

The Swiss Ball Makes Exercise Fun and Effective!

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!

The Swiss Ball Makes Exercise Fun and Effective!

By Dan Farrell

The Swiss Ball Makes Exercise Fun and Effective! Copyright 2005 MHG Consulting

If you haven't experienced a workout using a Swiss ball, another name for a fitness ball, you don't know what you're missing.

There's a reason it has become so popular and it's not just a fad. The Swiss ball has been used for many years in physical therapy. It's actually recommended by many physical therapists as a way to help you relieve back pain.

The effectiveness of the Swiss ball is due to the fact it's round. That creates in-stability which in turns causes your body's core muscles to come into play.

Listen, when you do a crunch on the floor, basically your upper abs muscles are working. When you do it on the Swiss ball, your core muscles; which consist of all the muscles in your abs area, muscles in your back, your pelvic area and hips are working to help keep you on the ball.

You just did your crunch but since more muscles were brought into play, you actually increased the value of your exercise. The result is you can actually do fewer repetitions and get more benefit.

That's just the beginning. There are so many exercises you can do on the Swiss ball that you'll never get bored.

Try some pushups, not only with your feet on the ball and your arms on the floor, but with your feet on the floor and your hands on the ball. Spreading your feet apart gives you more stability and bringing them closer together makes the exercise tougher.

Do a few pushups with your feet close together and your hands on the ball and you won't believe the effect! Your arms will scream for mercy!

You can also do some dumbbell training on the Swiss ball and, once again, since you are bringing those core muscles into play, you get a good body core workout as well.

The Swiss Ball Makes Exercise Fun and Effective!

It takes a little while to get used to the ball. You should begin by sitting on it and just getting a feel for it. Roll it back and forth. Side to side.

It's not a bad idea to have someone with you when you first start working out on the ball to help you stay on. And definitely don't begin using weights of any size until you are comfortable and have been exercising on the ball for some time.

I urge you to try including the Swiss ball into your exercise routine. You will see and feel a difference!

For more tips, articles and resources on effective weight loss exercises, go to:

<http://www.weight-loss-exercises.info>

Using the Swiss Ball for Improved Posture and Increased Strength

By Dan Farrell

Using the Swiss Ball for Improved Posture and Increased Strength

Copyright 2005 MHG Consulting

For individuals looking for better posture and increased flexibility and strength, nothing could be easier than training with a Swiss ball.

WHAT IS A SWISS BALL?

The Swiss ball, also called the Stability ball, Exercise ball, Flexibility ball or other names, is a large, inflated, rubber ball. The Swiss ball was originally created in Italy in the 1960's and provides instability or resistance which requires the user to rely on 'core' muscles to retain balance – thus improving strength and flexibility of those muscles.

A Swiss doctor studied its use in a clinical setting by incorporating the ball in rehabilitation therapy. While it is still used in physiotherapy it has also become known in the general fitness world as an adaptable and enjoyable addition to routines building strength, flexibility and proper posture.

WHO CAN USE THE SWISS BALL?

Because the Swiss ball is so easy to use and enjoyable, it is able to be used by almost everyone, young or old. However, because the Swiss ball is designed to create instability (thus forcing the body's own muscles to be employed) there is a need for caution. The elderly, injured, pregnant women or anyone otherwise subject to a lack of stability or increased risk of falling, should not use the Swiss ball without personal instruction and care.

When choosing a Swiss ball it is important to choose the size appropriate to your height as well as the intended use. Determine what technique you plan to use the Swiss ball for before purchasing your own

The Swiss Ball Makes Exercise Fun and Effective!

ball.

HOW DO YOU USE A SWISS BALL?

If you are concerned about lower back pain or posture you can use the Swiss ball as an alternative to a regular chair. Sedentary workers find that certain muscles in the back become weak over time and are easily strained. Sitting on the Swiss ball will improve your 'core strength' by forcing the unused muscles to maintain balance.

There are many videos and books as well as group classes that teach routines targeting different muscle groups. The Swiss ball has been used in therapy as well as for professional athletes so you are sure to find a method suitable for your experience and needs.

While it is possible to use the Swiss ball on your own at home or the office (and is recommended as an easy way to fit in your workout) it is helpful to have professional instruction when learning to use the ball correctly. Having someone guide you into proper position will show you what the proper alignment

feels like.

Performing warm up exercises is also recommended before beginning a Swiss ball routine. Using the Swiss ball properly will increase the benefits you receive with regular use. No matter what your fitness level, try it out and see how much fun the Swiss ball can be!

Dan Farrell is the owner of The Weight Loss Primer, found at:

<http://www.weight-loss-exercise.info>

and

a free newsletter, "Pain Relief Now!". Subscribe at above link.

The Swiss Ball Makes Exercise Fun and Effective!



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!