

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!

Walking And Weight Loss

By MalaMaal.com

Walking And Weight Loss

Three universal goals most of us share are: to live longer, to live free of illness and to control our weight. Interesting enough, normal walking lets us achieve all three.

In fact, walking may be man's best medicine for slowing the aging process. First, it works almost every muscle in the body, improving circulation to the joints and massaging the blood vessels (keeping them more elastic). Walking also helps us maintain both our muscle mass and metabolism as we age. It also keeps us young in spirit. For anyone out of shape or unathletically inclined, walking is the no-stress, no-sweat answer to lifelong conditioning.

All it takes is a little time, common sense and a few guidelines. Unfortunately, there's a lot of misinformation floating around regarding fitness walking, weight-loss and dieting.

Walking is one of the best exercise for strengthening bones, controlling weight, toning the leg muscles, maintaining good posture and improving positive self-concept.

People who diet without exercising often get fatter with time. Although your weight may initially drop while dieting, such weight loss consists mostly of water and muscle. When the weight returns, it comes back as fat. To avoid getting fatter over time, increase your metabolism by exercising daily.

To lose weight, it's more important to walk for time than speed. Walking at a moderate pace yields longer workouts with less soreness -- leading to more miles and more calories spent on a regular basis.

High-intensity walks on alternate days help condition one's system. But in a waking, weight-loss program, it's better to be active every day. This doesn't require walking an hour every day. The key is leading an active life-style 365 days a year.

When it comes to good health and weight loss, exercise and diet are interrelated. Exercising without maintaining a balanced diet is no more beneficial than dieting while remaining inactive.

Walking And Weight Loss

The national research council recommends eating five or more servings of fruits and vegetables a day. Fruits and vegetables are the ideal diet foods for several reasons. They're relatively low in fat and calories, yet are often high in fiber and rich in essential vitamins and minerals.

Remember that rapid weight-loss consists mostly of water and muscle – – the wrong kind of weight to lose. To avoid this, set more reasonable goals, such as one pound per week.

Carbohydrates are high-octane fuel. They provide energy for movement and help raise internal body metabolism. They're also satisfying. The key is not adding high-fat toppings to your carbohydrates.

It's everyday habits which define our weight and body composition. A three-minute walk after each meal is worth four pounds less body fat annually. Two flights of stairs a day burns off half a pound of

body fat in a year. On the other hand, one candy bar eaten daily will cost you 20 pounds annually. require walking an hour every day.

This Article is Courtesy of

<http://www.MalaMaal.com>

– the ultimate Resource for

Instant Download

eBooks and Software

covering various subjects that include health, self-improvement, diet and weight

loss, recipes, love and relationships, Christianity, blogging, RSS, sales and marketing, scripts and templates, search engine optimization, traffic building, etc. You are free to reprint this article in other websites, as it is without editing, as long as the author's biography and all active hyperlinks (including anchor text) remain intact.

MalaMaal.com

is a unique eStore with the Latest Collection of

Resell Rights eBooks and Software

.

Most of these eProducts are sold at fabulous discounts, some at over 90% Off on their list prices. Free eBooks are also available for instant download.

Weight Loss Supplement

By Rolf Rasmusson

Weight Loss Supplement by Rolf Rasmusson

Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You are also should be sure that the weight loss supplement is safe. Consult you doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to loose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting contentat www.nutritional-supplement-4u.com



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!