

This Free E-Book is brought to you by Natural-Aging.com.

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

Stay Healthy With Exercise

By Michael Stefano

Stay Healthy With Exercise by Michael Stefano

As a society, we've been more than convinced of the need for daily exercise. From the gimmicky hype of the television info-mercial, to the sound advice of the family physician, we've been bombarded with the reasons why we need to workout.

The medical community has coined the phrase, The Deadly Quartet, to describe four risk factors that plague Americans in disproportionate numbers:

The Deadly Quartet

Obesity

High blood pressure

High blood cholesterol, and triglyceride levels

Reduced sensitivity to insulin

Despite all this information that's been made available, overweight and out of shape Americans still huff and puff their way through their day. The Center for Disease Control and Prevention reports that obesity alone results in over 300,000 preventable deaths in the United States every year.

More than 60 percent of all Americans are classified as overweight or obese, while at any given time 30 to 40 percent of all Americans are trying to get in shape. An even higher percentage of cardiovascular disease is related to obesity, and being overweight nearly doubles your chance of developing high blood pressure.

But hears the good news, an article published in the March 2001 issue of The Annals of Internal Medicine has revealed that thirty minutes of daily exercise can extend human life.

Stay Healthy With Exercise

This elaborate study took place from 1984 to 1989 in Finland using 1300 middle-aged men. Upon follow-up in 1997, researchers recorded 124 total deaths from both cardio and non-cardiovascular causes. After making adjustments for other risk factors (such as age and smoking), low fitness levels were associated with an almost three times higher mortality rate.

Scientists have proven that twenty to thirty minutes of moderate physical activity per day, forestalls the onset of the deadly quartet, and thereby prevents chronic disease, while extending human life.

Following a sensible exercise program will bring about significant change in the body's chemistry, and its ability to perform work efficiently. This training effect lowers blood pressure, cholesterol and triglyceride levels, as well as increases insulin sensitivity, and thereby forestalling the onset of type II diabetes.

But besides these all-important health benefits, the right kind of exercise also burns fat, and sculpts our bodies into lean, high performance machines. Following a properly orchestrated workout program will not only add years to your life, it will add quality years that are reminiscent of youth, where you'll look forward to the dawning of each fun-filled day.

Michael Stefano is a 20-year veteran of FDNY, as well as author of *The Firefighter's Workout Book* and creator of *The Firefighter's Workout Video*. His workout routines and articles have been featured on such internet giants as America Online, Yahoo! and eDiets.com. Currently Michael is editor in chief at <http://www.firefightersworkout.com>, where you can get more information about his book and other services, as well as sign up for his FREE Train For Life Newsletter.

5 Heart Healthy Exercises You Can Do During Pregnancy

By Tia Rodriguez

Pregnancy is a time of celebration, love, and unwanted but necessary weight gain. However, being pregnant doesn't mean that your health and figure has to suffer permanent damage. You can gain weight in a healthy fashion while doing some very easy and safe heart healthy pregnancy exercise routines.

One of the simplest and most effective pregnancy exercises you can do is walking. Not only is walking one of the best cardiovascular exercises, it is also one of the safest pregnancy exercises you can engage in. Walking is one of the few pregnancy exercises that you can do for the complete duration of your pregnancy.

Another extremely beneficial heart healthy pregnancy exercise is swimming. Countless doctors and pregnant women have attested to the wonderful benefits of swimming during pregnancy. A weekly pregnancy exercise routine of swimming gives both the arms and legs a great workout while promoting cardiovascular health. Because of the nature of being subdued in water, swimming will also remind expectant mothers what it felt like before the pounds were added on. This is definitely a welcome change every now and then.

Stay Healthy With Exercise

The third pregnancy exercise routine you can start doing to keep your body healthy is enrolling in an aerobics class. Many fitness centers and community centers offer low impact aerobics classes for pregnant women. One of the nicer benefits of this pregnancy exercise is that it is done in the company of other pregnant women under the watchful eye of a professional aerobics instructor. This means you are going to get a safe workout catered to the special needs of pregnancy.

Weight training is also a very beneficial pregnancy routine to keep your body healthy. Although you must only use very light weights when engaging in this pregnancy exercise, weight training is an excellent way of toning your body and increasing muscular strength.

The last heart healthy pregnancy exercise you can do to stay fit is Pilates/yoga. Both of these body conditioning exercises promote stretching and flexibility within the muscles. Yoga is also a nice accompaniment to walking. By doing a combination of these pregnancy exercises, you can have a healthy balanced cardiovascular routine.

Being pregnant doesn't mean that you have to sacrifice exercise and health. By walking, swimming, doing aerobics, weight training, and engaging in a Pilates/yoga routine, you can have a healthy and fit pregnancy.

Tia Rodriguez is a health and wellness coordinator for an upscale sports management agency. To learn more about how a pregnancy exercise routine can benefit you during your pregnancy, check out the resources at



This Free E-Book has been brought to you by Natural-Aging.com.

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