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Exercise and the Time Clock

By Sherri L Dodd

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I have to admit that I sometimes find it amusing when someone knows I am a trainer and proceeds to elaborate on the hours that they spend in the gym. One example was a few years back when I was introduced to a nice young women, who proceeded to tell me that she went to the gym twice a day, an hour each time. Unless this second hour was spent in the jacuzzi or making up for lost time due to chatting with fellow gym-goers during the earlier timeslot, I would be leary. Instead of being impressed by her exuberant enthusiasm for working out, my thoughts were that one of those hours might be better spent in a counseling office. Excessive exercising is unsafe and a sign of other deep-rooted problems. So, the question remains how many ticks on the clock should pass before you head for the locker room? And what compels a person to go way overboard in their exercise routine?

First off, if you are one of our valued clients, you already know that the Mom Looks Great program utilizes the thirty to forty-five minute workout. If you have even an inkling of exercise information in your noodle, you atleast know that even twenty minutes a day can benefit your heart. So why are some people intent on doing more, especially when there are serious consequences?

The most common problem with over-exercising is injury to muscles and joints. The idea of regular exercise is to appropriately stress the muscle during exercise. This stress places small tears in the muscle, which upon repair, grow in size and strength, also known as hypertrophy. When the muscle is over-exercised, it goes beyond what is appropriate and can actually damage the muscle. Common areas of injury are legs, feet, back and shoulders as well as joints problems that include knees, ankles, elbows and wrists. This can lead to a lifetime of recurring injuries.

Another negative consequence to over-exercising is the compulsion that usually accompanies it. Eating disorders, such as anorexia, bulimia and other body starving diet tactics are dangerous enough. When you add an addiction of too much exercise to an already detrimental dieting tendency, you are left with the possibility of heart damage from insufficient fuel and nutrients to sustain the workout. While the aforementioned health issues are serious enough, an individual can also develop frequent

headaches, loss of coordination and various stomach problems.

Over-exercising is not a physical disorder. While it will affect you physically, it is more of a symptom of depression or other mental illness. And if you think about it, over-exercising, eating disorders, feelings of inadequacy due to poor body image, poor judgment when evaluating priorities are all symptoms of depression. The bottom line here is when your choices begin to compromise your health, happiness or safety it is time to seek out effective counseling.

A lifestyle incorporating exercise is nothing but beneficial in many aspects. People exercise with a goal in mind whether it is to feel better, defuse stress or build muscle. Luckily, in addition to using an appropriate weight (intensity) during your workout, over-exercising can easily be detected with a simple time evaluation. I advise my clients not to go beyond one hour a day five days a week in a formal gym-type setting; and that is extremely generous. It is also easily controlled when you follow a specific routine. With the Mom Looks Great Fitness Program, you are guided to work different parts of your

body throughout the week and have a variety of activities within your exercise regime. And just for good measure, remember that you cannot possibly overdo it by simply strolling your baby in the park or games of tag with your preschoolers. These forms of exercise are most welcome any time.

Sherri Dodd is an ACE-certified Personal Trainer and Lifestyle and Weight Management Consultant. She is also the creator and author of Mom Looks Great – The Fitness Program for Post Partum Women. With over fifteen years of exercise experience, she is dedicated to a life of fitness as well as encouraging others to seek healthy habits and a better quality of life.

An Alarm Clock Will Help You Start The Day Right

By Mike Yeager

If you have been wondering about the problem of time alerts, an alarm clock is the answer. It's a common story - "I was so tired yesterday that I overslept." Then there are those appointments that we cannot keep sometimes, and wish that someone or something could alert us to the fact that it is time. In this day and age we have an answer to this never ending concern. The answer is – Alarm Clocks. Getting one, and setting it, is an almost instant solution to being on time.

Choosing an appropriate alarm clock is an intricate process. Most clocks today come equipped with an alarm clock, but if you are sensitive like some people – you might really want to think about your options. If you are the kind of person who moves around a lot, you might want to think about a travel alarm clock. These are small in size and can be tucked away somewhere.

With the coming of the 20th century one can convert a computer in to a computer alarm clock. Some people don't like being stunned awake, suddenly. A Sunrise alarm clock would probably be what this person is looking for. It simulates a sunrise to help with the transition from sleep to being awake. Isn't that nice? If you are into meditation a zen alarm clock might be your thing. Whoever you are, there are alarm clocks out there just for you!

Mike Yeager
Publisher

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