

To Cycle or not to Cycle...that is the question!

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!

To Cycle or not to Cycle...that is the question!

By Randy Mclean

To Cycle or not to Cycle...that is the question! by Randy Mclean

Did the title of this months tip peak your curiosity? I hoped it would. With the new year comes many new questions, just what is cycling anyway? Well as you continue you will find out just how it will benefit you and make losing weight and getting into shape much easier.

When most people start an exercise program one of the main reasons they will stop is due to a lack of motivation. Looking at this further we often find that most people find their program too strenuous and overwhelming. This is perfectly understandable. But is there a solution to this problem? You bet!

As you probably know, when someone hasn't exercised in awhile and is used to a generally sedentary lifestyle the last thing a person should do is just 'jump' into a program like that. Only a select few can handle that. These are usually the people who either have very strong will power or who have exercised in the past. But for those who aren't in the above group let me introduce you to cycling.

The best way to start an exercise program is to start with a lesser volume. That way your body has time to adapt and you won't feel so inclined to give up. Let me show you an example of this in terms of a cardio program. The times can be adjusted to your needs:

Weeks 1 and 2 – 20 minutes 3 times a week

Weeks 3 to 6 – 30 minutes 3 times a week

Weeks 7 to 10 – 30 minutes 5 times a week

Weeks 11 to 12 – 20 minutes 3 times a week

See how this works? The first few weeks will give your body and mind the time it needs to adjust to this new activity you are providing. Then as you progress you introduce greater levels of activity. You will then be better prepared to take these requirements on, whatever they may be. Then once you reach your peak the activity then trails off in order to avoid burnout.

To Cycle or not to Cycle...that is the question!

Looking at this long range you can also get a bigger picture. Since those 12 weeks will help you quite a lot you can maintain for awhile doing weeks 11 and 12. Then when you are ready to go at it again just repeat the cycle until you are happy with your results.

The same thing applies to your eating habits. If you are used to eating sweets quite frequently don't just cut them off, you'll go crazy! Instead just cut the portions down in half for example, then as you are ready you can move to the next step.

Most experts will agree that people generally set goals that are too far out of reach for themselves. This often leads to discouragement. While opinions vary try for a steady loss of two pounds per week and adjust accordingly. Take it all the way!

Randy Mclean has a diploma in Fitness and Nutrition from Education Direct, a YMCA individual conditioning certificate and is the author of *Instinct – Master Your Mind And Your Body!* For free tips and tricks visit www.weightlossguidance.com

Using Candles in Feng Shui Decorating

By Jennifer Hall

The basic belief behind Feng Shui is that there are five elements, some combinations of which create a productive cycle, and some a destructive cycle. When one of these five elements - water, wood, fire, earth, and metal, respectively for the productive cycle - are combined with an element adjacent to the main element, a productive cycle is perpetuated. The reason being that water sustains wood, wood feeds fire, ashes create earth, earth creates metal, and metal holds water. So if you have a room where wood is the main element, it would be good Feng Shui to add a water or fire element to the room, as water feeds wood and wood feeds fire. This is where candles would be a nice touch of good Feng Shui.

A look at the destructive cycle will show which elements do not work well together: water, fire, metal, wood, earth. And we can see that water puts out fire, fire melts metal, metal cuts wood, wood clogs earth, and earth muddies water. Although these elements are generally considered bad Feng Shui combinations, one can be used with an adjacent element in the destructive cycle to minimize an overpowering element. For instance, if a room has overpowering metal elements, maybe filled with modern metal furniture, you can minimize that with wood elements like some green leafy plants, or with fire elements such as red throw pillows, a fireplace, or even candles.

It is beneficial to bear in mind the productive and destructive cycles while decorating, but for optimum Feng Shui, a room would have an equal balance of all five elements - none being too overpowering. If this isn't the case and there is not one overpowering element, then the productive cycle is a good place to start when decorating.

Now that we have a basic understanding of the elements, we can see how to best utilize candles in our decorating. In areas with predominately metal or water elements - rooms which would have a lot of

To Cycle or not to Cycle...that is the question!

blue or silver colors or metallic furnishings - a candle would help minimize the overpowering colors and add balance. If you want to start using Feng Shui in a room with no overpowering elements, you could bring in a candle and a complimentary element like a plant or a brown oval rug since that color and shape are associated with the earth element.

Candles can be an easy way to bring a natural element into your home and can be a good starting place for implementing Feng Shui design. Not to mention that scented candles are often great Feng Shui because of the mood-enhancing qualities certain scents have. Candles provide a simple start in creating a pleasant ambiance and good decorating style.

Jennifer Hall is the founder and editor of

,
, a journal
for fun home ideas and an online guide to saving money; and
, an online
magazine featuring independent music and film. When she's not online, Jennifer's spending time with
her family, gardening, or playing the piano or accordion.

Using Candles in Feng Shui Decorating
3 Surefire Ways To Cure Insomnia While Sleeping Less!
Two and Four Stroke Engines: Fast and Simple Answers.
The Korwa Clock
Why The Internet Doesn't Work

Killer Conversion Tactics
30-Day Low Carb Diet 'Ketosis Plan'
Info Product Marketing Secrets Exposed!
Baby's First Year –What Parent Needs To Know
Success Secrets

To Cycle or not to Cycle...that is the question!



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!