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**Beginner's Guide To Fitness**

**By Diana Keuilian**

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So you are finally ready to turn from your couch potato ways, and trade your T.V. remote in for a dumbbell! Congratulations, and welcome to the wonderful world of fitness! I commend you on your resolve to lose weight and get into shape! Now where do you begin? These days there sure is a lot of talk about diet and fitness, whether it is a new diet pill or piece of exercise equipment. It is enough to make your head spin, and certainly enough to confuse the beginner. Take a deep breath, and follow these simple tips to go from being a fitness beginner to a pro!

**TIP #1: GET MOVING**

The first thing you need to do, as a fitness beginner, is to start moving! I mean this literally. Get up, and walk out your front door. Now walk down the street. Now turn the corner. Keep going! Do you get the picture? Start introducing your body to fitness by going on walks. These walks will probably start out slow and short, but before you know it they will be brisk and long. Try to work up a sweat as you tour the neighborhood. Make it a habit to wake up early to go on your walk, or consistently go on a walk before you go to bed. These walks will get you to start burning calories each day, and will also begin to build your cardiovascular endurance.

**TIP #2: STRETCH**

Once you become a pro at walking, you will need to add something new to your routine. Stretch before and after your walks. Start by reaching down to touch your toes and holding it for 30 seconds. You will feel tightness on the backs of your legs, in your hamstrings. Now place your palm against a wall at chest level and turn your body away from it. As you hold this for 30 seconds you will feel a stretch in your chest. Most inactive people have tight hamstring and chest muscles due to prolonged sitting, so it should be your priority to stretch these muscles out. You will be pleasantly surprised at what this will do for your posture!

**TIP #3: CLEAN YOUR DIET**

Fitness professionals like to claim that 80% of what your body looks like is directly related to what you eat. In other words, if you are eating burgers and fries and visiting the gym everyday, you are still going to look like you are eating burgers and fries! It is time to clean up your diet, so you can continue on

your fast track to fitness.

·Rule #1: No more fast food. Fast food is cheap, available, and quick, but it is far from healthy. You are better off avoiding it completely.

·Rule #2: Eat 5 servings of fresh fruits and vegetables everyday. Your body needs the nutrients found in these foods, and they will fill you up without empty calories.

·Rule #3: Eat 4–5 small meals a day, rather than 2 large ones. This will keep your metabolism high all day, and turn you into a calorie–burning machine!

### TIP#4: JOIN A GYM

After you have mastered walking, stretching, and have started to clean up your diet, you are ready to join a gym. Don't be intimidated or scared of this concept, the gym is a friendly place where people go

to burn calories and build muscle! Find a local gym that has a convenient location near your home or work place. The key to making your gym membership worth its monthly dues is to use it consistently. Go to the gym no less than three times a week. While you are there begin a resistance training program as well as a cardiovascular program.

### TIP #5: FIND A BUDDY

There is no better motivator to get you to the gym than knowing that someone is there waiting for you. If you find yourself slacking off in your workouts, or skipping the gym, a workout buddy might be just what you need. Find a friend with whom you share similar fitness goals, and become workout buddies. Agree to meet three times a week at the gym, and encourage each other throughout your workout. You will find that this makes workouts motivating and fun.

There you have it, all you need to know to get yourself up off the couch and into a healthy, fit lifestyle! Making the decision to get into shape will be the best one you make in your life, and I wish you all the best. To your health!

Diana Keulian, author, ACE certified Personal Trainer, and co–founder of HitechPersonalFitness.com offers online personal training and nutrition programs that fit your budget and schedule. Whether your goal is to lose weight, firm and tone, or to build muscle, HitechPersonalFitness.com will build a custom designed program just for you. Visit: <http://www.hitechpersonalfitness.com/> and begin meeting your fitness goals today!

## **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, someday, 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.

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helping improve everyone's overall  
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–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.

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