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## Exercise Tips For Skateboardist

By Dana Bradley

Many skateboarders feel that it is unnecessary to engage in exercise for this type of sport. Can

`Ollie's' and `kick-flips' count as exercise? Notice that in every sport, a sportsman or sportswoman must engage in some form of exercising before competing. Just like a boxer in the ring throwing punches can not pass as excising, a skateboarder doing twists, turns and flips can not take place as exercise.

It is recommended that a skateboarder exercise at least 3 to 5 times per week. A skateboarder should also engage in stretching before practicing or competing. Those who exercise have more energy and are more likely to succeed in this sport. In order to be a skateboarder, one has to be alert. You can't be alert while feeling fatigue and sloppy. Notice those skateboarders who are the moodiest while practicing or competing. Moodiness stems from not taking care of one's body. Yes, not exercising can actually affects a person's confidence. Those who exercise regularly are the most successful at this sport.

Skateboarding is a lot like dancing, especially when there is music in the background. But a dancer doesn't just settle for dancing or call it exercise. During a dancer's time off, they engage in a clean and healthy lifestyle which includes exercising.

### Exercising Tips for Skateboarders

Tip one: Think about an exercise that's easy and that you can do everyday, at least 3 to 5 times per day. This can be jogging around the park or your neighborhood, push ups, sit ups, weight lifting or joining your local gym.

Tip two: Make sure that you stretch or do a mini exercise routine before skateboarding. Stretching reduces injuries. This includes stretching before a competition or a big skateboarding event.

Tip three: Before beginning any exercise routine, no matter how old or young or what shape you are in, make sure that you consult your physician. He or she may be able to recommend an exercise technique that is compatible with your body type.

## Exercise Tips For Skateboardist

Please abide by these tips and remember that skateboarding is supposed to be adventurous. Also, you don't have to burn yourself out when exercising. Learn a few exercise techniques and stick with them. To be a great skate boarder, have fun, and remember that results from exercising are not always instant. You have to be consistent and disciplined when exercising. Exercising is not always for a person to loose weight. Exercise helps to receive energy and the ability to maintain their weight.

Dana Bradley writes about

<http://www.buyskateboardgear.com>

,

<http://www.buyskateboardgear.com/Coupons/DicksSportingGoods.com.html>

and

<http://www.SportsTeamFanHeaven.com>

### **Get Well: Exercise Tips For Fibromyalgia Sufferers**

**By Kathryn Whittaker**

If you suffer from fibromyalgia, it is possible that you will benefit from a carefully constructed exercise program. However, those who have fibromyalgia are often not in the best of shape, so it is important to implement the exercise carefully and with a plan in mind. Here are some exercise tips for fibromyalgia sufferers that can help you to feel better and get your active lifestyle back again.

If you have fibromyalgia, you may not feel like exercising. So, then, why do it? Part of implementing exercise to cope with fibromyalgia is understanding why you would do that.

Exercise can lessen your pain and prevent weakness of your muscles. Endurance exercise, like walking and cycling, can help you become stronger overall and give you additional energy. In a nutshell, exercise will help you feel better overall. As long as you do it the right way, exercise can be one of the most effective treatments for those who suffer from fibromyalgia.

#### **Start Slowly**

If you suffer from fibromyalgia, you know that you are not usually energetic and that your body has likely become somewhat stagnant. Because of the blow to your overall physical fitness, you should make sure you start slowly. With that in mind, one of the best exercise tips or fibromyalgia suffers is to go from low amounts and intensities in your workouts and work up to the higher ones and longer sessions. Helpful exercises for those with fibromyalgia include low impact exercises, walking, and anything that may be designed for those with arthritis. Water exercise classes and programs, in fact, are as good as any for those with fibromyalgia.

## Exercise Tips For Skateboardist

### Stretch First

No matter what exercise you choose to help you with your fibromyalgia, you have to stretch first. No matter what, one of the top exercise tips for fibromyalgia sufferers you will get is to stretch. Stretching helps your body warm up before activity begins. Additionally, it is its own type of exercise and can improve blood flow. You will also greatly reduce the risk of injury as you exercise if you remember to stretch first.

### Soreness is Okay

Another one of the exercise tips for fibromyalgia sufferers is to expect some soreness. Listen to your body and make sure you don't overdo things, but when you start a new exercise program, you are going to feel some soreness. As you continue your program and become stronger, though, the soreness will likely begin to subside. If, though, the pain gets worse or is intense, then it is time to cut back on the exercise. Additionally, talk to your doctor before you start an exercise program to make sure your fibromyalgia will cause no complications. If he or she gives you the okay then you will be on your way to feeling better and being happier.

With the help of these exercise tips for fibromyalgia sufferers, you can aid in your own treatment. Exercise will help you feel stronger and increase your stamina. Before you know it, if you plan it right, you will be exercising more and feeling your fibromyalgia less. In the end, isn't that the only goal you

really have?

Kathryn Whittaker has an interest in Health & Beauty related topics. To access more information on

<http://www.gazettenews.org/category/health/>

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