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

Your Health and Your Weight

By Susan Rutter

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Healthy Living Through The Ages!

Like a good friend, a good attitude towards fitness and nutrition doesn't abandon us as we age. It matures right along with us, evolving as our lives change.

That means we don't have to give up the activities or the foods we love based on the number of birthdays we've celebrated.

"Research suggests that half the drop in function assumed to be linked to aging is now thought to be related to inactivity," says Elizabeth Ready, an exercise physiologist and associate dean of education and recreation at the University of Manitoba in Winnipeg. So healthy, active women can continue to pursue challenging physical activity even into old age. Still, a certain amount of common sense is in order. What was demanding and fulfilling in our 20s, for example may be too time-consuming in our 30s and 40s, too extreme in our 50s and just downright foolish in our 60s.

Our nutritional needs also evolve as we age, says Rosie Schwartz, a registered dietician/nutritionist in Toronto. "What is considered a healthy diet for a 25-year-old woman in her peak reproductive years will be different than that of a 60-year-old at increased risk of osteoporosis and heart disease." And women of all

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ages need to ensure that they're getting enough of the female-friendly nutrients — calcium, folate, iron and zinc — that are essential for maintaining a woman's health throughout her life.

Read on to discover how tweaking your fitness and nutritional goals can keep you looking good and feeling great at any age!

Health Concerns:

This is the time to establish healthy lifestyle habits that will help prevent heart disease, osteoporosis,

diabetes and other diseases later in life, says "Dr. Miriam Kaufman, a specialist in adolescent health at the Hospital for Sick Children in Toronto. Proper nutrition, exercise and sleep are also the first steps in managing stress and anxiety.

This is a time of life, too, when mental health can be at risk — major depression, bipolar disorder, schizophrenia and substance-abuse disorders have their onset at this age. Kaufman recommends that even the healthiest young person visit a family doctor once a year.

Fitness Goals:

Our bodies are in peak form in our 20s, so now is the time to expand aerobic capacity and sample some new sports. Since you're less likely to have financial constraints, children and a mortgage in your 20s, you may want to indulge in active vacations and invest in good-quality sports equipment.

Suggested Activities:

Team sports or rugged individual pursuits such as rock climbing and mountain biking, as well as high-impact activities such as jogging and aerobics, will help build strong bones for the future.

Nutritional Goals:

No matter how energetic you are, late nights and

skipped meals can take their toll and nutritional shortfalls each up with you, says Schwartz. Make sure you're getting enough iron – 18 milligrams per day -- since too little can lead to iron deficiency anemia, the most common nutritional deficiency in Canadian women.

As well, health experts recommend that all women of child-bearing age take 0.4 milligrams of folic acid (folate) daily at least three months before conception to help reduce the chances of birth defects such as spina bifida. Studies have shown that folate may also help reduce the risk of heart disease and cervical cancer.

Maintaining a healthy weight also safeguards your ability to conceive, since being too heavy or too thin

interferes with ovulation. And a healthy weight has a major impact on your health later in life, helping to prevent diseases such as osteoporosis, diabetes and high blood pressure.

Healthy Living Through The Ages in the 30s!

Health Concerns:

After the age of 35, your body begins to exhibit the first stage of aging, says Helen Perrault, an exercise physiologist and chair of McGill University physical education department in Montreal. Bone mass has reached its peak, and endurance and muscle mass are starting to decline. Muscle loss in sedentary individuals can be as much as half a pound a year. Loss of muscle mass causes the body to burn fewer calories daily, which can slow down metabolism by as much as two percent per decade, says Perrault. That, combined with lack of exercise, child-bearing and a busy work schedule, can have a nasty effect on weight. With women trying to juggle family and workaday demands, high levels of anxiety and stress are also a concern during this decade.

Fitness Goals:

Motherhood and fitness can be uneasy partners, according to a 1999 study at the University of Minnesota in Minneapolis which found that physical activity dropped 14 percent after women had children. With time at a premium, traditional exercise programs may be too difficult to follow, says Robin Mech, a fitness co-ordinator at the MacMab Street YWCA in Hamilton. Mech recommends trying two 15-minute workouts instead of one 30-minute workout. "You'll keep your fitness level up, and it'll be easier to fit them into your schedule," she says. Mech also recommends being flexible and what kind of exercise you pursue. For example, take the stairs every chance you get and do bicep curls with the milk/grocery bag while waiting in line at the grocery store.

Suggested Activities:

Try activities such as jogging, walking or cycling, which can be performed close to home and involve a minimum of scheduling. Bicycle, walk or in-line skate when you're doing local errands or visiting friends in

the neighborhood. It may be easier to try to exercise as a family, cycling or hiking together, than to search for those elusive 30 minutes of private time.

Nutrition Goals:

These are the time-crunch years, says Schwartz, and healthy meals can fall by the wayside as work deadlines and kids'after-school schedules get in the way. However, taking the time to eat properly can help counteract the effects of stress.

That means getting enough zinc and B vitamins to bolster your over-challenged immune system. Schwartz recommends choosing whole-grain foods over refined one, and incorporating lots of legumes such as kidney beans and chickpeas into your diet. And don't forget to feed your bones with calcium-rich foods.

Studies have shown that calcium may also help ease some of the symptoms of premenstrual syndrome, help control blood pressure and protect against colon

cancer. Women age 19 to 50 should consume 1,000 milligrams of calcium per day. If you rely on a supplement to meet your calcium needs, choose one with Vitamin D and Magnesium. These nutrients work in tandem with calcium to protect optimal bone health. Vitamin D, for example, increases calcium absorption by as much as 30 to 80 percent.

Read more in the next newsletter will be centered on "Healthy Living Through the Ages for in your 40s and 50s."

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FREEBIES
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Health Concerns at The Adolescent Years!
<http://cpmcnet.columbia.edu/exts/guide/oc/oc07.html>

Eat For Your Future!
Take time out to enjoy healthy food, and we don't mean half-eaten burgers. Your body will thank you for it later
http://www.ivillage.co.uk/health/agestage/yngadult/articles/0,12709,181170_183133,00.html

Free public health book online!
<http://www.ahealthyme.com/article/bellhowell/102538415>

Be Breast Aware!
Breast cancer is the most common cancer among women. But checking yourself out once a month will help you recognize what's normal and what isn't.
http://www.ivillage.co.uk/health/agestage/yngadult/articles/0,12709,181170_183107,00.html

Cool Test Quiz from Nutrition to Illnesses!
<http://www.ahealthyme.com/opic/quizarchive>

What Your Period Says About Your Health at 20, 30, 40!
http://magazines.ivillage.com/redbook/dh/health/articles/0,12840,284480_289153-2,00.html

What You Need To Know In Your 20s!
http://www.healthnet.com/healthy_woman/attention_women/20s/07_your20s.asp

What You Need To Know In Your 30s!
http://www.healthnet.com/healthy_woman/attention_women/30s/08_your30s.asp

National Health and Nutrition Examination Survey (6/2002)!
<http://www.cdc.gov/nchs/about/major/nhanes/databriefs/dietary.pdf>

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Susan Rutter is an Instructor/Nutritionist for on–line classes and is the author of this FREE Email Course. She has helped thousands of individuals make health choices in their lives. Visit her site to find out how you can get this free course.<http://www.geocities.com/healthyoubbies/> or <mailto:healthy.youbbies@3web.net>

Weight Lifting Supplement

By Rolf Rasmusson

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Weight Lifting Supplement - what is it?

The term "weight lifting supplement" is familiar to almost everyone nowadays. Weight lifting supplement is a supplement that is designed to help people who use it to achieve better results in their body building or weight lifting training programs. Currently there is a wide range of weight lifting supplement products available in the US market.

Weight Lifting Supplement - safety.

You need to be very careful when you are looking for weight lifting supplement products for your training. There are many fake products available on the market. There are also many very dangerous supplements that may harm your health. Always consult with your doctor and other health professionals before using any of the weight lifting supplement products. Don't just trust the labels' claims. There is not much scientific proof for many of them.

Weight Lifting Supplement - dangers.

Weight lifting supplement products could be very dangerous. For example, according to several health organizations' sources, a study of androstenedione, the steroid–like food supplement used legally by professional athletes, has found it may not build muscles and could create adverse health effects. The report said muscle strength did not differ in the men given the supplement, compared to others in the study who were given a placebo.

Weight Lifting Supplement – severe withdrawal syndrome.

Weight lifting supplement products could also be very addictive. For example, according to several health organizations' sources, a study provides the detailed report of a severe withdrawal syndrome related to gamma-butyrolactone (GBL), a supplement used by body builders. Researchers documented in a six-month period in 1999, five cases in which previously healthy young adults arrived at the emergency department with paranoid delusions, hallucinations, and deranged vital signs after discontinuing use of body-building products containing GBL.

Additional interesting content at www.nutritional-supplement-4u.com



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