

Fitness Woman. Do you need a reason to get fit?

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Fitness Woman. Do you need a reason to get fit?

By Kevin Doberstein

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Start of article.

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Oh what a shift! Death and disease from tobacco is being replaced with obesity related diseases. This according to recent study of trends. Heart disease has become the number one killer of women. Obesity from inactivity and very poor eating habits are killing not only women but men also. More children and teenagers are becoming overweight and diabetic. In this article we will concentrate on women and obesity.

First, lets look at the nutrition part of the growing dilemma. Fat from deep fried foods, bad cuts of meat and fats added in cooking compounded with sugar laded foods are the biggest culprit of the expanding waist. Start replacing that donut with an orange or apple. Eat chicken breast meat instead that fat laden bratwurst. Replace the potato chips with lite popcorn for a salty snack. There are web sites that you can check out that will help you in this area.

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Don't be taken in by some magic pill or potion to help you lose the fat. Cleaning up your eating habits is the best way. Generally the less processing the food went through the better it is for you. Example would be, an apple alone is better for you than a piece of apple pie.

Let's get active!

Now let us touch on the lack of exercise and obesity. Do you have to train for a triathlon to get into shape? No. But you do have to increase your activity part of your lifestyle. Simple steps like getting off the couch while watching TV and taking a walk. Parking in the back part of

the parking lot at work to increase walking distance. You don't really need fancy equipment just to lose a few pounds. Just determination. Or maybe you would like to start Fitness Walking. An excellent low cost workout. You are saying to yourself "what is the difference between walking and Fitness Walking?" With Fitness Walking you pace yourself fast enough to elevate your heart rate. When you reach your targeted heart rate, you are at optimum fat burning. Basically you need a higher quality walking shoe and a program to follow. Or maybe join a yoga or Pilates class. What ever you think you would like to do and stay at it.

The fact of the matter!

Women may reduce breast cancer 25% to 35% with reasonable exercise. Again you don't have to train for a triathlon to receive the benefits. Drop the extra weight by watching your diet and becoming more active in your lifestyle.

Jeopardizing your health is the last thing Nature Boy wants. Please check with your doctor before starting a fitness program. We want to make this a healthy start to a better lifestyle.

Author Bio: Kevin Doberstein has been a natural bodybuilder for the past 25 years. 15 years as a gym owner in Northern Wisconsin. Kevin enjoys walking on the Ice Age Trail in northern Wisconsin with Charliee the Wonder Dog. For more articles about bodybuilding, Fitness Walking, nutrition and a Fitness Walking program you can visit his site and join his newsletter at www.nature-boy-bodybuilding.com. You can contact him at natureboy_bodybuilding@hotmail.com.

This Mother's Day -- Give The Gift Of Fitness

By Lynn Bode

Do you know a Mom that deserves a special gift this year for Mother's Day? I'm sure you know at least one, if not more. Sure, flowers can always brighten a Mom's day and a dinner out is always appreciated. But, doesn't she deserve something more personal, something that won't wilt and something that lasts longer than an evening? This year give that special woman a gift that will improve her well being.

I'm talking about the gift of fitness. Improved fitness is a gift that is invaluable to everyone. After all, what woman doesn't want to look better, have more energy, and be healthier? Plus, all Moms need to take time for themselves, but most are reluctant to schedule that "me" time. So, give them a gift that will help encourage them to enjoy some alone time .

When you give a woman the gift of fitness, you are helping her open a door to better health (both physically and mentally). I can't think of a more thoughtful gift that shows the recipient how much you care about their well being. By giving the gift of fitness you are providing them with unlimited health benefits. And, it's a gift that you can truly feel proud to give.

Of course, we all know that exercise can help people stay slim and fit. But, do you also know about all the other great benefits of exercising? Daily physical activity reduces stress and can help you sleep better. Fitness has been linked to reducing the risk of some diseases and to warding off depression. Researchers also believe that strength training can help prevent osteoporosis. Not to mention that exercise also improves self-esteem, increases stamina and ultimately helps you be able to do continuous work for longer.

All Moms would find these fitness benefits incredibly invaluable. If she is like most of us, she's probably even mentioned how she would like to drop a few pounds or just get in better shape. In fact, experts say that about 62% of Americans are currently on a diet. By giving the gift of fitness you are helping provide her with extra motivation (which is one of the biggest obstacles in getting fit). She may be more motivated to actually get fit because she doesn't want to feel guilty for ignoring such a thoughtful gift (personal training gift certificates and gym memberships are especially good for helping with motivation).

While fitness gifts are incredibly valuable, they don't have to be expensive. Gifts can cost as little as \$5 or range into the \$100s of dollars. Here are a few suggestions in the various price ranges:

Under \$15: Resistance Band Dumbbells Jump Rope Exercise Mat

\$15 – \$35 Fitness Ball Online Personal Training Program (custom designed for the gift recipient)
Home Exercise Video Heart Rate Monitor

Over \$35 Full dumbbell and barbell set Treadmill Bicycle Yoga Kit

Giving something that supports health and wellness will be appreciated for years to come and may even turn someone's life around. The gift of fitness will make her feel special - she'll know that

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someone cared enough to give her the opportunity to improve her health. And, giving a gift that will help someone lead a healthier life is also one of the most rewarding gifts you can give. So why spend another Mother's Day searching for the perfect gift only to end up with the same old things? Surprise her this year and give the gift that comes from the heart and truly keeps on giving throughout summer and beyond.

Want to enjoy the benefits of improved fitness for yourself? There's no need to wait for someone to give you the gift of fitness. Treat yourself to a special fitness gift - you deserve it!

Written by Lynn Bode, founder of

. Workouts For You provides affordable online

exercise programs to help even the busiest of Moms lose weight, tone-up, build muscles, increase stamina and more via the Internet. Get fit either at or away from home. Let our certified trainer guide you one-on-one through your fitness journey. Visit:

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