

Relieving Stress with Exercise... and Losing Body Fat in the Process!

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By Jamie Clark

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Feeling stressed out lately? Don't worry, there is a simple and incredibly effective solution -- one that will help you lose weight in more ways than you might think!

Relieving Stress with Exercise

Research has proven that relieving stress with exercise is one of the best ways to improve your overall health. Regular exercise provides an amazing array of anti-stress benefits to the human body -- including reduced muscle tension, improved cardiovascular functioning, increased blood oxygen levels, and reduced cholesterol and triglyceride levels, just to name a few.

Relieving stress with exercise also, of course, burns calories and helps to reduce body fat. Since most other anti-stress 'remedies' (especially pharmaceutical drugs, alcohol, and overeating) cause you to gain weight it's obvious that exercise is the best option.

Control Cortisol, Lose Weight

But, besides burning calories, there's another reason relieving stress with exercise helps you to reduce body fat. Exercise produces chemicals that help to lower cortisol production. Cortisol is a "stress hormone" that has gotten a lot of press lately because many new diet products claim to block it.

While the effectiveness of these products has yet to be proven, there is little doubt that controlling cortisol levels is a very important factor in weight loss and long-term weight control -- not to mention optimal health and fitness. Relieving stress with exercise is an absolutely fool-proof way to lower cortisol in the body.

Elevated cortisol levels are fully or partially responsible for everything from sugar and carb cravings to overeating to low energy levels... and more. Experts also believe that high cortisol production

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increases the amount of "toxic fat" stored on your body — this is the abdominal fat that may trigger cardiovascular disease and inflammation–related health problems.

Summary

Relieving stress with exercise is, without a doubt, the best way to deal with your physical and mental tension. Not only will regular exercise reduce stress levels, it will also help you control how much cortisol your body produces. This, in turn, will help you to avoid food cravings, reduce dangerous abdominal fat, and basically feel much better. So, next time you feel stressed out, get up, get out, and start relieving stress with exercise!

Jamie Clark is a fitness writer and editor of the popular 'Really Useful Fitness Blog' located at:

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Getting Up Early Can Help You Lose 10 Pounds

By Ronald Goodpaster

Weight gain can be a very slow process. For most people, it is a matter of one pound here, one pound there, and the next thing you know you're 10 pounds heavier. This is why almost everyone, at one point or another, will want to lose 10 pounds. To lose 10 pounds is very realistic for almost everyone, and is achievable though some small changes in diet and by exercising more. The vast majority of people, with their busy schedules, get little or no exercise, so even a small bit of regular exercise should be able to achieve noticeable results. If we don't have time to exercise a great deal, though, we're going to want to maximize the effectiveness of the exercise we do get, and a great way to do that is by exercising in the morning.

There are two main reasons why you can more easily lose 10 pounds by exercising in the morning. The first has to do with the fact that it is much easier to build into your daily routine. One of the keys to losing weight by exercise is to do it regularly, which many people find difficult: it's always hard to find time. So a great reason for exercising in the morning is that you'll have very little distraction. In many ways, you are literally "making time" for the exercise by starting your day earlier.

Now, in terms of your goal to lose 10 pounds, morning exercise will be more effective because you will be burning calories from fat already in your system. This principle is based, of course, on the idea that you don't eat before you exercise. The way you're going to lose 10 pounds is by burning fat, and when you exercise your body normally burns both fat and carbohydrates. Now it gets a little more complicated: your body's main and preferred energy source is carbohydrates, so when you exercise you will (more or less) burn carbohydrates first, and then your body will dip into its fat reserves.

Carbohydrates come from your meals, so when you exercise at a normal time of the day your body will have plenty of carbohydrates to burn. In trying to lose 10 pounds, however, you're hoping to burn fat. If

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you exercise in the morning on an empty stomach, you're burning energy at a time when your body's carbohydrate levels are the lowest, and therefore more fat will be burned with the same amount of exercise. There have been studies that suggest over 250% more fat is burned when you exercise in this state.

There is never any immediate way to lose 10 pounds – ultimately, losing weight requires smart dietary decisions and a well thought out routine of exercise. By exercising in the morning, however, you will be giving yourself a distinct advantage in that battle to lose 10 pounds – you will be privy to not only a physiological advantage, but also the practical one of conducting your exercise at the beginning of the day without distraction.

Ron Goodpaster is a freelance writer, an entrepreneur and a self-proclaimed health nut. He has written many health related and weight-loss articles. His website's address:

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