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It's Not Just About Dieting...

By Jan Nicholas

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You may not like what I'm about to say, but dieting alone will not help you to lose weight. You have to give your body the exercise it needs. As I mentioned earlier, a couple of centuries ago, people were involved in a lot of manual labor.

This gave their bodies all the exercise that was needed. But due to the changed life styles, most of us do not have to engage in strenuous work. Most of us sit in front of computers all day long or engage in other sedentary works.

It is because of this that exercise becomes crucial for weight loss. Generally people do not gain weight till their early twenties. But once they cross the 25 mark, then visible signs of weight gain can be seen everywhere and in the mid section in particular.

There is something very important that you have to understand if you are really considering the possibility of losing weight. You will have to consciously give your body the required exercise that it needs for the weight loss to be really effective.

Watching your diet alone is not going to yield results unless it is coupled with proper exercise. You have to make a conscious effort for this. And the solution for this is a work out routine.

When we think about the life in the country, there is always something rosy about it. What is it that the people in the country have that we do not? When you ponder about it you find that those lucky souls eat good food, they work really hard, by work I mean real physical work and they have good night's sleep. Of course they do not have all the amenities and facilities that the city life has to offer.

But the city life comes with a lot of strings attached. People in the cities are generally less healthy than the people in the country. One of the reasons is pollution of course but the other reason is because people in the city do not get enough exercise.

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Now, when I talk about healthy bodies please make no mistake about what I am referring to. I am not talking about the Mr. Universe kind of body, the bodies that we see on WWF.

I am talking about people who are fit. And fitness and exercise are just two sides of the same coin. They both go hand in hand.

In order to stay fit you need exercise and in order to exercise you need to be fit. But just because you are not fit now, it does not mean that you shouldn't exercise.

And just like that, just because you do not have any visible excess fat on your body right now, it does not mean that you need no exercise. Exercise is the best way to keep obesity, cardio vascular disorders, hypertension and all those lifestyle-related disorders under control.

First of all let us get one point straight, exercise does not necessarily mean pumping metal. If you do have the time to go to a gymnasium everyday, then that is well and good.

But I suppose most of us do not have the time for a regular work out in a gym. So the other alternative is to do it at home of course.

But whether it is at home or at a multi-gym, there is something that I want to tell you. Whatever you are doing, you must try and do it regularly.

Consistency is very important for an exercise routine to have the desired effect on our body. Getting started is the easy part, it is sticking to a regular exercise routine that is difficult and this is what makes most people give up in between.

Most people get on to a beautiful start. They buy track suits and gym-wear, running shoes and a whole lot of other gear. Their first day at the gym is almost a celebration.

Then as the days go on, they find it increasingly difficult to meet the domestic and professional demands and so their routine slows down and finally comes to a complete workout burn out. In other words, they stop working out completely.

It is a universal fact that the most chosen time for work outs is the evenings. If you can stick to work out in the evenings then it is well and good. But most of us find ourselves exhausted in the evenings. We find ourselves physically and mentally drained. And at that time our bodies will be just too tired for a work out.

The result is that after the first few days of working out, the interest just dwindles away. The other reason is that in the evenings a thousand and one things may crop up and then there is hardly time for a warm up. So it is best to set aside some time for exercise in the morning itself.

There are two advantages of setting apart time in the morning. The first advantage is that in the morning our bodies are fresh and full of energy. Now over here I want to make one point clear.

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There is a popular misconception that exercise depletes the body of energy but the case is just the opposite. Exercise pumps up more blood through the different parts of the body and warms up the body, so in fact, after exercise we feel more charged and ready to face the challenges of the day.

The second advantage is that in the morning we can plan for the whole day without letting the exercise routine affect the rest of our activities.

What about those of us who have never worked out before? In such cases you might need to start off under the personal supervision of an instructor and that may require that you go to a gym. But what I would suggest is that there are two simple things that any one can do for which you do not need the help of any instructor.

You know what these are? They are walking and swimming. Any body can walk and those of you who know how to swim can swim. For these two activities you do not need much gear and experts say that these two exercises have no side effects and are excellent stress busters.

So in the morning wake up just half an hour earlier, put on your walking shoes and hit the roads. Most roads will be less crowded at this hour and less polluted too. It is a wonderful way to start a day.

Jan Nicholas – For more tips like these go to

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Fourteen Reasons Why Dieting Is Bad For Your Health

By Paul Wilson

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1. The lower the calories eaten per day, the harder it is for you to get your daily requirements of proteins and vitamins.
2. Dieting makes your body believe it is starving so it starts to save fat, as this is its best way to store energy.
3. Losing weight means digesting your own body tissues instead of food and unfortunately, dieting does not tell your body what parts it needs to digest or which parts to

save.

4. Severe dieting causes muscle loss and if you are unlucky the loss may be from your heart with severe consequences.

5. Dieting will make you difficult to live with and your family may want to kill you.

6. Dieting changes your body chemistry and one effect may be bad breath.

7. If you're a smoker you may smoke even more to dull the hunger pangs.

8. Binge eating, generally with very unsuitable foods often follows dieting.

9. Dieting makes you food obsessed.

10. Breaking a diet often results in guilt, poor self esteem and despair often followed by comfort eating.

11. Dieting emphasises food as a reward or compensation – so called 'comfort eating' where food is used to cheer us up or because it's raining we are somehow entitled to eat lots of sweets or cakes.

12. Dieting lowers the base metabolic rate which means you can live on less food, so when you return to your normal food intake which was already too high, you put on weight even faster than before and will probably end up heavier

than before the diet.

13. Dieting does nothing to teach you to eat healthily. Healthy eating does not mean going hungry.

14. Dieting often causes constipation and this concentrates toxins and carcinogens within the bowels and they are present for a longer period. Fruit and vegetables have a positively beneficial effect on the smooth running of your digestive system.

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