Men's Fitness Magazine Subscriptions
Fitness Supplement
Benefits of Choosing an Online Fitness Program

Read more Content at

Related Products:

101 tips to stay fit and live longer.
Starting a Successful Retail Business
Smoothies for Athletes
How to keep up the SPICE in your Love Life.
Tattoo Secrets

: A genuine resource center for Quality Ebooks and Softwares

Powered By

FreePDFeBooks.com

ReBrand this PDF eBook with your Name / URL / ClickBank Affiliate ID for Free



This Free E-Book has been brought to you by Natural-Aging.com.

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