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**Body Building Basics - Building a better body you can be proud of!**

**By Nishanth Reddy**

There are as many varied opinions on what "plan" one should follow to build muscle, as there are people who have those opinions. On one thing they do agree, however. You must have a regimen.

- You can begin by defining your objective.
- Why are you interested in body building?
- What do you hope to accomplish?
- What is your ultimate goal?

It's all about commitment and belief. There is an abundance of information about how to begin and conduct your journey, but without a burning desire to achieve, you are doomed to inevitable failure.

The following tips are not intended to be a "one size fits all." Take from it what you will. In that light, consider the following list:

1. Before beginning any serious weight lifting or body building regimen, consult your physician.
2. Set your goals. Define what you expect to achieve with your new bodybuilding campaign within a realistic time frame. If you create goals that are unattainable you are setting yourself up for failure. You can become bored, disappointed and disillusioned to the point where you may give up. This is a very sad outcome to what might have been the best decision of your life. Don't sell yourself short. Set your long-term goals, of course, but also set short-term goals that are achievable. And, don't forget to reward yourself when you do achieve them.
3. Consider the costs. If you don't already have a budget, create one. Then, determine what amount of discretionary funds you have available for your bodybuilding program. This will determine whether you can afford to have a home gym or if your needs would better be served by joining a club. Joining a club is still a good short-term introduction before spending hundreds or thousands of dollars on

equipment that might not be appropriate for your needs.

4. Don't forget some of the low cost alternatives to purchasing your bodybuilding equipment. If used equipment is still functional why spend the extra dollars just for a little glitz! Good, brand name used equipment is every bit as functional as something right off a showroom floor.

5. Consider combining a home gym along with a membership in a public facility. Purchase less expensive free weight equipment for use at home and join a gym to have access to the more expensive equipment. You can design your entire workout routines around a combination such as this.

6. Eat healthy! This can't be stressed enough. The only true bodybuilding aids are good nutrition. Consult a licensed dietician. Watch your local community calendar for free seminars on diet and nutrition. Learn all you can about what nature freely provides that can help you to develop a healthy

diet.

7. If you choose to use dietary supplements, make certain that you know what you are putting in your body. Follow the packaging guidelines we outlined above. Ask your physician for his/her recommendations based on the regimen you have selected. No friend, coach or acquaintance can take the place of your physician. In fact, you may even investigate finding a physician who specializes in sports wellness.

8. Be kind to yourself. Yes, it's important to push to achieve your goals, but it's very easy to tip the scales in the other direction and create a nightmare for yourself. Obsessive, compulsive behaviors are not conducive to a healthy bodybuilding lifestyle.

Nishanth Reddy, is an author and publisher of many health related websites. For more information on how to gain mass, build muscle, body builders routine and tips on bodybuilding visit his website at

<http://www.fitness-wellness-guide.com>

## **Body Building Supplement**

**By Rolf Rasmusson**

### **Body Building Supplement by Rolf Rasmusson**

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 Basics – Building a better body you can be proud of!

### 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 content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)



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