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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

R Factors For Fitness and Health @ Body Perfect Fitness

By Robert Adams

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Building a:

Perfect Body for Body Perfect Fitness and Health

Is just Four Factors Away!!!

The R Factors!!!!

What are they?

Rev up

You must incorporate an on-going Aerobic (with oxygen) exercise program in each of your weekly goals. That means a minimum of 3 times per week, you must work on strengthening and protecting your heart from the risks associated with a sedentary lifestyle. Your heart will thank you for it, when you Rev up your motor and keep in revved for a minimum of 20-30 minutes three times per week in your target heart rate zone. Aerobic (with oxygen) exercise will definitely improve your Body Perfect Fitness and Health as well as make your heart stronger so your whole body can work more efficiently.

Ultimately more oxygen will flow through your body and reduce the risk of depression and anxiety as well as increase your good cholesterol (HDL) and reduce the risk of heart related disease. Think about it!! Lower your risk of heart disease, diabetes, high blood pressure, stroke, heart attack, and just for a little body movement for 30 minutes 3 times per week. Where do I sign up?????

What is your target heart rate you ask?

Well first of all the type of exercise does not matter. You may walk, ride a bike, run, work out on a treadmill, stairclimber, elliptical machine, or any movement that will put you into a aerobic (with oxygen) state.

Getting your heart rate up to and maintaining a range of 65%–80% of your MHR (maximum heart rate) for 20–30 minutes. Keep in mind that your body will not start to burn excess fat and carbohydrates until you hit about the 20 minute mark of that 65%–80% MHR. Your body will then kick in and start to gobble up those stores of fat in your body and munch down on them to help you reduce your body fat % and get to a leaner **Body Perfect YOU!!!**

To calculate your MHR you must first take 220 and subtract your age. That becomes your high end of the threshold of your heart rate.

An Example:

I am 43

$220 - 43 = 177$ is my top end of my heart rate– I basically would be at an exhaustion rate with my heart maintained at 177. Meaning I would not be able to sustain exercise at that high a level for too long and really I would not get any long term Aerobic benefit.

My goal is to keep it between 65%–80% of that 177 maximum for my age:

$$177 \times 65\% = 115$$

$$177 \times 80\% = 142$$

So my goal would be to keep my heart rate in the 115–142 range for the best Aerobic conditioning for FAT loss and to keep it in that range for a bare minimum of 20 minutes, because the real benefit kicks in after 20 minutes. So if you can incorporate cardiovascular activity at least 3 times per week for 30 minutes or more you have just completed the first important step in the

R FACTORS for a Perfect Body

Resistance

Resistance Training. Moving Weights, lifting something, exerting force on your muscles to produce hypertrophy. Working out!!!! Yes studies have shown that incorporating resistance training into your daily and weekly Perfect Body for YOU Body Perfect Fitness and Health routine, will help support a transformation of your body composition. Meaning you will gain more muscle and reduce the amount of fat % that your body is composed of. A solid resistance training program is essential in the transformation to a leaner more defined body that will work harder for you when you are not working. Studies have shown that a higher % muscle composition body will work at burning more calories per hour while at rest than a body with higher fat percentages. **Lean bodies Burn more FAT!!!!!!**

Retrain

How you eat and what you eat!!!!

Yes it is very important in the R Factors to incorporate a retraining process of your eating habits. You have to think of your body as a car that needs to be refueled every day. The right type of fuel will determine how your engine runs. Small meals every 3–4 hours that include low glycemic index foods that are low in fat, are good complex carbohydrates and that incorporate the right type of lean proteins, will provide a well rounded nutritionally sound eating plan that keeps your blood sugar in check throughout the day.

Here is one great way to help manage and build the perfect meal plans for you:

Don't Buy into the fact that you can eat all the FATTY Foods you want as long as they are high in protein and low in carbohydrates. Your body does need fat, but it needs the right kinds of fat. The fats that are not saturated and low in trans–fats. Stick to fats like Olive oil and Canola Oil. The fats found in nuts like Almonds are outstanding, because they are low in saturated fats and high in the good fats. The fats that help you raise your HDL and lower your LDL levels in your body to maintain a healthy cholesterol level. When thinking of low glycemic foods think of one other important factor.

GREEN IS GOOD!!!!– Yes the darker the green the better. That means that trying to incorporate Dark green vegetables into every meal is essential.

Every meal I incorporate the following great low glycemic veggies:

Broccoli

Asparagus

Spinach

Green Beans

So try and blend in a salad at lunch with fresh spinach or romaine lettuce. Remember the darker the green the better. These lettuces will provide you more nutritional benefit than iceberg lettuce that is very light in color and contains mostly water.

Have a nice plentiful serving of a dark green vegetable with your evening protein. Every night I have one of the vegetables noted above with every single meal.

Steamed Asparagus or Sautéed spinach in olive oil with garlic and some light low sodium seasonings are outstanding complements to a nice fresh broiled piece of Salmon filet or lean chicken breast, prepared the way you like it.

Focus on Fiber!!

When thinking of eating a carbohydrate think of fiber and how much that carb has. Are you eating plain white rice or did you opt for brown or wild rice, which is less refined and more natural in terms of adding fiber and being lower on the glycemic index for a carbohydrate. Can you skip the potatoes and

just eat a larger portion of broccoli or asparagus??

I rarely eat potatoes or plain white rice in my eating plan anymore. I have opted to consume very lean healthy fish or meats along with a highly nutritional and low glycemic index veggies and when I do eat carbohydrates, I make sure that they are as natural and unrefined as they can be and that they support fiber consumption in my diet naturally.

Remember that you need carbohydrates for energy and if you are working the

R Factors in the right way you are going to need those important complex and essential carbohydrates for keeping your energy level up and helping refuel your body. Also remember a lot of foods that brag about being Low in fat or having no fat, have tons of BAD carbohydrates. Look at white flour products like plain white breads and pretzels or as I mentioned already plain white rice and pasta. Unfortunately these refined carbohydrates which do not provide a tremendous amount of the right nutrients, help elevate your insulin levels and blood sugar and help you store FAT!!!

To learn more about Weight Loss and How to manage and control

your R Factors visit us at:

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helping improve everyone's overall
Body Perfect Fitness and Health!!

Here is a great way to get a **FREE** Weight Loss Coaching Assessment:

Get your **FREE Coaching Session TODAY!**

Re-energize

Your body needs time for Rest and Recovery!!! To complete the R factors you need to allow your body to rejuvenate itself from your Resistance training and also your Aerobic training as well. You can Over-train your body with diminishing returns and as you work out and break down your muscles, you need to provide them adequate time to rest, recover, and rebuild themselves to make a stronger and leaner YOU!! Always allow at least one day of rest between a particular body parts and make sure that if your body is telling you that you are tired, sore or hurting, DO NOT push yourself or force yourself into risking injury!! Listen to your body. Give yourself time to Re-energize and you will complete and support the:

The R Factors

A Great way to Get Fit @ Body Perfect Fitness!!!!

Visit your **Body Perfect Fitness and Health** Blogging Session on the link below and be a part of

helping support and improve everyone's overall **Body Perfect Fitness and Health.**

–Your Source for up to the minute Body Perfect Fitness and

Robert Adams holds an Associates Degree in Culinary Arts from the Culinary Institute of America, is a Certified Coach in Coaching for Personal Development as well Interaction Management, is a member of NESTA– National Endurance Sports Trainers Association, and lives a healthy lifestyle through his Body Perfect Fitness philosophy of healthy eating and fitness focus.

S.M.A.R.T Goals @ Body Perfect Fitness and Health

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S– Specific– Please make sure you know exactly what you are trying to accomplish. Lose 20 pounds, Get body fat % to 16%, etc.

M– Measurable– How are you going to track it. A scale, a tape measure, or a special instrument. Also keep in mind how often as well. Daily, weekly,etc.

A– Acceptable– Does it make sense?

R– Realistic– Can you reach this goal in the time you set in the amount you want. Like losing 20 pounds in a week. Don't set yourself up for failure.

T– Timed– Put it on your calendar. How long is it going to take you. Make sure you do not put to short of a time line on this one either.

So remember keep it S.M.A.R.T and keep it in print, and keep it close and in constant sight and your odds are bound to improve.

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S.M.A.R.T Goals @ Body Perfect Fitness and Health

Setting Body Perfect Fitness Goals for the New Year

Men's Fitness Magazine Subscriptions

Fitness Supplement

Fitness Magazine Subscriptions: Cheaper Than The Gym

101 tips to stay fit and live longer.

Smoothies for Athletes

The Truth About Diabetes

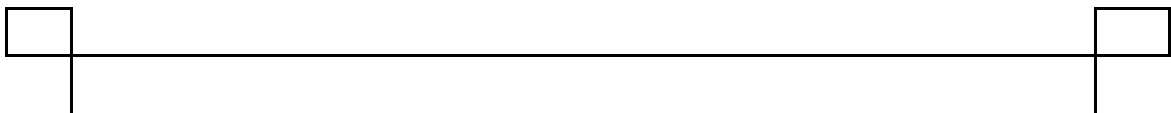
Obesity and Weight Loss

The Ultimate Rose Garden– Neighbors envy, owners pride!

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