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Five Ways to Fit Fitness Into Your Life

By Rick DeToma

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Everyone is pressed for time these days. It does not have to mean that fitness can't be a part of your life. In as little as 10 minutes a day, you can begin to make positive changes to your body.

People often have an all or nothing idea about exercise. They feel that if they can't fit in an hour of exercise that they will do nothing instead.

Successful exercisers make fitness an important part of their lives. Try scheduling your time to exercise like you would any other appointment.

If you are struggling to fit exercise into your day, try these fitness tips:

1. Tackle one body part per day and perform as many reps as it takes to reach failure. Or set a rep goal for yourself and do as many sets as it takes to reach your goal.
2. Exercise while you watch TV. (Don't just sit there, DO something.) Why not do some crunches, or leg extensions while watching the tube? How about some lunges? Anything you can do in a gym sitting down, you can do at home sitting down in front of the tube.
3. Superset your workouts. Put two exercises together and perform them one after another with no rest in between. You can either do a mixed superset of an upper and lower move combined, or you can choose two opposing muscle groups like chest and back.
4. Combine 2 moves into 1. Any time you perform a lower body exercise and your arms are not involved you miss out on a time-saving opportunity.

Try performing a lunge with a curl, or lateral raise. Or a squat with an overhead press.

You could create an entire workout around this concept and divide up your body parts and exercises so that you keep things fresh.

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5. Circuit training. Select a number of exercises for your entire body and perform them as a circuit with little or no rest in between. Repeat as time allows for 2–3 circuits.

People will always find excuses to not exercise. These tips show you how to fit exercise into the busiest of schedules and get the benefits of regular exercise.

It's not about finding the time to exercise, it's about MAKING the time to exercise. No matter how busy you are. It's always better to do something than nothing.

The information contained in this article is strictly for informational purposes and is not intended to provide medical advice. If you are sedentary or over 40 please get clearance from a doctor before starting an exercise program.

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Rick DeToma is a fitness coach, and trainer who specializes in home workouts. Contact Rick for a no obligation telephone fitness assessment at:

"<http://www.tailored-fitness-home-workouts.com/contact.html>" Get more tips like these by subscribing to Tailored Fitness News <http://www.tailored-fitness-home-workouts.com/newsletter.html>

Fitness Magazine Subscriptions: Cheaper Than The Gym

By James Brown

If you are looking for a way to keep up with the latest fitness trends, find new workout routines, gear, and techniques, and get advice on eating healthy to maintain your weight and performance, a subscription to a fitness magazine may be a better bet than a gym membership.

There are several different types of fitness magazines, from the general to those that focus on specific types of exercise, like weightlifting or yoga. There are also different magazines depending on whether you are looking to use fitness as a part of a healthy lifestyle, a weight loss tool, or to reach a high performance level or certain body type.

For women, there are a few magazines in the general fitness area that cater to you. They include Self, Shape, and Fitness Magazine. If you're pregnant, there's Fit Pregnancy. For men, there's Men's Fitness and Men's Health. There are also magazines for everyone, like Fit and Health and Fitness Sports Magazine. These publications cover a wide range of health and wellness issues, from healthy eating, to beauty and hygiene products, to the latest medical news.

If weight loss is your fitness goal, check out Weight Watchers magazine. Yoga is growing in popularity,

Five Ways to Fit Fitness Into Your Life

try Yoga, Yoga Journal, or Yoga International Magazine. Pilates is another current fitness craze, and there's a magazine for that, too, Pilates Style.

Bodybuilders have a myriad of choices, including Flex, Muscle and Fitness, and Iron Man. And of course there are magazines for just about every sport imaginable, such as Golf Magazine and Golf Digest for folks who like to hit the links. Runner's World and Running Times are devoted mostly to distance runners. Tennis players have Tennis Life and Tennis Magazine. If you prefer to get your workout in the water, try Swim or Swimming World (they are by the same publisher, you may be able to get both for the price of one). Skiers have their own magazines, too, like Skiing and Ski.

If fitness is your job, subscribing to a magazine in your field could help your business. Personal training is a highly entrepreneurial field, and keeping up with the latest trends could give you that extra edge to get more clients. Check out Personal Trainer Today or Personal Training magazine. If you run your own club, try Health Club Management. Whether you are staying fit, helping others stay fit, or both, there's a magazine out there for you.

James Brown writes about

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and Magazine Coupons



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