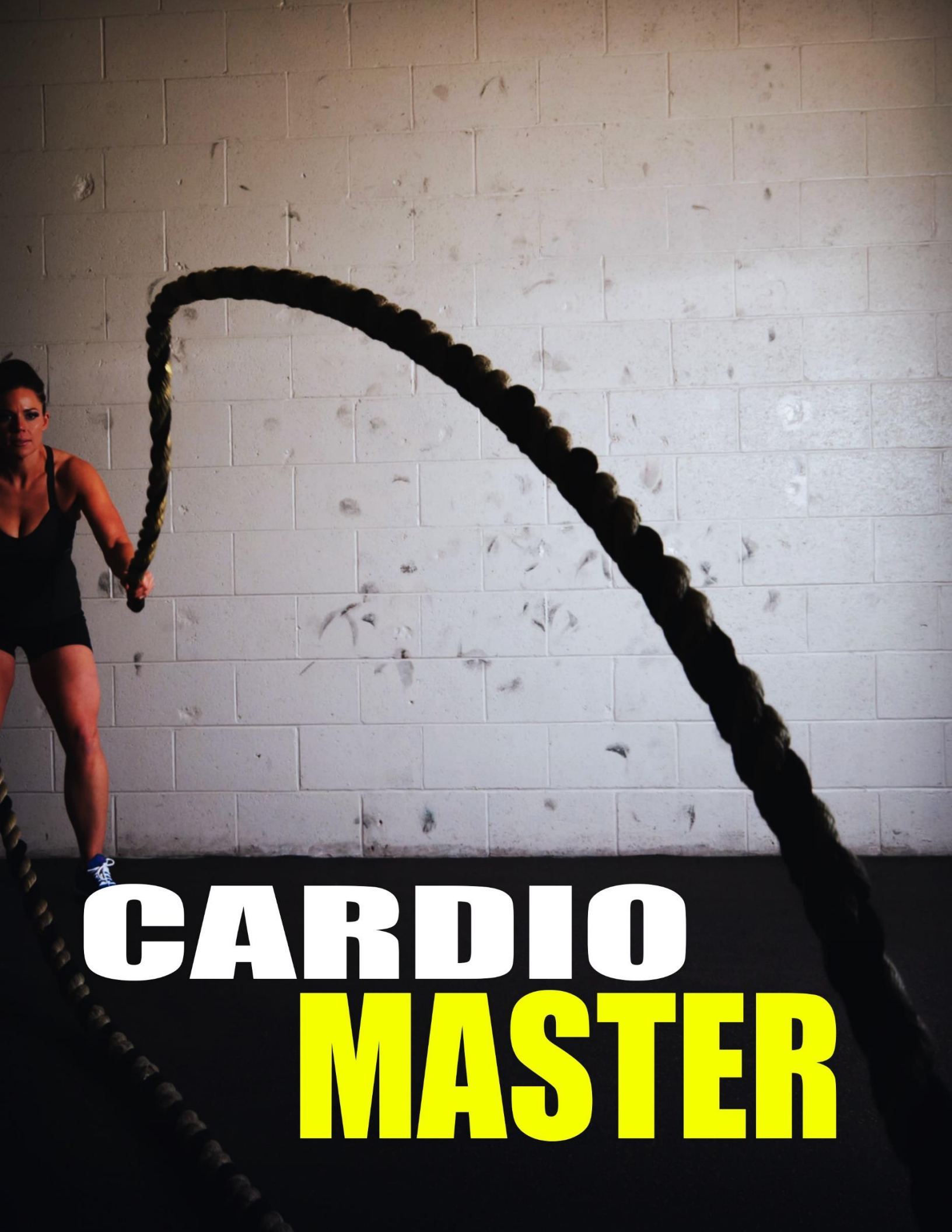




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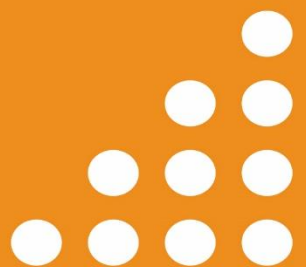
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INTRODUCTION



What's the first thing you think of when you hear "cardio?" Probably running or perhaps the elliptical machine, stationary bike, or even a rower, maybe? But there's so much more to cardiorespiratory training than steady-state endurance workouts—a.k.a. trucking it for the long-haul.

To get and maintain a healthy body you ought to connect yourself to a routine with a regular exercise schedule. If your body can do everything and enjoy doing leisure activities as well, then you are physically fit. Also, for a fit body, it is easy to take on the stress and do some work even in adverse times.

One of the most essential things for every workout is, to begin with, warm-up exercises. When the body is warmed it puts the muscles in such a condition where they can hold the stress of rigorous exercises. And after the exercises, a few exercises must be such which make the body cool again. Never do too many exercises.

It is good to go for a walk daily. But if you do the pushups on regular basis it may have adverse effects on the body. The schedule for physical activities must plan in a manner where the body becomes prepared for all kinds of activities. The body must be competent to do simple as well as rigorous exercises. The exercises must be cardiovascular as well as strength-based.

Along with the exercises one must also take care of the diet one takes. For those who are exercising to shed the excess weight then take a diet that has calorie less food and one that gives more strength to the body. On average 240 to 400 calories are burnt when one does cycling and 740 to 800 calories are burnt in jogging.

In this guide, there is a little history about the components used in physical fitness. With a fit body, one can survive longer as the body has more capacity to keep and maintain the required levels of oxygen and all the nutrients that are essential for the perfect functioning of the body.

Let's get started....



CARDIO MASTER

CHAPTER 1

Why Cardio Fitness is Important - Overview

...



Aerobic exercise is any activity that gets your blood pumping and large muscle groups working. It's also known as cardiovascular activity. Examples of aerobic exercise include:

- brisk walking
- swimming
- heavy cleaning or gardening
- running
- cycling
- playing soccer



Experts recommend getting at least 150 minutes of moderate aerobic exercise, or 75 minutes of vigorous activity each week. Brisk walking or swimming is an example of moderate activity. Running or cycling is an example of vigorous activity.

But why is an aerobic exercise recommended? Read on to learn about the benefits and to get tips for ways to incorporate aerobic exercise into your routine.

Benefits

1. Improves cardiovascular health

Aerobic exercise is recommended by most doctors to people with, or at risk for, heart disease. That's because exercise strengthens your heart and helps it more efficiently pump blood throughout the body.



Cardiovascular exercise can also help lower blood pressure, and keep your arteries clear by raising “good” high-density lipoprotein (HDL) cholesterol and lowering “bad” low-density lipoprotein (LDL) cholesterol levels in the blood.

If you're specifically looking to lower blood pressure and cholesterol, aim for 40 minutes of moderate- to vigorous-intensity aerobic exercise between 3 and 4 times each week.

2. Lowers blood pressure



Cardiovascular exercise may help you manage symptoms of high blood pressure. That's because exercise can help lower blood pressure. Here are other ways to lower blood pressure without medication.

3. Helps regulate blood sugar

Regular physical activity helps regulate insulin levels and lower blood sugar all while keeping body weight in check. In a study on people with type 2 diabetes, researchers found that any form of movement, either aerobic or anaerobic, may have these effects.

4. Reduces asthma symptoms

Aerobic exercise can help people with asthma lessen both the frequency and severity of asthma attacks. You should still talk to your doctor before beginning a new exercise routine if you have asthma, however. They may recommend specific activities or precautions to help keep you safe while working out.



5. Reduces chronic pain

If you have chronic back pain, cardiovascular exercise — specifically low-impact activities, like swimming or aqua aerobics — may help you get back muscle function and endurance. Exercise can also help you lose weight, which may further reduce chronic back pain.

6. Aids sleep

If you're having trouble sleeping at night, try cardiovascular exercise during your waking hours.

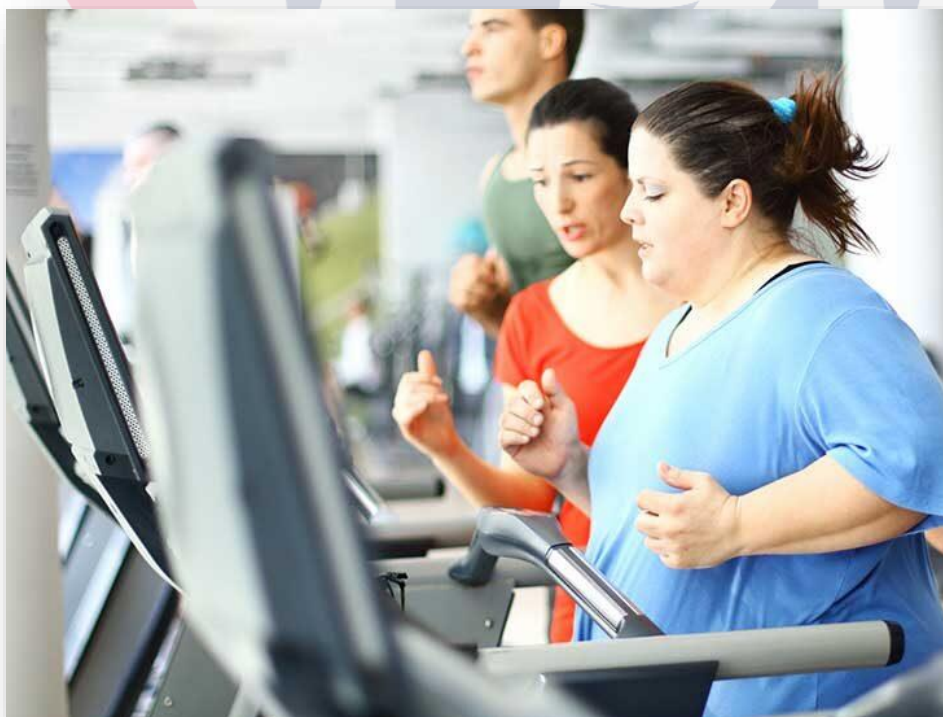
A study on individuals with chronic sleep issues revealed that a regular exercise program combined with sleep hygiene education is an effective treatment for insomnia.

Participants engaged in aerobic activity for 16 weeks and then completed questionnaires about their sleep and general mood. The activity group reported better sleep quality and duration, as well as improvements in their daytime wakefulness and vitality.



Exercising too close to bedtime may make it more difficult to sleep, however. Try to finish your workout at least two hours before bedtime.

7. Regulates weight



You may have heard that diet and exercise are the building blocks to weight loss. But aerobic exercise alone may hold the power to help you lose weight and keep it off.

In one study, researchers asked overweight participants to keep their diets the same, but to engage in exercise sessions that would burn 400 to 600 calories, 5 times a week, for 10 months.

The results showed significant weight loss, between 4.3 and 5.7 percent of their starting weights, for both men and women. Most participants walked or jogged on treadmills for the majority of their exercise sessions. If you don't have access to a treadmill, try taking a few brisk walks or jogs a day, such as during your lunch break or before dinner.

Depending on your weight and speed, you may need to walk or jog up to 4 miles to burn 400 to 600 calories. Cutting calories in addition to aerobic exercise can reduce the amount of exercise needed to lose the same amount of weight.

8. Strengthens the immune system

Researchers examined active and sedentary women and the impact of exercise on their immune systems.



- one group exercised on a treadmill for 30 minutes
- another group did a burst of intense activity over 30 seconds
- the last group did not exercise

All women had their blood taken before, after, and at different intervals in the days and weeks after these exercise sessions.

The results showed that regular and moderate aerobic exercise increases certain antibodies in the blood called immune globulins. That ultimately strengthens the immune system. The sedentary group of women saw no improvement in immune system function and their cortisol levels were much higher than those in the active groups.

9. Improves brain power

Did you know that the brain starts losing tissue after you reach age 30? Scientists have uncovered that aerobic exercise may slow this loss and improve cognitive performance.

To test this theory, 55 older adults submitted magnetic resonance imaging (MRI) scans for evaluation. The participants were then examined to assess their health, including aerobic fitness. The adults who were most fit showed fewer reductions in the frontal, parietal, and temporal areas of the brain. Overall, their brain tissue was more robust.

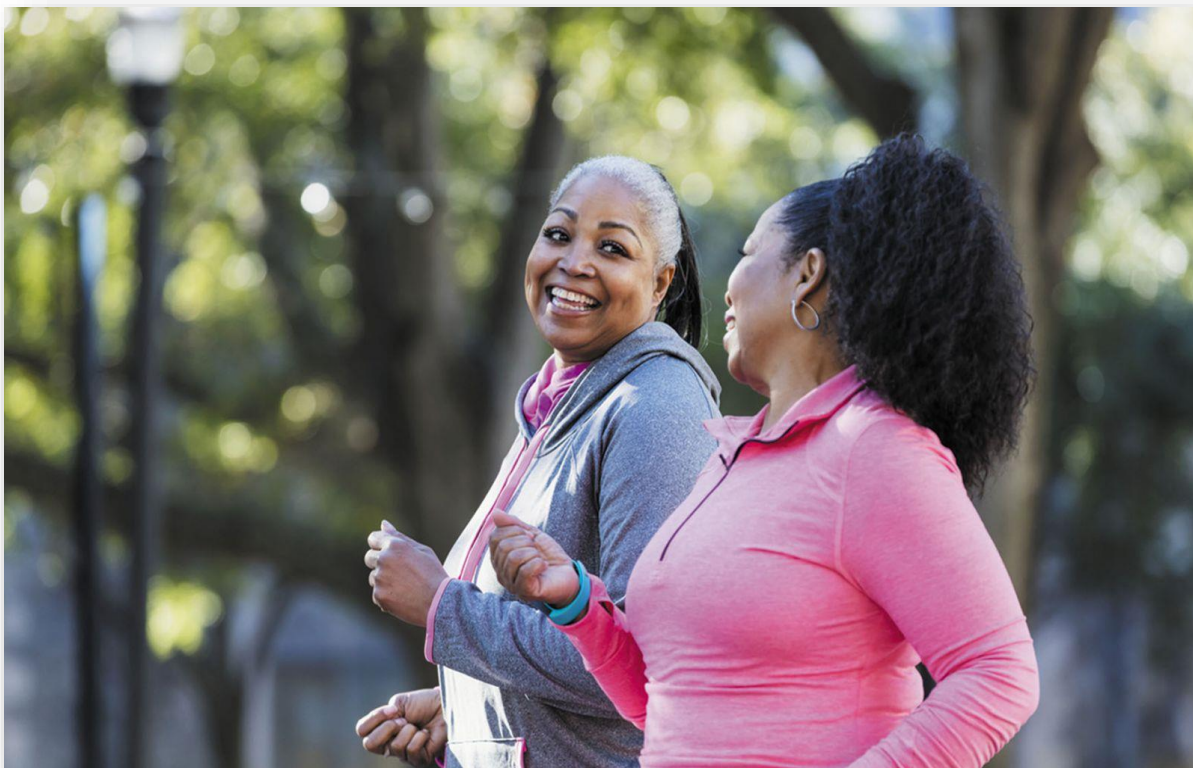
What does this mean for you? Aerobic exercise does the body *and brain* good.

10. Boosts mood

Moving your body may also improve your mood. In one study on individuals with depression, participants walked on a treadmill doing intervals for 30 minutes a session. After 10 days, they were asked to report any changes in their mood.

All participants reported a significant reduction in their symptoms of depression. These results suggest that engaging in exercise, even for a short period, may have a big impact on mood.

You don't need to wait almost two weeks to see improvement. The study results revealed that even a single exercise session may be enough to give you a boost.



11. Reduces risk of falls

One in three people over the age of 65 falls each year. Falls can lead to broken bones and potentially create lifelong injuries or disabilities. Exercise may help reduce your risk of falls. And if you're worried you're too old to start exercising, don't be. You have much to gain.

Results from a study on women ages 72 to 87 revealed that aerobic dance, for example, can reduce the risk of falling by promoting better balance and agility. The women worked out for an hour, 3 times a week, for a total of 12 weeks. The dance sessions included plenty of squatting motions, leg balance, and other basic gross motor tasks.

At the end of the study, the women in the control group performed significantly better on tasks like standing on one leg with their eyes closed. They also had better grip strength and reach, all-important physical strengths that can protect the body from falls.

Be sure to talk to your doctor before starting a new workout routine, and start slow. Group classes can be a great way to safely exercise. The instructor can tell you if you're doing moves correctly and they can also give you modifications, if needed, to reduce your risk for injury.

12. Safe for most people, including kids

Cardiovascular exercise is recommended for most groups of people, even those who are older or who have chronic health conditions. The key is working with your doctor to find what works best for you and is safe in your particular situation.



Even children should get regular aerobic exercise. Recommendations for kids are slightly higher than for adults. Aim to get your child moving at least 60 minutes or more each day.

Moderate activities are good, but kids should get into the vigorous zone at least three days each week.

13. Affordable and accessible

You don't need any fancy equipment or a gym membership to work out. Getting daily exercise can be as easy as taking a walk around your neighborhood or going for a jog with a friend on a local trail.

Other ways to get your aerobic exercise for free or cheap:

- Check local schools or community centers for pool hours. Many offer free admission to residents or have sliding scale rates. Some centers even offer free or inexpensive fitness classes to the general public.
- Browse online to find free workouts on sites like YouTube. Fitness Blender, Yoga with Adriene, and Blogilates are popular channels.
- Check with your employer about discounts or free memberships at area gyms. If your workplace doesn't offer anything, you may be eligible for incentives through your health insurance provider.

Is aerobic exercise safe?

Speak with your doctor before starting a new exercise routine. While aerobic exercise is appropriate for most people, there are certain situations where you may want to be under the guidance of a physician.

For example:

- Exercise lowers blood sugar. If you have diabetes, check your blood sugar levels before and after exercise. Eating a healthy snack before you start sweating will also help prevent your levels from dipping too low.
- Spend extra time warming up before beginning your activity if you have muscle and joint pain, such as with arthritis. Consider taking a warm shower before lacing up or heading to the gym. Shoes with good cushioning and motion control can also help.

- If you have asthma, look for exercises with shorter bursts of activity, like tennis or baseball. That way you can take breaks to rest your lungs. And don't forget to use an inhaler when necessary.
- If you're new to exercise, ease into the activity. Start over several weeks by doing 10 to 20 minutes every other day. This will help with fatigue and muscle soreness.

The takeaway

Most people should aim to get around 30 minutes of moderate cardiovascular activity at least five days each week. This works out to around 150 minutes or 2 1/2 hours per week. You can mix up intensities and activities to keep it interesting.

If you're new to the activity, start short and slow. You can always build as your fitness level improves. Remember: Any movement is better than no movement.

If you're pressed for time, consider breaking up your exercise throughout the day into several 10-minute chunks. Even short sessions of aerobic exercise are enough to reap the benefits.



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CHAPTER 2

How to Achieve 'Anytime Fitness'

Everyone is running at a high speed in the present time and this requires one to stay fit. What is exactly meant by fitness?

It is the caliber of an individual to adjust himself to the changes and to handle the pressures along with the conditions that keep changing. All those who are fit will have a peaceful mind and a healthy body in all situations. Physical fitness includes mental as well as body fitness.



On the other hand, we can say that fitness is another name given to health. The pressures of the present life can be handled successfully only by those who have good health and in other words to succeed today one needs to remain fit. Both things are related to each other. Those who are fit are taken as vigorous and their level of vigor rises at every point.

The evolution theory states that those who are physically and mentally fit are the only ones who can survive and also let their genes be passed on. Therefore, we can say that fitness is a synonym for health; it is also about adapting to the surroundings and the

changing environment. For this one needs to go for the regular exercising schedule too, to suit himself and endure in the ever-changing environment.

Many people do not take care of the fitness and do not consider it of much importance. This is sheer because they do not know the profits of fitness. There are a lot of pleasures that are given by life to every individual but they can be enjoyed only if they one is fit.

Is it possible to remain fit at all times? Yes, if one looks positively at all the things in life then life can be developed to give it a brighter look. One must not worry about the illness or if you are forced to walk a little of a mile or to take upstairs in place of lift.

It must be taken as an idea to stay fit if you are forced to do some physical work. This is a strong base for fitness. This would make you free and your mind too, peaceful. Along with this your confidence level too would rise as then you would be ready to take anything as it comes your way.

The fitness training is nothing but making the muscles work in a manner that your body is made fit. In turn, one gets fitness concerning aerobics and muscles, which enhances steadiness and elasticity of the human body. But before you take up any schedule for physical fitness training you must check your physical capacity. This can be checked with your doctor.

One must exercise regularly for 30 to 40 minutes and the exercises may include running, swimming, cycling or dancing, etc. these are all different kinds of aerobics.

For the best results, the attention must be focused on muscular fitness. If a proper training program is taken up then it may lead to improve the strength of weak muscles too. Along with all this one also needs to take a properly balanced diet.

The New Year is just around the corner and the best way to follow through with your health and fitness goals is by planning.

Many people are guilty of setting New Year's goals only to give up a month later. Often, this is due to the lack of a proven nutrition and workout regimen.

Achieving your health and fitness goals can be simple, fun, and easy when approached correctly. In this chapter, you'll discover 12 powerful tips that will help you achieve your health and fitness goals.

How to reach **THOSE FITNESS GOALS WITH THESE EASY TIPS**



#1: Determine Your Why

What is your reason for wanting to achieve these specific health and fitness goals you set for yourself?

You're "why" is the core reason that energizes you to keep pushing forward to hit your goals.

There are two key factors for determining why:

#1: Internal motivation - This is identified by asking yourself, "why do I want this?" and "what are the consequences of me not achieving these goals?"

#2: External motivation - This type of motivation is associated with being able to fit into those slimmer jeans or having a leaner physique.

Figuring out why and constantly reminding yourself of it will motivate you to pursue your goals when things get difficult.

#2: Simplicity is Key

With all of the diet trends and fitness crazes we are exposed to regularly, it can be overwhelming and seemingly impossible to stick to just one diet and fitness regimen.

Just over the past decade, information on health and fitness has grown tremendously. Try not to fall into the hype and jump from one trend to the next!

It's important to stick to just one diet plan and one workout regimen.

Constantly changing your diet or fitness program will only delay your efforts in achieving your health and fitness goals.

#3: Set Realistic and Specific Goals



When you're setting health and fitness goals, make sure you are crystal clear with what it is that you want to achieve. You also don't want to make it so audacious that it feels seemingly impossible to reach. This will only discourage you in the long run.

An example of a bad goal is "I want to lose a lot of weight".

A better, more specific goal would be, "I want to lose 15 pounds by the end of April by sticking to my nutrition plan and exercising three times a week".

Writing down your goals and looking at them regularly also helps you stay committed and motivated to stick to them. The more specific your goals are, the easier it becomes to take the proper actions toward achieving them.

#4: Pace Yourself

When focusing on your goals, be mindful of your approach. While the added pressure of "New Year's goals" can make you want to go all out as soon as possible, it can be a recipe for burnout.

Although enthusiasm is a great trait to have, it's important to be thoughtful about how you plan to reach your goals. Overdoing it the first two weeks of the New Year may leave you injured and discouraged.

Instead, try to start slow, especially if you haven't exercised regularly in the past. While our bodies need to be challenged, consistency is more important than anything else.

Exercising for just 15-20 minutes every day is much more effective than performing an intense workout once a week. This will help you gain momentum and get the ball rolling.

#5: Stick to a Workout and Nutrition Plan

Instead of walking into the gym and choosing to use whatever machine is currently available, following a proven workout plan can give you much better results.

If you are unsure of what exercise regimen to follow, AFPA encourages following a simple set of principles such as:

- Move daily (at least 15 minutes)

- Incorporate weight exercises at least twice a week
- Perform cardio workouts at least once a week
- Perform high-intensity interval training once a week



When it comes to your nutrition, try not to follow any extreme diet plans.

A great place to start is by cutting out processed carbohydrates and sugar. After a month without junk food and sugar, you can proceed to follow a diet plan that suits your interests.

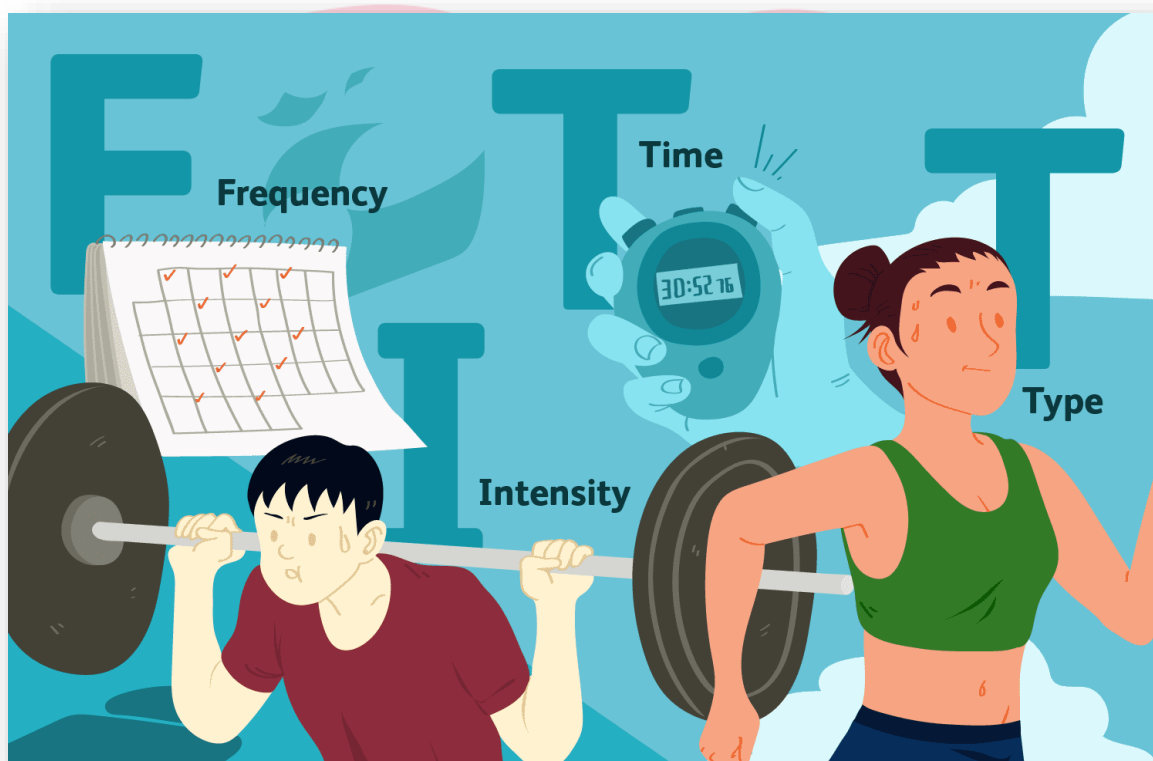
#6: Don't Skip Two Days in a Row

Reaching any goal comes down to adopting daily habits and taking each day one step at a time. As you first start exercising, each day will come with a bit of resistance towards reaching your goal. After all, no one feels like going to the gym after a long day at work!

But, when you take action on your goals every day, you slowly create more momentum until eventually exercise turns into a habit. Studies have shown it takes approximately 66 days for the average person to adopt a good habit.

Performing daily exercise - no matter how small - will instill the habit of exercising into your routine, making it a breeze to achieve your fitness goals!

#7: Track Your Food Intake and Workout Performance



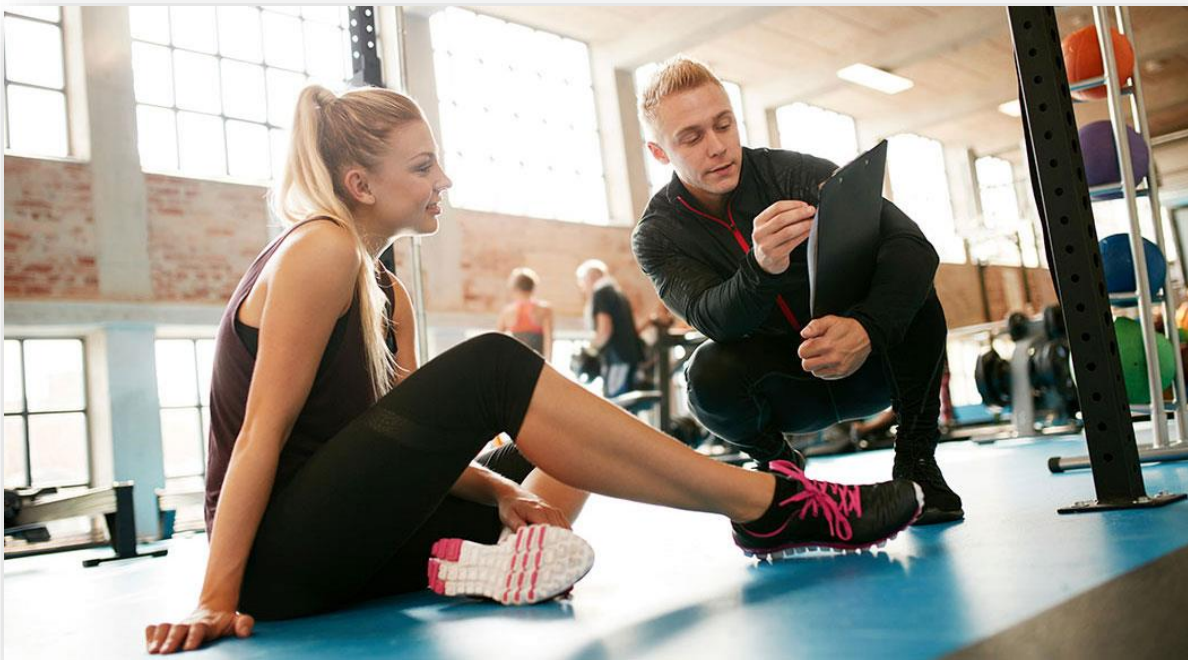
As the saying goes, “what gets measured gets managed”. When it comes to losing weight, good results come down to simple science.

If you’re eating fewer calories than your body needs to maintain its current weight, you’ll drop fat. This is also known as eating in a calorie deficit.

But the only way to truly know if you’re in a calorie deficit is by tracking your food intake. Luckily, several calorie-tracking apps can simplify the entire process.

#8: Get a Health Coach

The fastest and most guaranteed way to reach your health and fitness goals is by hiring a coach.



If you're setting out on a journey you've never been on before, we suggest working with a health coach or personal trainer to help you conquer any obstacles and guide you with a tried-and-tested course of action.

Coaches have a tremendous amount of knowledge and can help you get results faster than any other approach. Not only will they hold you accountable when times get tough, but they also have all the answers to questions that you're bound to come across during your journey.

#9: Find a Supportive Community

With the rise in social media use, you can find a niche-specific community no matter how esoteric your goals may be.

When you have a group of people who share the same goals, desires, and problems as you, it gives you the extra discipline you need to stay committed when times get tough.

Having a supportive peer group will hold you accountable, keep you motivated, and help you blast through your health and fitness goals than if you were to go at it alone. It can be as simple as joining Facebook Groups of people with the same goals and interests as you.

Here's how: If you're into plant-based diets, type in "plant-based diets" into the search bar, click the groups' tab and you'll be presented with hundreds of communities who love plant-based diets.

#10: Get Deep, Quality Sleep



Between work, family time, and working on your goals, sleep can sometimes fall to the wayside. It's crucial to sleep at least seven to eight hours of sleep to prevent your body and mind from burning out.

If your goal is to lose weight, sleep should be a top priority. Research has shown that people who get a full night's sleep lose more fat and feel less hungry throughout the day.

#11: Use Rewards Intelligently

A great strategy for motivating yourself to chase your health and fitness goals is by using effective rewards. But be careful not to let these rewards get in the way. For example, try not to use junk food as a reward for going to a yoga session. Sure it may motivate you to exercise, but it may be hurting you in the long run.

Instead, have a cheat meal or food every once in a while only because you want it, *not* because you earned it. You can also use non-food related rewards as well. If you love to watch Netflix, restrict yourself from watching TV until *after* you've exercised for the day.

#12: Prioritize Your Goals



It's extremely important to make yourself a priority. Once you've set the goal (and wrote it down), you shouldn't let anything that isn't an emergency get in the way.

Don't use your family or friends as an excuse for eating unhealthy or skipping a gym session. Let your loved ones know about your goals so they understand that you need some time to yourself so you can exercise regularly.

Tip: Many high-achievers will chase their goals first thing in the morning. If you find yourself letting life get in the way of your goals, try to wake up an extra hour early and do your workout as soon as you wake up.

Chase Your Goals

Success with your goals doesn't have to be a stressful, seemingly impossible life decision. Achieving your health and fitness goals can be simple and even fun when approached correctly.

If you're a complete beginner to exercise and dieting, working with a health coach or a personal trainer can be a fantastic time and money investment. You'll be surprised at how quickly you'll reach your goals just by working with someone who's done it before.

Taking one day at a time, staying consistent, and following a proper diet and workout plan will almost guarantee that you reach your goals in no time!



CARDIO MASTER



CHAPTER 3

Outdoor Exercise and Fitness

With the changing times, one and all are now familiar with what they need to be fit.

It does not matter whether the physical activity is to be performed indoors or outdoors, everyone takes up the opportunity which can keep them physically fit.

Along with indoor exercises, outdoor exercises have become trendy now. With the exercises, one can get the following advantages.

1. To work out in the best and get the maximum benefit only a little machinery is required. Other than this there are a few workouts that can be done without any machinery.
2. No need to be among those people who irritate and no need to be in the crowd.
3. No need to go out walking or driving for the sake of fitness.
4. Fresh air can be enjoyed maximum.
5. One does not need any special outfit or not even any kind of makeup.
6. Vitamin D from the sunshine can be taken.
7. One does not have to work out at a fixed time, exercise as and when you feel like and at the place you like.

There are a few reasons which we cannot add to the list which are also the reasons for taking up the routine for outdoor exercises. There are many other things over which one can ponder. After knowing about the benefits of outdoor exercises one now needs to know about what activities one can get involved with for outdoor exercise.

Whether you're on vacation, traveling for work, or spending time away from home for whatever other reason, it can be hard to adapt your usual workout outside your gym or at-home setup. Hitting up a local fitness class may be an option, but is not always feasible. Sometimes, you just need a quick, equipment-free routine that gets the job done no matter where in the world you are. Bonus points for something that works your entire body, and covers both strength and cardio.

Finally, there's a core burnout section designed to fatigue your abdominal muscles in a short amount of time. "When I choose core exercises, I think of total-body motions that lead to increased stability and balance. The core exercises that I selected in this particular workout are dynamic, move through various planes of motion, and are challenging and functional".

To get the most out of this workout, you should do each exercise as intensely as you can while still maintaining proper form. Try not to take a break, except for when the workout calls for it at the end of each superset.

Here's how the workout is set up:

Warm-up:

- High Knees — 20 seconds
- Crabby Crawl Out — 20 seconds
- Squat to High Kick — 20 seconds
- Grass Grabbers — 20 seconds
- Rest — 30 seconds

Superset 1:

- Yogi Push-ups — 45 seconds
- Burpee to Lateral Jump Squat — 45 seconds
- Rest — 30 seconds
- Repeat one more time.

Superset 2:

- Walking Lunges — 45 seconds
- Get-up to Jump Lunge — 45 seconds
- Rest — 30 seconds
- Repeat one more time.

Core Burnout:

- Single-Leg Bicycles — 20 seconds each side
- Push-up to Twist — 30 seconds
- Sumo Squat Hold With Oblique Crunch — 30 seconds
- Plank Hold — 30 seconds

Here's how to do the moves:

1. High Knees — 20 seconds



Stand tall with feet hip-width apart.

Keep your chest lifted and your abs tight as you drive your knees toward your chest, one at a time.

Swing your arms, focusing on taking your fingertips from hip height to lip height in rhythm with your knees.

Continue for 20 seconds.

2. Crabby Crawl Out — 20 seconds



Stand with your legs wider than shoulder-width apart. Lower into a sumo squat.

Crawl out onto your hands until your body is stretched out in a plank position. Then, do a push-up.

Crawl back with your hands and sit back into the sumo squat, arms straight and extended overhead.

Repeat for 20 seconds.

3. Squat to High Kick — 20 seconds

Stand with your feet slightly wider than hip-width apart, toes facing forward.

Sit your hips back into a squat. As you stand back up, kick one leg up, keeping it straight, and bring your opposite hand out to touch your toes.

Alternate sides for 20 seconds.

4. Grass Grabbers — 20 seconds

Start with your feet wider than shoulder-width apart. Push your hips back and lower into a sumo squat, bringing your arm to touch the ground right underneath your torso.

Then, stand up straight and jump your feet in so that they land directly under your hips (land on the balls of your feet).

Immediately hop your feet back out to start position and start with the squat again.

Continue for 20 seconds.

5. Yoga Push-ups — 45 seconds

Start in high plank.

Shift your weight back and bring your butt to the sky so your body's in a triangle shape.

Your heels should be touching or hovering above the floor (feel free to bend your knees if that's too intense).

Make sure your neck is in line with your spine so your gaze is toward your feet.

Leading with the crown of your head, bring your upper body down through your hands, swooping your chest about an inch away from the ground, and then lifting your chest into Cobra before pushing your hips back into Downward Dog.

Continue for 45 seconds.

6. Burpee to Lateral Jump Squat — 45 seconds

Do a burpee without a push-up: Start in a deep squat with your legs wider than shoulder-width apart, toes slightly turned out. Reach forward to place your hands on the floor right beside your ribcage. Kick your legs straight out behind you so that you end up in a high plank. Jump your legs back to start.

As you stand up out of squat position, jump to the right, straightening legs while you're in the air and lowering back into a squat when you land.

Do another squat jump back to the left, ending in the start position.

Continue this combination for 45 seconds.

7. Walking Lunges — 45 seconds



Stand tall with feet hip-width apart, back straight, chest lifted, and core tight. Make sure your shoulder blades are pulled back and down softly.

Take a large step forward with your left leg and lower your hips toward the floor, bending both knees so that they form almost-90-degree angles. Your front knee should be directly over the ankle, and the back knee should be pointing down toward the floor.

Drive through your front heel and push your right foot off the ground to bring it forward. In one fluid movement, step forward into another lunge with the right leg now as the front leg.

Continue for 45 seconds.

8. Get-up to Jump Lunge — 45 seconds

Lie face up on the ground, arms extended long behind your head.

Swing your arms forward and use your core to roll your body up to a standing position.

Do your best to land with your feet just outside of your hips.

As you stand up, jumps off the ground and land with your legs in a lunge position.

Jump your legs up and switch, doing a lunge with the other leg in front.

Jump both legs back to center, landing with them hip-width apart, and lower your hips back and down into a squat. Slowly bring your butt to the floor and roll back to start.

Repeat for 45 seconds.

9. Single-Leg Bicycles — 20 seconds each side

Lie faceup with both legs extended straight in front of you, keeping your heels higher than your hips. Lift your shoulder blades off the ground and engage your abs.

Twist your torso to bring your right elbow to your left knee, keeping your right leg extended.

Bring your chest and leg back to start.

Continue on the same side for 20 seconds; then, repeat on the other side.

10. Push-up to Twist — 30 seconds

Do a regular push-up.

Then, shift all your weight to one arm and twist your body open to the opposite side to get into a side plank position. Reach the free arm straight up into the air.

Keep your body in a straight line, arms stacked in line with your shoulders, and legs straight.

Continue, alternating sides, for 30 seconds.



11. Sumo Squat Hold With Oblique Crunch — 30 seconds

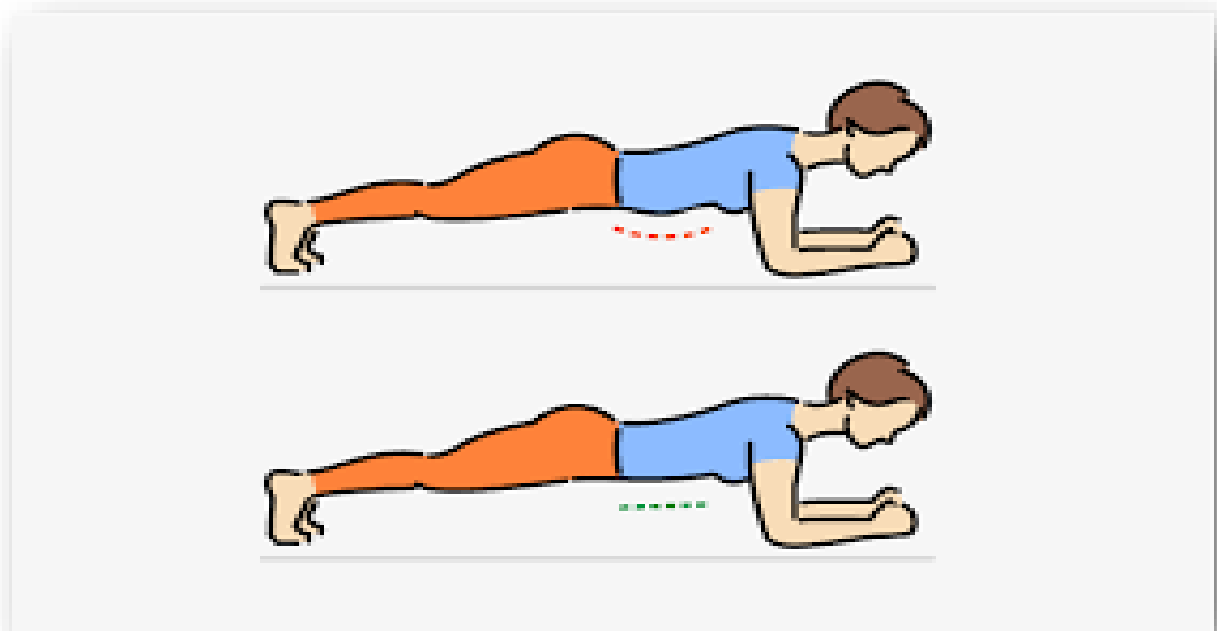
Stand tall with feet wider than shoulder-width apart, toes pointed out.

Keep your back straight as you push your hips back and bend your knees to lower into a squat, stopping when your butt is in line with your knees.

Reach toward the ground with one arm and twist your torso open to the opposite side. Bashir says to think about initiating the twist from your hip and avoid hunching your shoulders or tipping your torso forward.

Repeat this movement, alternating sides, for 30 seconds.

12. Plank — 30 seconds



Get on all fours with your toes on the floor shoulder-width apart. Your wrists and elbows should be stacked directly beneath your shoulders.

Keep your core tight so your body is in a straight line from head to toe.

Squeeze your thighs and butt.

Keep your neck and spine in a comfortable, neutral position. (Tip: Try aiming your chin about 6 inches in front of your body.)

Hold this position for 30 seconds.

CARDIO

MASTER

CHAPTER 4

Reaching Your Body's Full Potential



All those who think about fitness think about the muscles that bulge out and that one is as strong as a superman. They try extremely hard to get a body like that of an athlete.

But the fact is that physical fitness means that you must have the stamina for all the physical activities and the resistance level of the body must be optimum. And one reaches the zenith of fitness when your body has all that is required at a level that can be termed as the finest.



Reaching Your Body's Full Potential

There is a misconception in the minds of many that zenith fitness is for those who are below the age of 30 years but it is not true men above this age too can be highly fit. Fitness

which is the finest is the one that is achieved when one has an athletic body built or when has the power to all the tasks, in all when the muscles can work hard for you.

One must take a balanced and full diet to increase the power of the muscles. Finest fitness is one that is capable of maintaining the energy in the body and has the power to perform the essential tasks.

In his/her diet one is required to take in the optimum number of calories. For those who are exercising to reduce weight, it is strictly recommended that they must not put a stop on the food full of calories. Calories are essential as they help in doing ordinary tasks. Take a lot of fiber.

This would help in improving digestion and movement of the bowel. One can feel full with the diet that includes wheat bread, fruits, and vegetable, which are loaded with fiber. This would help in controlling hunger. Green vegetables and fruits are a must as they have all the essential vitamins and minerals that are essential for the body. This would also increase your strength and power to fight the diseases. All this would lead you to get the finest fitness.

Also, try your best to be active. A lifestyle that makes you sit you all the time must be kept away from. You must exercise regularly. If your body is part of a routine where you do a lot of physical exercises then your stamina would be maintained and your muscles would be strong as well. Those who are serene and not much active tend to get flab in the middle part of their body. Their body loses resistance to injuries and various diseases. To maintain the finest fitness not much is required.

One just needs an active period of 10 minutes. You can take up the stairs instead of lifts or stretch your body or even walk over the treadmill for 10 minutes. Never be cruel to your body. Take time out to relax the muscles. Remember too much of everything is as bad as too little of anything is. Sleep well to heal and revitalize the body organs and the mind.

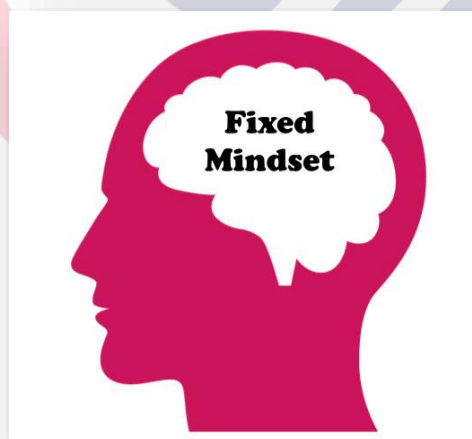
Whether you are an elite athlete on the field or court or a champion in the field of life, you should always have the burning desire to achieve your physical potential. By ensuring that your body is fine-tuned and firing on all cylinders will allow you to perform at your highest level possible? To achieve your physical potential you must have a clear understanding of

the essential components which influence your body. These essential components are your habits in your mindset, physical training, nutrition, and recovery. By continuously evaluating and setting new goals in each of these areas, you will ensure that you are on the optimal path to achieving your physical potential.

What is your physical potential?

For everyone, the answer will be different. It doesn't matter if you are a professional athlete or a business professional; we all have the tremendous physical potential to achieve great things. When physically prepared, the human body has virtually endless capabilities to what can be physically achieved. Individuals that are committed to physical achievement have completed a spectrum of feats, such as running up to speeds of 25 mph, jumping over 40", lifting over a thousand pounds, running over 100 miles straight, holding the breath for over 10 minutes, and swimming endless lengths at a time, to name a few. Be open-minded to the possibilities of your body and physical potential. You don't have to set or break a world record to achieve your physical potential. Just continually strive to be the best physically you can be every day of your life.

Mind Set



One of the most important factors in the quest of achieving your physical potential is a proper mindset. I begin with this component because I believe 99% of physical achievement occurs from the abilities of the mind. Unfortunately, we live in a society

where being lazy and unhealthy is acceptable. On the television, the ever-increasing drug commercials try to convince us to just pop a pill instead of taking care of our bodies. We are constantly being bombarded by negativity from the news media and pessimistic people that almost seem to like being miserable! Always be very cautious of what you allow into your mind. Limit your exposure to a negative stimulus such as negative people, negative news coverage, or any other source of negativity that will inherently bring you down. By limiting your exposure to negativity, you will prevent your mind from being filled with useless clutter allowing you to focus more on the positive aspects of your physical achievement.

Over the years, I have been heavily influenced by my father, and other great motivational and goal setting gurus such as Zig Ziglar, Napoleon Hill, Norman Vincent Peale, and Brian Tracy to name a few. From all of these great men, I have learned valuable strategies and methods that are directly applicable to achieving your physical potential. The reoccurring theme presented by all of these gentlemen is whatever the mind can conceive and believe it can achieve. This powerful statement can be applied to help you strive to achieve your physical potential.

The starting point for all achievement is the Definiteness of Purpose which is developing a burning desire to achieve your goal. With a solid game plan and the burning desire, there is nothing that can get in your way of achieving your physical goals. Your goal should be to reach the top 3-5% of the population in physical fitness, which I call the upper echelon of society and physical achievers. I characterize this top 3-5% as the elite minority, who choose to treat their body as a temple and understand the importance of proper mindset, physical training, nutrition, and recovery. This top 3-5% does not make excuses; they take action every single day to ensure that they are always moving towards achieving their ultimate physical potential.

Where are you now?

The first step in the quest to reaching your ultimate physical potential is to understand where you are present. Without this knowledge in hand, you will not have a clear vision and understanding of the direction you need to take. By taking a critical look at yourself and your habits, you will be able to determine the areas of your lifestyle that require improvement. Carefully evaluate each area which impacts your physical potential and determine where change is needed.

Six Ways to Turn Desire Into Physical Achievement

From the writings of Dr. Hill, his philosophies can be applied to convert the burning desire you possess into its physical equivalent by using what I call the Six Ways to Turn Desire into Physical Achievement with six definite practical steps to determine you physical goals:

1. Determine in your mind what areas you want to improve. Perhaps you need to reduce your body fat by 5% or increase your strength, flexibility, or speed. Be as detailed as possible about the specific areas you need to improve upon.
2. Determine exactly what you intend to give in return for the physical achievement and attainment of the goal in regards to efforts in physical training, nutrition, or recovery methods.
3. Establish a definite date when you intend to obtain the physical achievement goals, no matter if it is in 4, 8, 12 weeks, or 1 year.
4. Create a definite plan for carrying out your desire, and begin at once, whether you are ready or not, to put this plan into action.
5. From the previous steps, now write down your specific goals, the goal date, and what you intend to give to achieve these goals, and include the plan you will use.
6. Read your written statement aloud, twice daily, once in the morning and once before going to bed. As you read the statements- visualize yourself as you have already achieved your physical goals...leaner, stronger, faster, etc.

Once you have completed these six steps you will have established a clear path towards your goal. Next, from where you are present, to the point of your goal, work backward, and set incremental goals between these points and establish a timeline to achieve each goal. For example, if your goal is to reduce your body fat by 12% in 12 weeks when working backward your increment goals would look like this:

Week 12 Goal: Decrease Body fat 12% Total

Week 8 Goal: Decrease Body fat 8% Total

Week 4 Goal: Decrease Body fat 4% Total

Week 1- Starting Point

By setting these incremental or smaller goals will ensure that you are on the right track towards success. By achieving all of your individual incremental goals you will easily be able to reach the end goal, in this situation is decreasing your body fat 12% in 12 weeks. Once you have clearly defined your goals and are in pursuit of them, do not let yourself get off of the path. With a solid game plan and the burning desire, there is nothing that can get in your way of achieving your goals. Take clear and decisive action every day! Once you get rolling, momentum will build and will propel you forward towards your goals.

Over the years I have had the opportunity to work with some of the best athletes in their respective sports, the first step I take with all of them is establishing an optimal path to achieving their physical goals. I describe staying on the optimal path as persistently staying focused on the goal and adhering to the mandatory physical training, nutrition, and recovery program to achieve their goals and to become the best they can become. The fastest way between two points is a straight line- when you stay on the optimal path there will be less resistance and difficulty in obtaining your goals.

Daily Affirmations



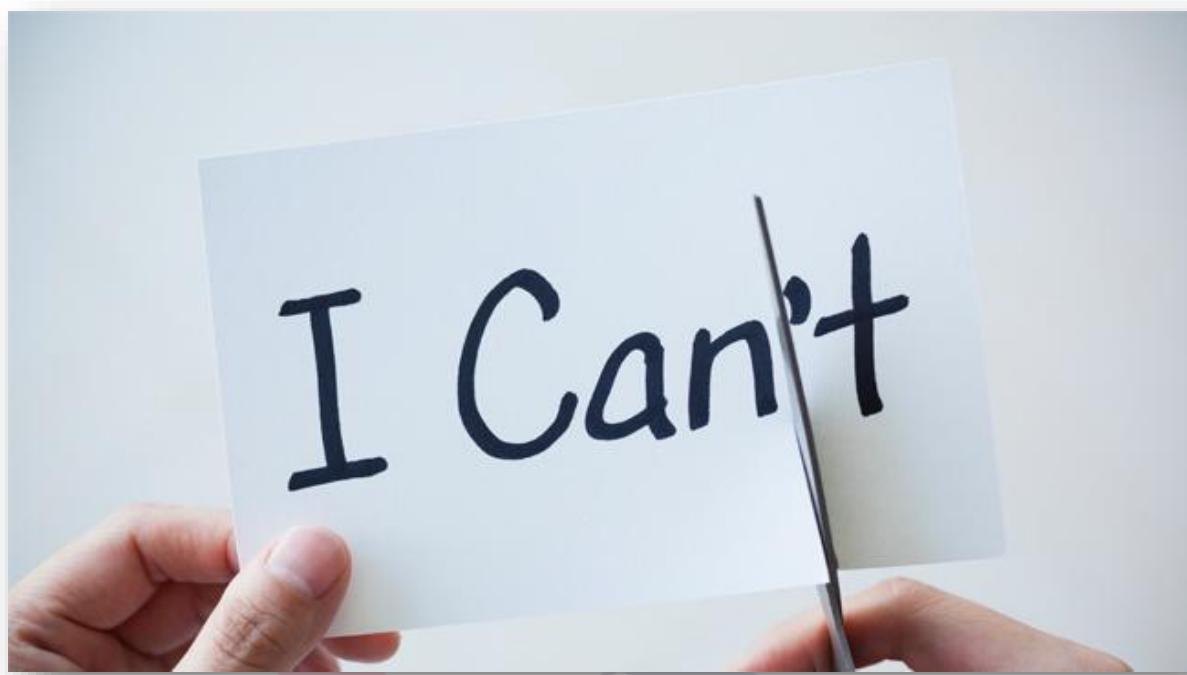
Daily affirmations can be helpful to keep your mind free from negativity, and focused on positive, goal-oriented thoughts. Affirmations are statements of a desirable intention in your mind that are deliberately meditated on and/or repeated. By utilizing this technique, you will create a mental program for your mind to be directed towards your goals of achieving your physical potential. Affirmations are always phrased in the first person and usually in the present tense, “I am”, rather than the future tense, “I will”, to increase the realization of the statement. For example, you could repeat your affirmations while exercising. Such as “I am getting stronger”, or “I am getting leaner”, or “I am getting faster”. These affirmations will help to keep you motivated. Soon they will be part of your thought process and will help fuel you forward to achieving your goals.

Visualization

Visualization can help you develop a clear mental picture of where you want to be or what you want to achieve. This technique can be used with affirmations to make a powerful combination, fueling your physical achievement. I have personally utilized this technique for many years throughout my training and with my athletes to break into higher levels. This can be directly applied to anything that you may believe to be physically challenging

or difficult. For example, over the years, when trying to set new records or personal best in a particular lift, I would complete the repetition successfully in my mind before I ever touched the weight. By practicing visualization techniques you can instantly improve your body's abilities! Use this regularly to overcome self-doubt or fear when striving to reach any physical goal.

Eliminate Negative Thoughts



Fear, self-doubt, and negativity are the enemy of progress and physical achievement. A great way to reduce all of these is to constantly be focused on your goals and be thinking about taking action. By staying focused on action, you will have less time to ponder and think negatively. If a negative thought enters your mind, quickly replace it with a positive thought...tell yourself, "I can, I can, I can!"

Associate with Like-Minded People

The individuals you associate with will have a dramatic influence on you. As the old saying goes, choose your friends wisely. By choosing to associate and spend time with others that have similar interests and goals as you, will help you reach higher levels of personal

physical achievement. You have the right to be selective with whom you associate with. You should discontinue relationships that present negativity, and may hinder you from achieving your goals. Stay clear of people that are negative and pessimistic, they can quickly derail you off the path to your physical potential. Surround yourself with positive, optimistic individuals that choose to live a healthy and balanced lifestyle.

Failure is Not an Option



After you have set your physical achievement goals, and you determine what must be done to achieve the goals, never consider failure! From the beginning, you should tell yourself that failure is not even an option, and you are bound to succeed. By eliminating failure as an option, you will quickly reduce your self-doubt and fear which will fuel you forward to achieving your goals.

Physical Training

Like every creature on the face of the earth, we have been built to survive and perform physical tasks. There was a time when we used our bodies daily to complete physically rigorous tasks such as hunting, gathering, farming, and building. These physically demanding tasks required each individual to be physically fit for the sake of survival. In the modern society we live in, which is full-on luxuries and conveniences, the amount of physical work we must complete daily has been eliminated. For this reason, we must be incorporate daily exercise or physical training to ensure the optimal function of our body. The human body is an adaptive being that can rapidly adapt to the physical stimulus or demands that are applied. Proper physical training provides a positive stimulus that allows each of your body's physical abilities to improve.

According to the goals that you have established, your physical training or exercise should be reflective of your goals and place you in the right direction to achieving your goals. Do not get caught up in adhering strictly to only one training method or training philosophy. Be open-minded to all ways of physically training. Over my career, I have thoroughly researched and applied just about every physical training method that exists. These methods and philosophies have included: bodyweight training, free weight training, band training, machine training, vibration training, strongmen training, powerlifting, Olympic lifting, bodybuilding, sandbag training, kettlebell training, gymnastics, martial arts, boxing, endurance training, sand-pit training, sprint training and the list goes on and on. What I have learned that works best is to keep an open mind and be willing to apply all forms of training to reach your physical potential.

Address Your Weaknesses to Build Upon Your Strengths

The human body is a kinetic chain that is only as strong as the weakest link. One of the fastest ways to improve your physical performance is to identify and target your areas of weakness. For some of you, it may be your core muscles, but for some of you, it may an inability to squat properly or a lack of mobility.

Master Your Body Weight

To reach your physical potential you should be a master of your body weight. This means you should have a solid foundation of strength and be able to complete any bodyweight movements. This includes movements such as squats, various lunges, various steps, bridges, bends, push-ups, pull-ups, various planks, various chops and rotations, bear crawls, walkouts, burpees, etc. Your goal should be able to complete any movement in any plane of motion without any restriction from lack of strength or flexibility.

Do What You Don't Like the Most

A very simple philosophy I have utilized over the years is to do what you do not like to do the most. To constantly progress physically, you should get out of your comfort zone. By incorporating training methods that you find difficult, will most likely yield the greatest progress.

Be Cautious of What You Hear and Read

There are many myths and misconceptions when it comes to physical training. Always question any information you may read or hear on the television in regards to exercise and physical training. Make sure any information you listen to comes from a professional in the field, with a degree and reputable certifications to validate the information. This will reduce the likelihood that the information you are getting is false and misleading.

Monkey See, Monkey Do

Just because you see someone doing a certain exercise, program, or method at the gym, does not necessarily mean it will work for you. Due to the diversity and complexity of each person's body, everyone will have different needs and goals. This means you should be training to meet your goals, not the people that you are watching.

A Partner Can Push You to New Limits

Find someone that has similar physical abilities and goals as you to workout with. Training with a partner can motivate you to reach new levels of physical achievement and will help hold you accountable to your goals. Be sure to constantly challenge and encourage each other to push forward to achieve your goals.

Strive for Continuous Progress

Continuously strive to make improvements in every area of your physical abilities, whether it is strength, power, speed, agility, balance, flexibility, or endurance. From the goals you have set, make sure that you are making measurable progress in each area of your training and exercise. If a certain exercise or method is not working for you, discontinue it and try a different approach. Always strive to set new PR's or Personal Records in your training. This will ensure that you are constantly challenging yourself and getting outside of your comfort zone, forcing your body to adapt and become better.

Nutrition



As the old saying goes, “you are what you eat”, could not be closer to the truth. The nutrients you consume daily have a significant impact on the overall function and physical performance of your body. To reach your physical potential is important that you understand the basics of nutrition and how each nutrient influences the function of your body. Many individuals view eating as a program or something you focus on temporarily to achieve a goal. If you look at nutrition like the majority of people in our society look at it, you will fall short of reaching your physical potential. Every physiological process in

the human body requires energy to function. The energy is produced from calories, or units of energy, which the body extracts from carbohydrates, protein, and fats. These nutrients work in synergy to fuel your body's vital health and levels of physical performance. Every second there is a thousand of chemical reactions occurring within the body that require the correct ratio and amount of these nutrients and vitamins, minerals, and water. If there is an imbalance or deficiency in any of these areas, your body will be unable to perform at optimal levels. I always say, if we had a control panel on the outside of our body and we could open it, and see all that is going on inside of our body, we would have a greater appreciation for the complexity of the human body and its reliance on the vital nutrients from the food we eat. According to your goals, your dietary habits should be structured to contribute to your forward progress in achieving your goals.

If it Walks, Swims, or Grows Out of The Ground, It's Okay

Consume foods that are as close to the natural state as possible. Your dietary habits should consist of lean meats, fruits, vegetables, grains, and good sources of fat such as healthy nuts and oils. This means to reduce the number of processed foods, or man-made foods that you consume. Stay away from foods with high fructose corn syrup, preservatives, and unidentifiable chemical compounds. When possible, incorporate fruit and vegetables that have been organically grown. This will allow you to consume fewer amounts of pesticides and genetically altered, gas ripened foods, which could adversely affect your body.

Eat for Fuel, Not for Fun

You should look at food as the fuel required for your body's optimal performance. Much like a high-performance race car, your body runs the best with the right fuel or nutrients. Most people make emotional decisions when it comes to nutrient or food selection. You should always select foods that are best to fuel your body.

Hydrate, Hydrate, Hydrate



Proper hydration is important for every physiological process that occurs within your body. If you are thirsty, you are already dehydrated. The best way to ensure that you are properly hydrated is to make it a habit of keeping a container of water with you at all times and drink constantly.

Limit Your Alcohol and Caffeine Consumption

Alcoholic and caffeinated beverages should be consumed in moderation. Alcohol is a foreign substance to the human body, and in excess can place stress on your liver and other organs. Caffeine can adversely affect your energy and metabolism when consumed in excess. Try to consume both of these in moderation.

Nutrient Timing and Nutrient Selection

It doesn't matter if you are trying to gain lean muscle, lose body fat, or to maintain your current weight, the timing and selection of your nutrients are important. Depending on your goals you should eat 5-6 meals per day, spacing them out to every 2.5-3 hours. Each

meal should consist of a combination of protein, carbohydrates, and fat. This will ensure that your energy levels are steady throughout the day and will allow your metabolism to function at optimal levels.

Preparation and Organization

Preparation and organization are two of the top keys to success in healthy eating. Plan your meals ahead of time to make sure you will have access to the foods you need to eat. Like most people, do not wait until the very last second to figure out what you are going to eat for your next meal. If you are not prepared, you will be unable to maintain your required schedule for eating. This will quickly derail your body from reaching its physical potential. Plan ahead and always have the food you need to eat accessible to you.

Recovery

Recovery of the physiological regeneration and repair of your body from physical training or stress is a requisite to reaching your physical potential. By taking proactive measures to enhance your recovery, you will keep your body feeling fresh and will reduce the chances of becoming injured. There is a long list of ways to accelerate your recoveries such as sleep, relaxation, meditation, stretching, chiropractic, contrast baths, massage, performance therapy tools, acupuncture, visual imagery, vibration therapy, EMS, and light therapy to name a few. Be sure to take time to incorporate some of these recovery methods into your training schedule.

Proper Sleep

While you sleep your body releases hormones that promote the physiological repair and regeneration of the cells in your body. You should sleep 8-10 hours per night to ensure that you are adequately recharged. If your schedule permits, implement short naps to boost your recovery even faster. If you go through a period of days with less than 8 hours of sleep, make up those hours by sleeping more on the other nights. Your body keeps track of these hours, and it will reflect in your energy levels and physical performance.



Relaxation

Schedule times to completely relax and let your body unwind. This will enhance your recovery by reducing stress levels allowing your body to heal and repair.

Listen to Your Body

You should learn how to interpret the signals that come from your body to enhance the recovery process. By being in tune with your body you can quickly address areas of your body that may need special attention.

Self-Massage

Using Self Myofascial Release, also referred to as Self Massage can accelerate the healing of your muscles from physical training. Common modalities used are foam rollers, the

Muscletrac, tennis or lacrosse balls. Self Massage performed before, after, or between your workouts will reduce muscle soreness and tightness.

Flexibility

The most effective method to improve flexibility and muscle elasticity is to incorporate active or movement-based stretching into your physical training program. Take time before and after your workouts to incorporate stretching to enhance your recovery.

Bringing it All Together

To achieve your physical potential, stay committed to living a healthy and well-balanced lifestyle. Constantly set goals for new physical achievements and be conscious of your mindset, physical training, nutrition, and recovery. Be a student for life and strive to never stop learning about new ways to achieve your physical potential. Remember that whatever the mind can conceive and believe it can achieve. Set your sights high and work hard to achieve your ultimate physical potential.



CARDIO MASTER

CHAPTER 5

*How to Achieve
Good Life and Fitness*

Can you find if you are living a good and healthy life? Do you ask your doctor some health-related question, when you see your medical practitioner?

Great life and physical fitness are in some manner similar, but not all individuals agree to it. If you are physically fit, then you will live a good and healthy life without getting ill. In case you are already having a great life then it does not inevitably mean that you are fit.



So, what are the ways to know if you are physically fit or not, and that how healthily are you living?

First of all, make yourself clear as to what healthy life means? For a few individuals, it means to have all lavishness in life. Few others think that a great life is a healthy life. If you think that the latter definition is your definition of the great life, no matter if you are rich or not, then it is time you choose a better life for you. In case you believe in this then you ought to be physically fit too.

You will be able to earn more bucks if you stay healthy. This is because you will rarely fall ill as you will be staying a healthy and good life. If you choose, you can work longer hours

and purchase all that you want. And if you are unhealthy then you will stay sick always and most of your hard-earned money will expend on your medications.

If you are into physical activities and do regular exercise then I assure you that you are going to stay healthy and happy. To remain physically fit and healthy, a fitness workout is a great way. If you then you can enroll in a gym or a club that you think is going to help you stay fit.

Few individuals believe to exercise at their homes. This is very commodious because you can then do it any time and at any place in your house.

Next, you must evaluate your way of living life. Presently are you doing some fitness workouts? Ask yourself if you usually get sick? These are the few necessary questions that one must ask to find the state of health. In case you are not spending a happy and healthy life, then you must start working out because it is still not late and you must try to remain far away from an unhealthy lifestyle.

Are you thinking that how you will commence the process to start living healthy? It sounds easy that you can start working out anytime. For this, you will be required to change your unhealthy lifestyle first. This is because it is nearly impossible to get things right overnight.

Step by step you will feel the changes in you. You will start thinking positively and will gradually start giving your unhealthy lifestyle. So, it is better late than never. Think about it and start your fitness workout sooner.

As the New Year is near, many of us will be making resolutions to improve our health and fitness. While having specific health and fitness goals in mind is excellent, people often go to extremes to accomplish these goals. They try the newest fad diet or workout trend and often end up exhausting both their mental and physical energy. This usually leads to either quitting altogether or reaching these goals and being unable to maintain them, ultimately resulting in burnout, failure, or injury. Because of this, I propose you ditch the extreme unrealistic goals and aim to change your lifestyle.

When you start to view health and fitness as a lifestyle rather than a part-time hobby or 30-day challenge, you develop behaviors that will improve many areas of your life. Living a healthy lifestyle can inspire creativity and teach you discipline, adaptability, and balance.

This will not only leave you looking and feeling better, but you will show up as a better version of yourself for the people in your life that truly matter.

It's more than aesthetics

Health and fitness are about more than the way you look, the food you eat, or the weight you lift at the gym. They're about:

- The way you feel.
- Your quality of life.
- The focus you have at work.
- Your ability to move.
- Your psychological state.

When you're truly healthy, you are in a better mood and can physically do more. You can do things like walking your dog, going hiking, or paddleboarding. Not being able to do these things can drastically impact your experiences and limit your quality of life.

Setting an example

When you choose to live a healthy lifestyle, you not only do yourself a favor, but you set an excellent example for all of those around you. Your friends, family, and children are impacted by the healthy choices you make and will often feel inspired to make a change in their own lives.

The result of this is better relationships, a lower risk of disease, and an overall healthier and happier world. By simply making healthier choices, you can have a rippling impact on all of those around you.

Be the person to start the change.

You learn exact behavior change

I find that “diets” or “workout challenges” only last so long. It is unrealistic to be going at 100 mph all the time. We are all human. Life happens, stress comes and goes, and schedules can get thrown off.

When we choose to live a healthy lifestyle, we learn to accept these things and

Adapt.

You learn to enjoy life when you are on vacation and away from your gym and kitchen because you have developed the habits and skills to live a healthy lifestyle no matter where you are. By always practicing moderation and balance, you allow yourself to indulge without going overboard. If you don't have access to a gym one week, you get in the habit of traveling with your resistant bands, creating a bodyweight circuit, or using nearby benches and stairs to get a workout in. You learn to adapt instead of self-destructing when your routine gets thrown off.

Consistency

Sure, people get results with extreme dieting or partaking in workout challenges. However, the percentage of people who follow those plans exactly is tiny. These challenges are often completed in a short period and accompanied by strict guidelines of success and failure, both of which are not good for your physical or emotional health.

When you set extreme goals, you're more likely to feel defeated if you "mess up." when the expectations aren't as intense, you are more likely to stay consistent and enjoy your journey. You don't put that pressure on yourself to be perfect. If you eat something “bad” or skip a workout, you wake up the next day and get right back on track because now it's just part of your lifestyle. This approach is much more attainable and leads to more consistency long term.

Here are a few tips to start making health and fitness a lifestyle today:

1. Find an exercise you enjoy

This is important when it comes to staying consistent with your workouts. If you are continually doing exercises you don't enjoy, and they leave you feeling drained physically and emotionally, it's only going to last so long. You are better off finding exercises that make you feel good, and you can stick to long term, even if it's not the most intense. Consistent low-intensity exercise will always triumph over inconsistent high-intensity exercise.



2. Be patient when it comes to reaching your physical goals

Remember, results take time. Be easy on yourself.

Nothing good comes easy. Learn to fall in love with the process and the person you become throughout the journey.

3. Don't give up the foods you love

I'm a firm believer in never giving up the foods you love. Find a way to make your favorite foods healthier. If pizza is your favorite food, don't give it up. This will leave you feeling deprived. Get creative and use clean ingredients to make your healthy version.

4. Don't compete with anyone



This is your life and your journey. No two people are the same, so you should never compare yourself to others. As long as you wake up every day and try to be better than you were yesterday, you are on the right track.

5. Try new things

Step out of your comfort zone. Try a new fitness class with a friend and explore different foods. Grocery shopping based on what's in season is an easy way to begin experimenting with different foods and exposing yourself to a wide variety of fruits and vegetables. Stepping out of your comfort zone and switching things up will keep things interesting and help you stay motivated and inspired to make this way of living a permanent lifestyle.

CARDIOMASTER

CHAPTER 6

Make Fitness Fun with Workout Ideas



Many times, you heard a big "NO" from someone with whom you wish to workout. This is because exercising alone is quite boring.

It is also possible that you do some fun around while you must be doing exercise at the gym. The fact that you tend to have fun around is because it gets boring to carry on with the same workout schedule for a long period.

However, it must be noted that carelessness in the training period may harm your health as there many obesity and heart diseases are increasing. It will be good if you keep your body healthy and live a happier life.



For maintaining good health, only you will be responsible for now and forever. This is the reason why you need fitness training to keep your body in healthy condition. If you fail to keep your health in a working situation then it may result in disease that may make your life miserable and unhappy to live.

If you are overweight and are not having an illness like heart disease or diabetes then you must start working out before it gets too late. This way you will keep yourself fit plus you will get an attractive looking body that can be shown off at beaches.

Despite this, if the usual fitness training routines are very boring then you can try various workouts that will make your regular training schedule more entertaining. There are entertainment activities which you can enjoy. At the same time, the fun will give you good quality fitness training experience.

First and foremost, many individuals or maybe you believe that fitness physical exertion can only be done at the gymnasium.

I suggest you be creative and think out of the box. Active sports like golf, swimming, football, tennis, and basketball are all fun sports. These sports can provide you good quality fitness training experience. For instance, you can find many tennis courts and clubs where you can learn how to play it. If you want you can also include members of your family to make it more fun. This way you can promote fitness and have fun all together.

In case you are not a sports-type one and you think that sports cannot be fun then you can think of dancing. Dancing is yet another way to keep you fit and stays entertained. You can get yourself enrolled in a dancing institute.

Few individuals think that dancing is simple but let me tell you seriously that it is not. You will find it difficult when you will attempt to do it. It requires you to jump, walk, and run around on the dance floor. Different dancing moves help you to stay fit keeping fun attached to the schedule.

Dancing is a great alternative for boring workout schedules. It will be significant if you enroll yourself in sports or dance classes if you want some entertainment while keeping yourself fit.

It's no secret that physical activity is crucial to a healthy lifestyle. Movement of any sort promotes good heart health, strong bones, and improved balance. Sitting around all day can even reduce how long you live. Studies have shown that even small bits of physical activity throughout the day will lengthen and improve your life.

However, it can be difficult to get in daily exercise when you're at home. Whether's it's for health reasons or simply a lack of access to proper equipment, finding ways to increase

physical activity at home can be a challenge. The good news is that you're probably more active than you think. Using the stairs in your home or building, taking pets for walks, and even scrubbing stubborn grease off dishes all count as physical activity.

10 Easy Physical Activities for Adults

If you work from home or have children who get restless when they're cooped up inside, you're probably wondering how to best keep everyone entertained and active at the same time. Luckily, there are many easy physical activities you and your family can do in or around your home.



1. Create an At-Home Workout Routine

Some people thrive on routines, even outside of obligations. Adding physical activity to your everyday routine can normalize it and increase the chance that you'll do it every day. Find the best time for you to squeeze in a workout. If you're not a morning person, don't force yourself to wake up at the crack of dawn to go for a jog. Instead, fit in physical activity during the afternoon.

Then, take it a step further and plan out what exercises you'll do each day. You may decide to do yoga one day, ride a bike — stationary or regular — the next day and have a dance

party with your kids the third. Or, you can opt to divide up the day by focusing on different areas of the body. There are infinite ways to create a workout routine that fits with your goals and ability, so do a little experimenting to see what routine works for you.

2. Set Goals for Yourself

Sometimes it's easier to accomplish a task when you have a goal to work toward. Goals can be as simple as aiming for 150 minutes of physical activity a week, as recommended by the Centers for Disease Control. Or, you can aim for something more challenging, such as gaining muscle or training for a marathon.

You can even communicate with your gym or personal trainer and get advice on which goals to set and how to work toward them safely and effectively.

3. Improvise Exercise Equipment

If you feel you're limited by a lack of exercise equipment, find ways to improvise. You can use full water bottles or cans of food to lift weights or use the stairs in place of a stair machine. You can also use furniture or the walls of your home for resistance exercises.

You can even add to your daily physical activity by simply changing the way you use everyday equipment. For example, run or jog up the stairs instead of walking to get your heart rate up. Try including physical activity in situations that are normally sedentary, like doing gentle stretches while watching TV or using commercial breaks to do some squats or pushups. If you're streaming all your shows, increase activity by using the time between episodes to do burpees.

Walking is a great exercise that only requires your legs, so go for several short walks around your home — that counts as physical activity, too.

4. Take Advantage of Online Classes

Many gyms offer online workouts that you can do in the comfort of your own home, so take advantage of them. These virtual group classes range from aerobics to yoga and Pilates, allowing you to keep up your exercise regiment in a convenient way.

Virtual classes and even fitness DVDs provide great examples of physical activities you can do at home since they allow you to get everything from cardio to stretching in one place. You can also choose which classes to join based on your fitness level and long-term goals.

5. Get Some Fresh Air

If walking around your living room gets dull, step outside and take a stroll around your backyard if you have one. Or take your dog for a walk and spend some time playing, so everyone gets some much-needed activity. A hike is a great way to get outdoors while still abiding by social-distancing rules, so take advantage of a hiking trail nearby.

Relive your childhood by busting out a hula-hoop or jump rope. These games aren't just for kids and can be a great source of cardio.

6. Do Cardio at Home

Those who have space can bring hula-hoop indoors as well, but there are many ways to do cardio exercises at home. Simple activities like jumping jacks and burpees are a great way to get your heart rate going. If you have a stationary bike or a treadmill at home, use it to work on your cardio as well.

Getting creative can come in handy when you want to increase activity while at home, and dancing is an underrated way to do it. Dancing provides the same cardio benefits as running or aerobics, and more people find it enjoyable. Having impromptu dance parties at home is an excellent way to get the heart racing, boost cognitive functions, and improve your body's strength.

7. Find Reasons to Get Up

Some physical activity is better than no physical activity at all, and if you work from home or live a sedentary life, it's important to get up and move around every hour. Set a timer or an alarm to remind yourself to get up every hour. Use the time to get in some stretches or even a few jumping jacks before sitting back down again.

It can be difficult to find time to move and be active when working from home, but a little innovation can go a long way. Consider taking a walk around the house while on a business phone call or pile some boxes onto your desk to create a makeshift standing desk.

8. Remember That Chores Count Too

Household chores are some of the most underrated examples of physical activities you can do at home, and you'd be surprised at how much energy they require. Studies have found that household chores are just as effective as working out at the gym or running every day. They help keep your heart healthy while keeping your house clean — a win-win solution.

So, don't forget to include vacuuming and gardening when you're wondering about your physical activity levels since both these activities are great for muscle development. Gardening and other yard work are some of the best ways to be physically active while at home. The effort and repetitive motions of chores like mulching, raking, and weeding provide similar results as lifting weights.

Modern technology has made keeping in touch easier than ever, so use video calls to exercise with friends and family.

9. Keep Yourself Motivated

Exercising can be dull, which is why a quarter of all Americans don't do enough of it. Motivation has a lot to do with it, and it can be even harder to find when you're stuck at home.

A simple change in routine can do wonders, so instead of doing the same exercises or activities every day, switch them up. Alternating exercise routines by day is a common way to beat the lack of motivation, but being at home affords a lot more perks. For example, use a treadmill or stationary bike while watching your favorite TV show. You may even be surprised at how quickly your workout gets done.

Modern technology has made keeping in touch easier than ever, so use video calls to exercise with friends and family. You can catch up and even give each other the motivation

to be physically active as well. Or, if you're a fan of photography, take more walks and hikes with your camera to snap some shots while getting your steps up.

10. Involve the Whole Family

Keeping children busy doesn't have to involve screen time. Instead, include the family in your activities. Go for hikes or bike rides together, play games in the backyard, or divide up home and garden chores, so everyone gets some activity in.

10 Ways to Keep Kids Active at Home

When your kids are out of school, you may find that they are getting restless or spending more time being sedentary. In addition to keeping yourself physically active, it's important to make sure kids are getting daily physical activity as well. Lack of school and extracurricular activities means a lack of routine, including opportunities for physical activity.

So, here's a list of physical activities for kids to help entertain them while keeping them healthy:



1. Go Back to the Basics

The childhood games you played as a kid can be recycled to be new again for your children. Hide and Seek, Freeze Tag, and Duck, Duck, Goose are just some of the simple games that will entertain kids while making sure they're being physically active. Hula-hoops and skipping ropes are other timeless toys that promote activity. Have contests to see who can keep the hula-hoop up the longest, or create rhymes and songs to jump rope to for an added bit of creativity.

The best part of these games is that they can be played outdoors or indoors, allowing for year-round activity.

2. Involve Your Kids

If gardening is a way for you to relax, try involving your kids, as well. Give them simpler chores that still require them to be active and enjoy the fruits of your labors together. If involving them in less interesting chores, like mopping or doing the dishes, isn't enough, involve them in "fun" chores, like mowing the lawn or raking leaves.

Bigger activities, like cleaning out the garage or attic, are ideal for getting kids to help. Additional help will make the work get done faster and provide opportunities to increase activity.

3. Add Physical Activity to Learning

Make homework and studying fun by creating "missions" for your kids to complete. Design the missions to align with their schoolwork to implement a learn-by-doing method, which can help kids learn.

If your child needs help with math, send them on a mission to count all the windows in the house, then ask them to figure out the average number of windows in every room. Similar missions can take place in the kitchen by having kids measure out ingredients to help you bake.

4. Don't Ignore Active Video Games

Video games often get a bad reputation for inspiring laziness and promoting violence, but studies have shown that active gaming is a useful tool for promoting health and physical

activity. Fitness and exercise video games are designed to be played with the whole body, requiring players to jump and move around to progress.

Active gaming makes exercise much easier for kids, and it's also known to help adults get more physically active. Play these games with your kids to get a workout and some quality time.

5. Take Walks With Your Kids

A walk is a great way to bond with your kids while doing something active. Walk around your neighborhood or a nature trail, and use the time to engage your kids in conversation about what they see. Discover plants and wildlife and help nurture their interests and curiosity while enjoying the benefits of physical activity.

6. Plan a Scavenger Hunt

If you want some time to do your workout in peace but need to keep the kids safely occupied, set up a scavenger hunt for them to complete. Hide the objects to scavenge around your home in spots that require crawling, jumping, or even climbing. They won't even realize they're getting exercise because they'll be too busy having fun.

7. Learn a New Skill

The internet is full of videos that can help your kids learn new skills. Engage them in a new hobby by finding a virtual class they can take, such as martial arts or gymnastics.

You can even join in, especially if your kids are younger, and get your workout in while making sure your kids are safe.

8. Re-Create a Sport

Your kids may not be able to play soccer or basketball in the house, and you may not have a private outdoor space for such sports, but with a little creativity, you can recreate these sports to adapt to your situation. Blow up a balloon and use it to play a game of volleyball, or line up some bottles of water and use a tennis ball to bowl a strike.

Another classic childhood game to bring back is Hot Potato. Use a plush toy as the hot potato and throw it to each other. Similarly, a simple game of catch with each other or even against a brick wall puts both leg and arm muscles to use.

9. Have a Dance Party

There are many benefits to dance, and it can be a fun and stress-relieving activity for kids, too. Set time aside each day to allow kids to dance around the house. Bouts of dancing will ensure kids are physically active, but it can also be cathartic, helping them get out any pent-up energy.

10. Create an Obstacle Course

Pillows, blankets, and some masking tape are all you need to create an engaging and challenging obstacle course in your home. Besides being a way to keep kids active, obstacle courses can also help develop problem-solving and teamwork skills. Make the obstacle course one that involves a combination of running, jumping, and crawling to get a full-body workout for kids.

10 Tips for Seniors to Stay Active at Home



If you're an older adult, staying physically active can come with certain challenges. Mainly, you have to be more mindful of the limitations of your body to avoid injury. However, there's no reason why seniors can't be physically active to an extent. Here is a list of physical activities best suited for seniors to help get you started:

1. Challenge Yourself

Everyone is different, and what may be an easy workout for one person may be too difficult for another. Knowing your body and its limitations is crucial, but so is pushing yourself a little with every activity. If you do too much too soon, you risk injury, but if you don't push yourself at all, you risk losing the benefits of physical activity.

2. Don't Overdo It

Overdoing physical activity puts you at a greater risk for injury, which can leave you unable to do any workouts at all while you heal. The ideal time to conclude your workout is before you start feeling sore. Soreness, like any other injury, will take time to heal, potentially preventing you from any activity in the meantime.

3. Practice the Four Types of Exercise

A good workout should touch on the four types of exercise that help make an overall healthy body:

- **Flexibility:** Exercises that help you move more freely.
- **Strength:** Exercises that help develop muscular strength.
- **Balance:** A necessary part of the exercise, especially as you age, since it helps prevents the risk of falling.
- **Endurance:** Activities that increase your breathing and heart rate.

Lifting weights, walking briskly, and using resistance bands are all activities that fall under one or more of the above exercise types.

4. Work on Breathing

Whether you live with anxiety or asthma, breathing exercises are beneficial in the long term. Simply sit or lie down and practice breathing deeply and steadily — this is called controlled breathing, and it's known to reduce stress and boost your immune system.

5. Find Your Motivation

Fatigue, lack of income, and lack of time are just some of the excuses people make for skipping physical activity. The best way to combat a lack of motivation is to find activities that you enjoy doing. If you hate running, don't run — try walking instead. If you're not a fan of sports, don't play them — try active gaming. If repetitive exercise doesn't thrill you, don't do it — find something else to get you moving, like gardening or dancing.

6. Teach Yourself a New Skill

If you've been putting off fixing that broken window or the leaking bathroom pipe, use the time at home to learn how to do simple home repairs yourself. Seek out an online tutorial and follow along to learn DIY skills or even more creative skills, like juggling or cooking.

7. Exercise While Seated

If standing and mobility are concerns for you, you can still be active by practicing seated exercises. These are simple yet effective exercises that will get your blood flowing and improve your strength and flexibility.

Plus, you can do them sitting in a chair without sacrificing physical activity or exercise for your feet and legs. Seated exercises are also useful if you suffer from an illness or chronic pain.

8. Make Time

Adding physical activity to your everyday routine will help prevent you from skipping or forgetting. Whether it's part of your household chores or designated after-dinner walk, making physical activity part of your routine will help it become as natural as sleeping or eating.

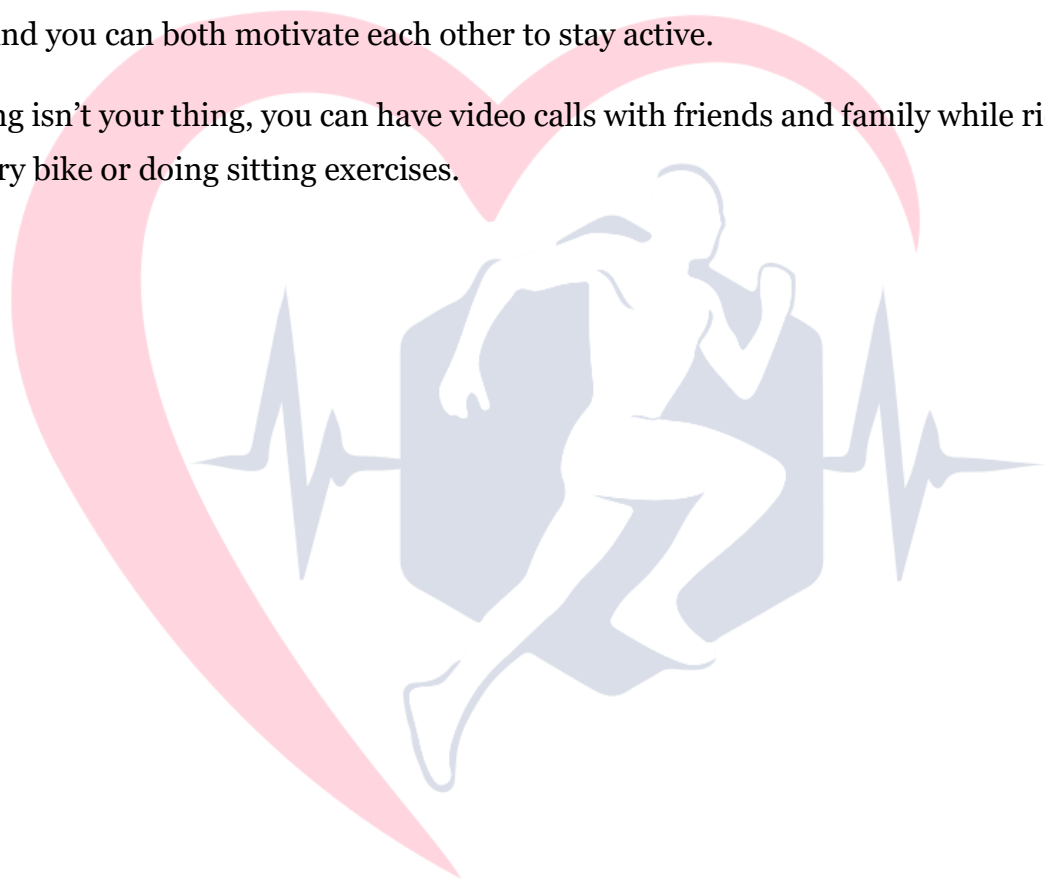
9. Don't Forget to Stretch

Stretching is often overlooked, but it's an incredibly important part of any physical activity since it helps prevent your body from incurring an injury. It's great for loosening up your body before exercising, but it's also a great physical activity on its own. You should aim to stretch three times a week, and hold each stretch for about 30 seconds.

10. Get Social

Take advantage of modern technology and go on virtual walks with your friends or loved ones. You'll find yourself more motivated to engage in physical activity if you do it with a friend, and you can both motivate each other to stay active.

If walking isn't your thing, you can have video calls with friends and family while riding a stationary bike or doing sitting exercises.



CARDIOMASTER



CHAPTER 7

Selecting the Right Fitness
Trainer for You

Today most people are getting increasingly concerned about their physical health and why won't anybody be?

As there are increasing cases of obesity, diabetes, and heart-related diseases, you must start focusing on your body. This is to be kept in mind that for your body only you are responsible, not anyone else. If you wish to live a happier and more satisfying life then you will have to look after your body.



Technology is ever increasing and it is beneficial too, but it has lots of disadvantages that cannot be neglected. Life has become simpler with the advent and employment of machines and computers at work. This has made it so easy that those people have moved towards a lazy lifestyle such that they can't even look after their bodies. Working hard in a single place in front of an AC is neither a good idea nor it is healthy.

But yes, your fingers do exercise while you work on the computer! But is that enough? Writing and typing documents for the whole day is not a good exercise. Good exercise means that you have to work out with your whole body including every part.

Presently, there are hundreds and thousands of fitness centers and gyms that are easily available. Yet, going through the same boring exercise schedules can prove to be frustrating and straining most of the time. Apart from doing all exercises repeatedly each day and get bored, sometimes you also realize the fact that working out does not display quick results.

I know that this can be frustrating and most individuals will just give up the workout schedule they entered in.

Nevertheless, you must think over to consider selecting the correct fitness trainer for your body work out so that you achieve your goals and also keep motivated during your exercise schedule. Below are a few points that you must find in a good fitness trainer.

- First and foremost, the thing you ought to look for in a physical fitness trainer is a certification of license that displays they are a professional fitness trainer. Many fitness centers these days certify their fitness trainers so that their customers are assured that their job will be done and that they will know how to take care of their bodies.
- The next thing that you need to look for in a fitness trainer is that if they are qualified to perform first aid in case of injury. You have to realize the fact that injuries resulting from exercising are very probable. You must look for a fitness trainer who can deal with bodily injuries very well.
- Choose a fitness trainer who is experienced enough because the experience is also an important factor. The right trainer for you is the one who has worked with different people that gave positive feedback.

You've decided to take the next step on your fitness journey and work with a professional who can help you reach your health and wellness goals. Not only does having the support of a personal trainer keep you more motivated and accountable when it comes to weekly workouts, but he or she can also play a role in helping you maximize your time at the gym, prevent injury and see more consistent results.

But there's a fine line between making a sound investment in your future fitness success and simply throwing money out the window on something that doesn't work. The

difference? Knowing how to choose the right person who will help you set the correct goals to achieve your desired results.

Therefore, it's crucial to do your due diligence as you go about choosing a trainer; all it takes is a little legwork to determine whether or not someone will be a good fit for your needs. After all, it's called "personal" training for a reason -- working closely together creates a bond that will help you to stay engaged and motivated throughout the process.

Still, stumped? Take into consideration the following 10 criteria the next time you're selecting a personal trainer.

Credentials

No ifs, No buts, a trainer should be able to show you a fitness certification in their particular area of expertise. To become certified, personal trainers must pass an exam through accredited organizations such as The American Council on Exercise (ACE), the National Academy of Sports Medicine (NASM), or the National Strength and Conditioning Association (NSCA). This ensures they've met certain standards of professionalism and competence from a trustworthy organization.

Experience

Practice makes (near) perfect, so a trainer who has been around the block a few times has likely tested and perfected his process for providing the best cues to help you get the most out of every single rep. So unless you're okay with playing guinea pig, it might be best to resist the urge to cut a deal with a freshly-certified trainer in favor of one who has some previous experience.

Philosophy

This is a subtle -- yet critical -- point of differentiation because it can end up making or breaking your experience. How does the trainer develop his program, and on what beliefs will it be based? Is it gym-based workouts or meant to be done outside? Will you be using machines or sticking solely to free weights? Ask about philosophy and see if it makes sense for your goals and preferences.

Specialties

Ever heard the saying, "Jack of all trades, master of none?" Well, if you're looking for something specific -- say, hitting a new 5k PR -- you'll want to work with a trainer who specializes in running over, say, Olympic weightlifting. Not only will they have more expertise in your desired area, but chances are she'll be more passionate about it if she knows the nuances of the sport and has a vested interest in it, as well.

Cost

Just as an experience, personality, and philosophy can range vastly between trainers so can their hourly rate, depending on certifications, specialty, and location (sometimes as much as hundreds of dollars). So before you begin your hunt, sit down and think about your budget. And if hourly solo sessions are currently beyond your means, don't despair; some trainers offer semi-private sessions or a discount for buying in bulk.

Availability

Because consistency is key when working with a trainer, it's a good idea to inquire about his schedule. How many clients does he currently have -- e.g., is he booked solid without much wiggle room? Does he like to book them at the same time each week, or is it more of a floating schedule that changes regularly? How far in advance will you need to book appointments, can you make up missed ones, and what is his cancellation policy?

Location

This is another area of personal preference, so consider your habits and tendencies carefully. Are you willing to drive 20 minutes across town, or do you need something within walking distance to stay motivated? And where do you like to train? Some people get inspired by seeing others in a traditional gym setting, others like the one-on-one approach of a fitness studio, and others prefer to work out in the privacy of their own home. The good news is that there's a trainer for every type of location!

Progress



In addition to a personalized training program based on your goals and fitness level, your trainer needs a method for tracking your progress so you can see, incrementally, that your hard work is paying off. Benchmarks such as PRs, weight loss, strength gains, and other achievements can help you not only stay on track but also ensure that your trainer is doing her job.

Reputation

The best compliment a trainer can receive is a referral, but having people see the results of their clients firsthand comes in a close second. Getting people to achieve their goals (especially if those goals are similar to what you're wanting to achieve) is the ultimate proof here, and good trainers will happy to share success stories, testimonials, and references.

Although you might be feeling overwhelmed at the prospect of choosing a personal trainer, it's important to note that the criteria above are just guidelines -- not hard and fast rules. If you feel strongly about some items and don't have a preference for others, it's not a problem; you can streamline your search by keeping one thing in mind: Above all else, trust your gut. Look for a knowledgeable and experienced personal trainer who feels like the most natural fit. That's the one to hire because she'll not only help you reach your goals but will also keep you feeling comfortable, motivated, and inspired throughout the process.

Make Sure You've Set Attainable Goals

The first thing you should do before you even meet your trainer is to think about your goals. Setting goals is important, but setting attainable goals is crucial. Consider your fitness journey, age, skill level, how much time you're able to invest, and how soon you want to reach your goal. Good personal trainers work best with specific goals—especially ones that are more than just weight-loss related! While weight loss is a common goal, there are plenty of other milestones that are worth working towards! Do you want to make your muscles stronger after an injury? Feel better when you wake up in the morning or sleep better each night? Get in better shape, or find the best workout for your body type? Run a marathon? Whatever the case, being able to communicate your goal, especially if it's specific and attainable, is what makes your relationship with a personal trainer successful.

When setting goals, you'll also want to think about how much you can invest, both in terms of time and money. Working with a personal trainer is a two-way street. For many trainers, fitness training is their career, and you want to be as invested in your progress as they are. They're there to help you with your fitness needs and get you closer to the healthy lifestyle you want. But even the best trainers can't do that if you aren't invested.

You'll also want to think about pricing, and how many weeks or months you can commit to when setting your goal. Even the best personal fitness trainer in the world couldn't have you running a marathon in a few weeks! But if your goal is injury recovery, you might only

need a month or two of support to get you back on track. Fair warning though: once you meet a great trainer, you'll want to keep them!



Observe Personal Trainers with Their Clients

A little observation can help you determine the difference between a good personal trainer and a great personal trainer! When they're running a training session with other people, what kinds of exercises do you see them doing? Is the fitness trainer focused or does he or she seem bored? Are they performing and modeling the reps for their client, and giving feedback on their form? Does the client look like he or she is working hard and having fun? Do you notice the same exercises being taught to different clients every time? How does the trainer help their client problem solve? These are all important considerations when searching for the best personal trainer for you. Most trainers will be able to effectively train you; what matters is finding the trainer who will coach you and keep you motivated throughout your relationship. The right personal trainer will have your best interest at heart, be able to give you individual attention during your training sessions, and share techniques and tips that will help you on your fitness journey.

Ask for a Consultation

Many personal trainers will offer a complimentary consultation to talk with people about their goals, answer questions, and potentially offer a short training session. During this time, it's best to come prepared with a list of questions. Use this time to get a feel for their characteristics, personality traits, training style, area of expertise, and how well you two will mesh. It can also help build communication and trust before you enter the training relationship. A few important things you may want to consider for finding the right person:

- What is your philosophy on fitness?
- What is your background and how did you decide to pursue a job or career as a personal trainer?
- What do you typically charge people? Do you have specific packages or plans?
- What is your desired frequency of sessions and how long do they last?
- What does your schedule look like? When are you available?
- What's the best way to communicate with you? Is a text message OK?
- What would a long-term plan look like for me?
- How do you stay up-to-date with the latest information and studies in the health and fitness world?

What do you do to stay healthy and fit?

This is also a great time to ask about certifications and credentials. A good personal trainer should be able to point to at least one certification. Many will have a degree in exercise science or sports medicine, and the best trainers also have a certification from fitness industry organizations or agencies like the National Strength and Conditioning Association (NSCA), the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM) or the National Academy of Sports Medicine (NASM). Anybody can read an article on the internet and try to give you health advice, and lots of people can be fitness instructors because of their passion, rather than their specific knowledge of exercise and movement. The best trainers have the right knowledge, skill, and passion for their job, all of which make them certified to work in their field.

Talking to your trainer about their education, expertise, and ability is a great way to get a feel for their personality, as well as make sure they're the right personal trainer for you.

Ask for References

If there's any chance you're uncertain about choosing a personal trainer, you may want to schedule a time to talk to your gym's manager about what other clients have said about certain personal trainers to get a better feel for the candidate. There's a lot of great trainers out there, but not every trainer is the right fit for every person and their life. In addition to gaining a better feel for the trainer you have in mind, the manager may be able to recommend personal trainers based on what you'd like to gain from personal training or the type of personality you're looking for in a coach. Some trainers also have different interests or areas of expertise, so chatting with the manager can help you get a sense of which trainer is a good fit for you.

During your time, you can ask your gym manager about your local gym's training programming. Some gyms may have standardized programming that includes things like app support, educational articles, or personalized instructions for your workout plan. At other gyms, personal fitness trainers might just work as independent contractors who have their style. Knowing what your gym offers can help you think about your preferences.

If It's Important, Consider Their Gender

This isn't important for everyone, but for some—gender matters. In the same when men and women prefer a certain gender for massage therapy, some have a preference for their trainer, too. If you'd feel more comfortable working with a co-ed personal trainer, it's a good idea to ask your gym's manager if the trainer you have in mind has experience working with the opposite gender.



When you're ready to achieve your health and fitness goals, choosing a personal trainer requires a bit of research and patience. However, it's worth the effort knowing the trainer you choose is right for you!



CARDIO MASTER

CHAPTER 8

The Different Fitness Equipment for
the Perfect Body

There is a lot of reasons cause of which one wants to have a body that looks stunning.

One of the reasons is attracting the males or females as the case may be and others want it for the reasons related to health and there are a few who just work out as they enjoy this activity.

Various methods are adopted by different people to get a good-looking figure. One has to choose the right option as not all are safe for health. In the present time, there are a lot of methods that are adopted for weight reduction by those who are too lazy to exert even a bit.



These methods harm the body. Some also go for surgery in liposuction. But the fact is that this is a method that has results only for a short while. One ought to exercise to maintain the lost weight and keep the fat away from getting accumulated in the body again.

It is a proven fact that muscles are the ones that lead to the burning of fat. To burn the accumulated fat, one needs to exercise and tone the muscles.

Our body needs nutrients in a fixed amount on regular basis. Those who follow the strict diet plans or do not eat to keep the fat away actually deprive the body of these essentials

and ultimately render the body harms. The best diet is one that gives you all the nutrients in the optimum amount required and one must exercise regularly to keep the body fit.

The common problem of the present time is that as the lifestyle is highly hectic, most of the people do not have the time to take care of the body. They do not have the time to go to the gym as well. In this, the best solution is to get some fitness equipment at home.

One can choose from the various home fitness equipment that is available in the market. But as the market is flooded with such home fitness equipment's one needs to decide carefully on which equipment they would need for the best results.

The solution to this problem is that one has to understand what all equipment are available. Do not run after the brands. The foremost is the equipment for cardiovascular exercise. This is the most important one. For this, you must buy a treadmill, elliptical trainers and cross-trainers.

Equipment that enhances the body strength and develops the muscles must be purchased as they help in toning specific muscles. For this, you can buy equipment for weight training.

When buying the equipment for cardiovascular exercise and weight lifting training one wants those that have a long life. And for this pick a brand and read the reviews of the users and then select accordingly.

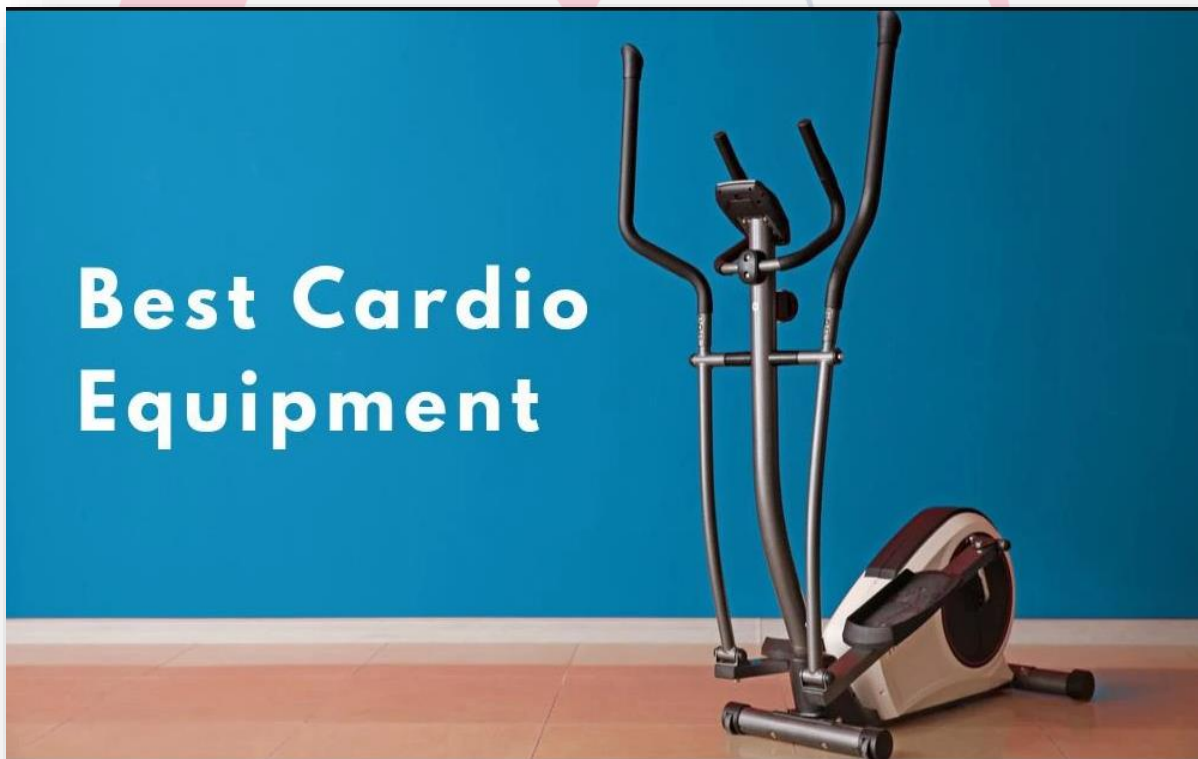
It is a must to know about the equipment and the uses along with the results that could be derived from it. This is of up-most importance when buying any fitness equipment.

Tips for choosing the right exercise equipment

You can launch an effective exercise program using only what nature gave you: your body. But because regular activity remains an elusive goal for most people, a multibillion-dollar industry has blossomed around the promise of surefire success. Health club memberships and home exercise equipment are excellent exercise solutions for many people. Do keep these cautions in mind, though:

- Even the best equipment and most tricked-out gyms only produce results when used regularly.
- Learn to use equipment properly to avoid injuries that could sideline you temporarily or permanently.
- Exercise equipment comes in all sizes, shapes, and price ranges. It pays to check consumer ratings and follow our other tips for smart consumers before making your purchase.

Following are some basics you should know if you're in the market.



Cardio equipment

If you stop by any gym, you'll see rows of machines designed to simulate cycling, walking and running, kayaking, rowing, skiing, and stair climbing. Whether motorized or not, sized for heavy-duty gym use or in lighter home versions, these machines offer good cardio workouts that burn calories and fat. What's more, your workout takes place indoors, away from fickle weather.

Price varies from a few hundred dollars to thousands, depending upon whether a machine is motorized or programmable, and whether it has add-ons, such as devices to measure heart rate, calories or METs burned, the time elapsed, and so forth. While this information tends not to be entirely accurate, it could encourage you to step up your workouts or may be important if your doctor has advised you to limit activity. The following are some of the more popular types of aerobic exercise equipment.

Cross-country ski machine

This machine lets you exercise your arms and legs simultaneously, as you would in cross-country skiing. The sliding motion is easy on the knees. On some machines, you have to move one ski forward to make the other move back. On others, the skis move independently. Also, certain ski machines use ropes, while others have stationary handgrips. Check out all these types to see which one is most comfortable for you. Look for a wide footbed for stability.

Elliptical trainers

These machines provide a circular up-and-down motion that's a cross between a ski machine and a stair-stepper. They provide a nearly impact-free workout, which is easy on the joints. Resistance and grade can be adjusted automatically or manually on some models, and levers with handgrips to work the upper body may be available, too. It may take a little while to get used to the unusual motion. Look for comfortable handlebars and nonslip pedals with curved ridges. Try the machine out at varying speeds and grades to make sure it feels stable.

Rowing machines

Rowing machines work the back, arms, and legs simultaneously, offering as close to a total-body workout as available from a machine. Unless you're used to rowing, the motion initially may feel unfamiliar, and some people find it hard on the back. When purchasing one, consider pulley models instead of piston models for a more realistic rowing experience.

Stair-steppers

These machines provide a low-impact workout that approximates climbing flights of stairs. Some modes have levers with handgrips to work arms, too. Beginners may find stepper machines strenuous, and the motion can be hard on the knees. Look for machines that provide independent foot action and are equipped with handrails and large stair platforms.

Stationary bicycle

An exercise bike takes no training and is easy to use, although it can be uncomfortable for long stints. While riding isn't as effective in preventing osteoporosis as weight-bearing exercise, it does provide an excellent cardiovascular workout. Look for a model with a comfortable, adjustable seat and toe clips. If the seat is too hard, find out if you can replace the seat with a cushioned model bought separately.

Treadmill

This machine enables you to walk or run indoors. Some models offer a flexible, less joint-jarring surface. Opt for a motorized treadmill. When purchasing one, look for a strong motor (the machine will last longer), a belt that's long and wide enough for your stride, a sturdy frame with front side rails for safety, and an emergency stop device. You should be able to adjust the speed and grade so you can walk at a comfortable pace.

Strength equipment

By harnessing gravity, body weight, external weight, or tension as a resistance force, these devices help you build strength. As with cardio equipment, styles and prices range widely, from expensive professional equipment most often found in gyms and health clubs to affordable, portable home models.

If you're just starting, you can save a fortune by selecting a few basics — comfortable walking shoes plus hand weights or resistance bands or tubing — instead of investing a considerable sum of money in weight lifting machines.

Ankle weights

These are optional for strength exercises like the side leg raise and hip extension. Look for comfortably padded ankle cuffs with pockets designed to hold half-pound or 1-pound weight bars to add as you progress. Ankle weight sets are usually 5 to 10 pounds. A single cuff may suffice, depending on the exercises you intend to do.

Exercise mat

Choose a nonslip, well-padded mat for floor exercises. A thick carpet or towels will do in a pinch.

Hand weights

Depending on your current strength, start with sets of weights as low as 2 pounds and 5 pounds, or 5 pounds and 8 pounds. Add heavier weights as needed. Dumbbells with padded center bars and D-shaped weights are easy to hold. Weighted bands that strap onto wrists and kits that let you screw weights onto a central bar are available, too. Weights are a good place to save cash by checking sports resale stores.

Resistance bands and tubing

Resistance bands or tubing can be used for a full-body strength workout. Attractive features include low cost, lightweight, portability, and ease of storage. As with weights, you can measure how challenging the resistance is by how many repetitions of an exercise you can do: if less than eight, resistance is too high; if more than 12, it is too low. Positioning your hands or feet closer together or farther apart on the band or tube before starting an exercise helps vary resistance. Try different positions to learn which make repetitions easier or harder.

Bands

These look like big, wide rubber bands. They come in several levels of resistance from very light to very heavy, designated by color.

Tubing

Look for tubing with padded handles on each end. These also come in several levels of resistance from very light to very heavy, designated by color. Some brands come with a door attachment helpful for anchoring tubing in place when doing certain strength exercises.



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CHAPTER 9

Tips for Diet and Fitness
to Keep Your Body Healthy



One of the most valuable projects in anyone's life is one that gives a healthy body. This is natural for every human to think this way.

Mostly, we have a habit of putting the important things to be done in the later time and this is what happens with such projects.

If you wish to start a project then you need to set objectives that are practical and sensible. Such targets would be easy to be achieved as there would not be much pressure on you. Let's say, that losing 4- pounds would not be a target that cannot be achieved, it is a realistic approach.



This is a goal that anyone can reach without much pressure. And the rule is not to be frightened with the goals as there are a lot of ideas that can assimilate the mind along with the body and courage to stay firm on the decision.

Let's face it — there's an overwhelming amount of information on the Internet about how to quickly shed pounds and get in shape.

If you're looking for the best tips on how to lose weight and keep it off, this seemingly endless amount of advice can be overwhelming and confusing.

From the diets promoting raw foods to meal plans that revolve around shakes and prepackaged foods, a new fad diet seems to pop up every day.

The problem is, although very restrictive diets and elimination meal plans will most likely result in short-term weight loss, most people can't maintain them and end up throwing in the towel within a few weeks.

Although losing 10 pounds (4.5 kg) in a week by following a fad diet may seem tempting, the reality is that this type of weight loss is often unhealthy and unsustainable.

The real key to safe and successful weight loss is to adopt a healthy lifestyle that suits your individual needs and that you can maintain for life.

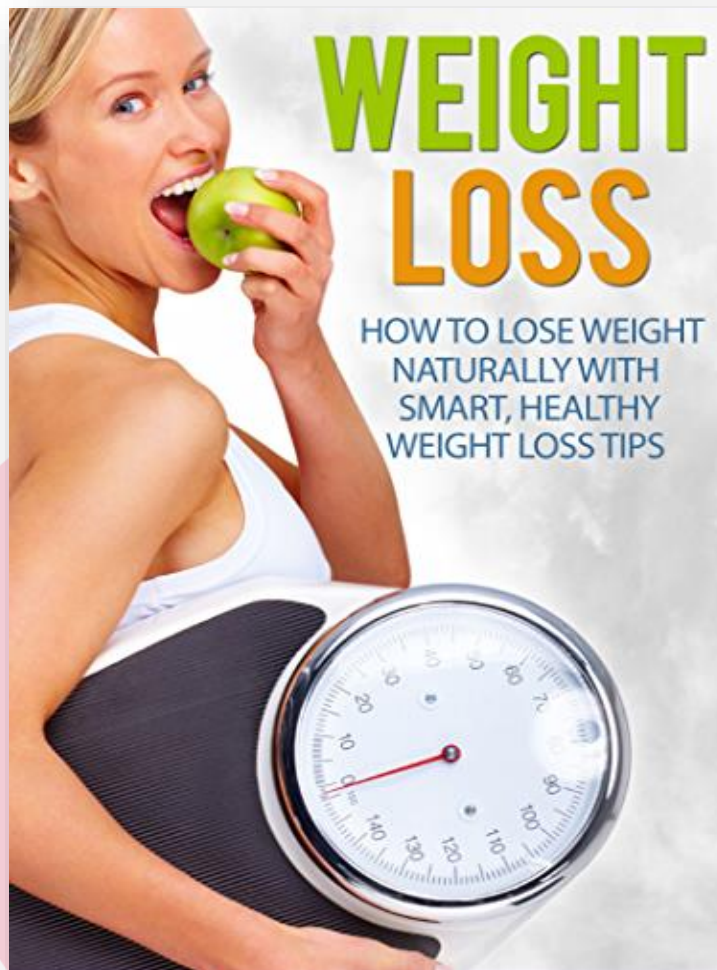
The Best Diet Tips to Lose Weight and Improve Health

1. Fill up on Fiber

Fiber is found in healthy foods including vegetables, fruits, beans, and whole grains.

Some studies have shown that simply eating more fiber-rich foods may help you lose weight and keep it off.

Increasing your intake is as easy as adding beans to your salad, eating oats for breakfast, or snacking on fiber-rich nuts and seeds.



2. Ditch Added Sugar

Added sugar, especially from sugary drinks, is a major reason for unhealthy weight gain and health problems like diabetes and heart disease.

Plus, foods like candy, soda, and baked goods that contain lots of added sugars tend to be very low in the nutrients your body needs to stay healthy.

Cutting out foods high in added sugars is a great way to lose excess weight.

It's important to note that even foods promoted as “healthy” or “organic” can be very high in sugar. Therefore, reading nutrition labels is a must.

3. Make Room for Healthy Fat

While fat is often the first thing that gets cut when you're trying to slim down, healthy fats can help you reach your weight loss goals.

In fact, following a high-fat diet that's rich in foods like olive oil, avocados and nuts have been shown to maximize weight loss in several studies.

What're more, fats help you stay fuller for longer, decreasing cravings and helping you stay on track.

4. Minimize Distractions

While consuming meals in front of your TV or computer may not seem like diet sabotage, eating while distracted may cause you to consume more calories and gain weight.

Eating at the dinner table, away from potential distractions, is not only a good way to keep your weight down — but it also allows you time to reconnect with loved ones.

Smartphones are another device you should set aside while you're eating. Scrolling through emails or your Instagram or Facebook feed is just as distracting as a TV or computer.

5. Walk Your Way to Health

Many people believe they must adopt a rigorous exercise routine to jumpstart weight loss.

While different types of activity are important when you're attempting to get in shape, walking is an excellent and easy way to burn calories.

Just 30 minutes of walking per day has been shown to aid in weight loss.

Plus, it's an enjoyable activity that you can do both indoors and outside at any time of day.

6. Bring out Your Inner Chef

Cooking more meals at home has been shown to promote weight loss and healthy eating.

Although eating meals at restaurants is enjoyable and can fit into a healthy diet plan, focusing on cooking more meals at home is a great way to keep your weight in check.

What's more, preparing meals at home allows you to experiment with new, healthy ingredients while saving you money at the same time.

7. Have a Protein-Rich Breakfast



**Lose Weight
With
Protein Rich
Breakfast**

Including protein-rich foods like eggs in your breakfast has been shown to benefit weight loss.

Simply swapping your daily bowl of cereal for a protein-packed scramble made with eggs and sauteed veggies can help you shed pounds.

Increasing protein intake in the morning may also help you avoid unhealthy snacking and improve appetite control throughout the day.

8. Don't Drink Your Calories

While most people know they should avoid sodas and milkshakes, many people don't realize that even drinks advertised to boost athletic performance or improve health can be loaded with unwanted ingredients.

Sports drinks, coffee beverages, and flavored waters tend to be very high in calories, artificial colorings, and added sugar.

Even juice, which is often promoted as a healthy beverage, can lead to weight gain if you consume too much.

Focus on hydrating with water to minimize the number of calories you drink throughout the day.

9. Shop Smart

Creating a shopping list and sticking to it is a great way to avoid buying unhealthy foods impulsively.

Plus, making a shopping list has been shown to lead to healthier eating and promote weight loss.

Another way to limit unhealthy purchases at the grocery store is to have a healthy meal or snack before you go shopping.

Studies have shown that hungry shoppers tend to reach for higher-calorie, unhealthy foods.

10. Stay Hydrated

Drinking enough water throughout the day is good for overall health and can even help you maintain a healthy weight.



One study of over 9,500 people found that those who were not adequately hydrated had higher body mass indexes (BMIs) and were more likely to be obese than those who were properly hydrated.

What's more, people who drink water before meals have been shown to eat fewer calories.

11. Practice Mindful Eating

Rushing through meals or eating on the go may lead you to consume too much, too quickly.

Instead, be mindful of your food, focusing on how each bite tastes. It may lead you to be more aware of when you are full, decreasing your chances of overeating.

Focusing on eating slowly and enjoying your meal, even if you have limited time, is a great way to reduce overeating.

12. Cut Back on Refined Carbs

Refined carbs include sugars and grains that have had their fiber and other nutrients removed. Examples include white flour, pasta, and bread.

These types of foods are low in fiber, are digested quickly, and only keep you full for a short period.

Instead, choose sources of complex carbohydrates like oats, ancient grains like quinoa and barley, or veggies like carrots and potatoes.

They'll help keep you fuller for longer and contain many more nutrients than refined sources of carbohydrates.

13. Lift Heavier to Get Lighter



Although aerobic exercise like brisk walking, running and biking is excellent for weight loss, many people tend to focus solely on cardio and don't add strength training to their routines.

Adding weight lifting to your gym routine can help you build more muscle and tone your entire body.

What's more, studies have shown that weight lifting gives your metabolism a small boost, helping you burn more calories throughout the day, even when you are at rest.

14. Set Meaningful Goals

Fitting into jeans from high school or looking better in a swimsuit are popular reasons why people want to lose weight.

However, it's much more meaningful to truly understand why you want to lose weight and the ways that weight loss may positively affect your life. Having these goals in mind may help you stick to your plan.

Being able to play tag with your children or having the stamina to dance all night at a loved one's wedding are examples of goals that can keep you committed to a positive change.

15. Avoid Fad Diets



Fad diets are promoted for their ability to help people lose weight fast.

However, these diets tend to be very restrictive and not easy to maintain. This leads to yo-yo dieting, where people lose pounds, only to gain them back.

While this cycle is common in those trying to shape up quickly, yo-yo dieting has been linked to a greater increase in body weight over time (21Trusted Source, 22Trusted Source).

Additionally, studies have shown that yo-yo dieting can increase the risk of diabetes, heart disease, high blood pressure, and metabolic syndrome (23Trusted Source).

These diets may be tempting, but finding a sustainable, healthy eating plan that nourishes your body instead of depriving it is a much better choice.

16. Eat Whole Foods

Keeping track of exactly what is going into your body is a great way to get healthy.

Eating whole foods that don't come with an ingredient list ensures that you are nourishing your body with natural, nutrient-dense foods.

When purchasing foods with ingredient lists, less is more.

If a product has lots of ingredients that you are unfamiliar with, chances are it is not the healthiest option.

17. Buddy Up

If you are having trouble sticking to a workout routine or healthy eating plan, invite a friend to join you and help you stay on track.

Studies show that people who slim down with a friend are more likely to stick with weight loss and exercise programs. They also tend to lose more weight than those who go it alone.

Plus, having a friend or family member with the same health and wellness goals can help you stay motivated while having fun at the same time.

18. Don't Deprive Yourself

Telling yourself that you will never have your favorite foods again is not only unrealistic, but it may also set you up for failure.

Depriving yourself will only make you want the forbidden food more and may cause you to binge when you finally cave in.

Making room for appropriate indulgences here and there will teach you self-control and keep you from feeling resentful of your new, healthy lifestyle.

Being able to enjoy a small portion of a homemade dessert or indulging in a favorite holiday dish is part of having a healthy relationship with food.

19. Be Realistic

Comparing yourself to models in magazines or celebrities on TV is not only unrealistic — it can also be unhealthy.

While having a healthy role model can be a great way to stay motivated, being overly critical of yourself can set you back and may lead to unhealthy behaviors.

Try focusing on how you feel rather than concentrating on how you look. Your main motivation should be to get happier, fitter, and healthier.

20. Veg Out



Vegetables are loaded with fiber and the nutrients your body craves.

What's more, increasing your vegetable intake can help you lose weight.

Studies show that simply eating a salad before a meal can help you feel full, causing you to eat less.

Additionally, filling up on veggies throughout the day can help you maintain a healthy weight and may decrease your risk of developing chronic diseases like heart disease and diabetes.

21. Snack Smart

Snacking on unhealthy foods can cause weight gain.

An easy way to help shed pounds or maintain a healthy weight is to make an effort to have healthy snacks available at home, in your car, and at your place of work.

For example, stashing pre-portioned servings of mixed nuts in your car or having cut-up veggies and hummus ready in your fridge can help you stay on track when a craving strikes.

22. Fill the Void

Boredom may lead you to reach for unhealthy foods.

Studies have shown that being bored contributes to an increase in overall calorie consumption because it influences people to eat more food, healthy and unhealthy.

Finding new activities or hobbies that you enjoy is an excellent way to avoid overheating caused by boredom.

Simply going for a walk and enjoying nature can help get you in a better mindset to stay motivated and stick to your wellness goals.

23. Make Time for Yourself

Creating a healthier lifestyle means finding the time to put yourself first, even if you don't think it's possible.

Life often gets in the way of weight loss and fitness goals, so it is important to create a plan that includes personal time and stick to it.

Responsibilities like work and parenting are some of the most important things in life, but your health should be one of your top priorities.

Whether that means preparing a healthy lunch to bring to work, going for a run, or attending a fitness class, setting aside time to take care of yourself can do wonders for both your physical and mental health.

24. Find Workouts You Enjoy

The great thing about choosing a workout routine is that there are endless possibilities.

While sweating through a spin class might not be your cup of tea, mountain biking in a park might be more up your alley.

Certain activities burn more calories than others. However, you shouldn't choose a workout based solely on the results you think you'll get from it.

It's important to find activities that you look forward to doing and that make you happy. That way you are more likely to stick with them.

25. Support Is Everything

Having a group of friends or family members that supports you in your weight and wellness goals is critical for successful weight loss.

Surrounding yourself with positive people who make you feel good about creating a healthy lifestyle will help you stay motivated and on track.

Studies have shown that attending support groups and having a strong social network helps people lose weight and keep it off.

Sharing your goals with trustworthy and encouraging friends and family can help you stay accountable and set you up for success.

If you don't have a supportive family or group of friends, try joining a support group. There are a large number of groups that meet in person or online.

The Bottom Line

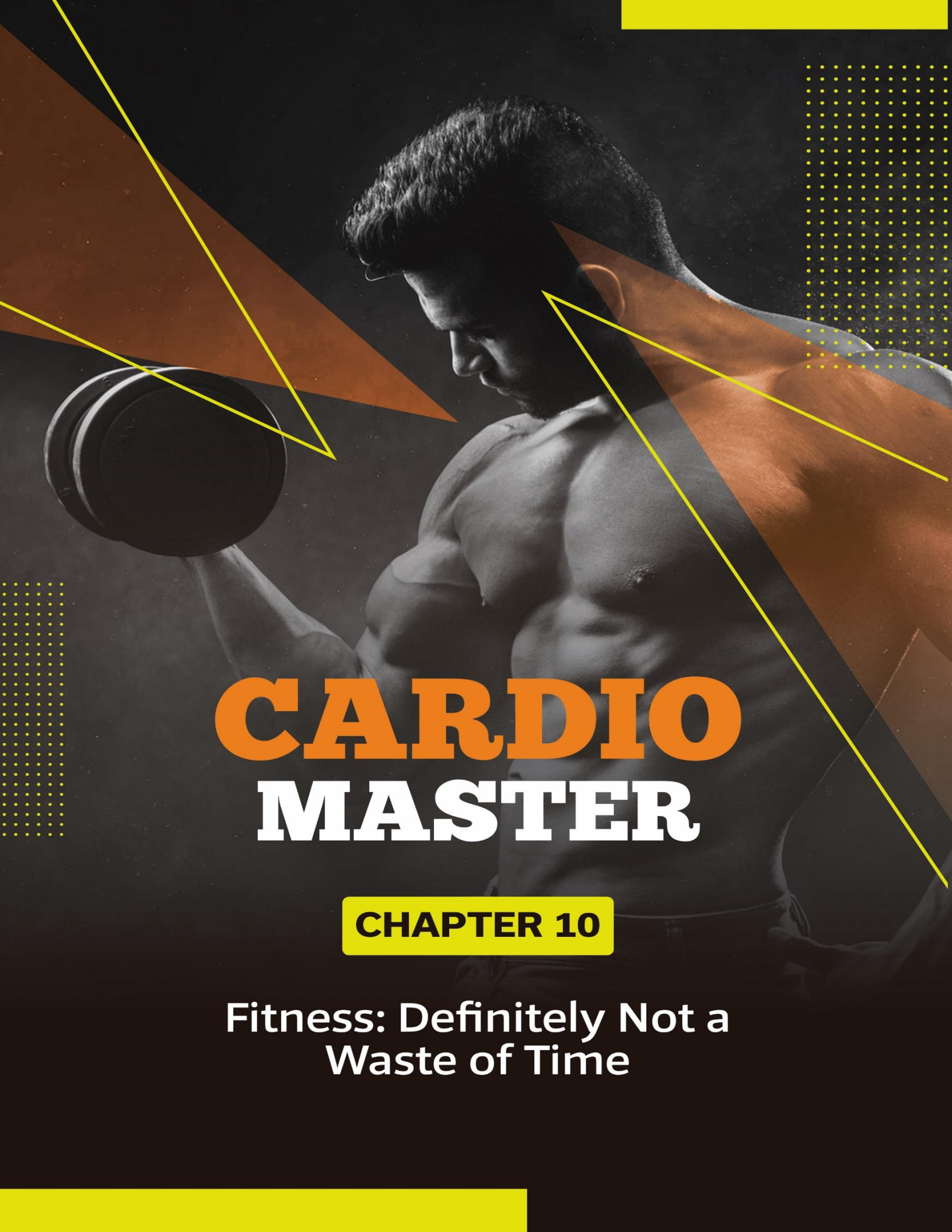
While there are many ways to lose weight, finding a healthy eating and exercise plan that you can follow for life is the best way to ensure successful, long-term weight loss.

Although fad diets may offer a quick fix, they are often unhealthy and deprive the body of the nutrients and calories it needs, leading most people to return to unhealthy habits after they hit their weight loss goal.

Being more active, focusing on whole foods, cutting back on added sugar, and making time for yourself are just a few ways to get healthier and happier.

Remember, weight loss is not one-size-fits-all. To be successful, it is important to find a plan that works for you and fits well with your lifestyle.

It's not an all-or-nothing process, either. If you can't commit to all the suggestions in this article, try starting with just a few that you think will work for you. They'll help you reach your health and wellness goals safely and sustainably.



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CHAPTER 10

**Fitness: Definitely Not a
Waste of Time**

Fitness essentially refers back to the country of being wholesome. as a result, it'll be awesome if humans will commit themselves to health throughout their lives.

It's far stated inside the Bible that our frame is our temple. Consequently, we must preserve it. Because of this, retaining the health of each the mind and the body is a noble act.

However, of the route, this involves a remarkable amount of attempt as well as through movements. Anyhow, irrespective of how tough it is going to be, the fruit is very profitable. Glad and wholesome lifestyles, no longer all are privileged to have it, most effective the diligent few.

Health workouts could be very essential for one's habitual. via fitness workout, humans can fight several diseases. One among those is the killer ailment, the heartsickness.

**Fitness: It's
definitely
not a waste
of time**



Sadly, increasingly people these days tend to ignore this kind of interest. For this reason, increasingly human beings are suffering from specific diseases. No marvel sanatorium

companies are prospering by gaining lots of clients, even it's miles towards the desire of these sufferers.

In reality, the counseled sports for health and health via the Council of the President on physical health and the healthcare professional preferred are not commonly followed with the aid of high school college students nowadays. This covers 33 percent of its population all through the United States.

The mindset of neglecting the bodily fitness of these youths is generally carried out by using them as they become mature. Of direction, there can be a growth in the wide variety of patients from various diseases resulting from vulnerable resistance.

The countrywide Institute on aging confirmed a file that the USA incorporates handiest 58 percent of it's those who are engaging in an application of lifetime health. And this fitness application is finished best in their loose time. Simple about 26 percent are frequently acting the lifetime health program. Most usually, approximately three times every week.

The significance of dedication to lifetime exercising is constantly being burdened. but, extra people regularly instances neglect it. regularly, people use to dismiss the reality that it can truly do an enhancement at the cost of one's existence.

Maximum possibly you have already heard that the common causes of deaths in this country are coronary heartsickness, stroke, injuries due to unintended accidents, most cancers, and persistent decrease respiration ailments. These sicknesses are certainly the five most commonplace causes of death every year as stated by way of the center for disease manipulate.

Consider it. All the mentioned commonplace causes of deaths can without difficulty be avoided. But best if human beings will supply sufficient attention to health exercising, a lot extra if they dedicate themselves to lifetime health. However, certainly, unintended deaths are excluded.

Whilst referring to lifetime health software, we are not most effective in dealing with physical exercise. But also, this software includes a weight loss plan that wishes to be observed.

It is very approaching that with lifetime dedication of bodily health, lifestyles might be lengthened. And without a doubt be enjoyed. With a healthful thought and body, you may revel in existence extra, you could select greater daisies.

The ultimate sell is yours. Will you be careful about your fitness and decide on lifetime health? Or do you just prefer to abuse it and suffer extra in the long run?



Condition in which one is fit is what is referred to as fitness. It would be superb if all of us take care of fitness from the starting of life till the end.

As it has been said in the holy books the human body is like a temple and one must take it as a duty to safeguard it. To keep care of the mind and body is a gracious act.

One ought to put in a lot of effort and also do a lot of work to maintain it. Though it requires intense input of labor the outcome is satisfying. It is only a handful of people who get this reward of a healthy and joyous life. This is only the virtue of assiduous.

One of the important things to be added to the routine is physical exercise. Along with fitness also develops the potential to fight the diseases too. And the most terrible - heart disease too can be controlled.

The miserable fact is that not much people involve themselves in such activities in the present time. This is the main cause of various diseases right now. With the number of increasing patient's hospital has become an industry that is prospering.

It is not that the patients have chosen to be so.

The activities for fitness that are suggested for the school students, given by the Council of the President, fitness and health council, are not followed. If this is done then there could be a change in the ratio as it covers a major portion of the population in the United States.

There is a tendency that as the youngsters take the adulthood they neglect the need for physical fitness. This reduces the resistant power against diseases and ultimately the number of patients will increase.

The number of people, who take up exercise for fitness in their routine for a lifetime, is only 58 percent of the entire population. And the interesting fact is that this routine is followed in free time. On the other hand, those who have taken the fitness program as an essential in life is only about 26 percent. This is frequently, say only thrice a week. This is the report by the National Institute on Aging.

It is essential to commit to exercises for a lifetime. Though, it is a proven fact that many people ignore this. The reason is that many people think that it does not make much improvement in the worth of life one is leading.

It has been reported that most of the deaths are caused due to heart troubles and accidents that occur as a result of injuries that are not intentional or chronic diseases or cancer. These are the most common reasons for deaths in the present time.

One must just think for a moment that all the diseases talked about above can be prevented. And this can be done by simply adding exercises to the routine. You must commit to this routine for a lifetime. But yes, accidental deaths must not be included in this.

4 Reasons Why Fitness is Important

Fitness is an important part of our overall health for many reasons, but what exactly is fitness? It doesn't mean that you can lift really heavy weights or even run a marathon, although people who can do that are certainly fit. For the average person, fitness at a group fitness facility helps us to live life to the fullest and encompasses the three important parts of our being; physical, mental, and emotional health.



Doctors are increasingly aware that the three aspects of a person above all play a part in the state of our physical health. For instance, if someone is under a lot of emotional or

mental strain, it can cause them to become ill. Such stress can cause ulcers, heart attacks, strokes, digestive problems, and more. But if the body is fit, the person will be in better health overall and able to ward off many physical ailments.

However, when we think of fitness, or being fit, we are usually referring to physical fitness and it is important for several reasons.

- Being physically fit helps to keep blood pressure under control. The heart is a muscle and if it is not exercised it will not be healthy. When you are fit, your heart is less likely to develop the many heart diseases found in so many people today. Walking is said to be the ultimate way to remain fit, with 2000 steps per day great for exercising the heart and keeping those joints supple.
- Talking of joints, exercise – fitness – is good for anyone with arthritis or stiff muscles. Gentle exercise from walking or swimming helps to strengthen the muscles, joints, and ligaments so that the range of motion is maintained or even increased.
- Being fit is caused by physical activity, but such exercise also makes us healthier emotionally. It gives us a sense of purpose and reduces feelings of lethargy and depression. When you get out and about on your walk you will see or meet other people and this social interaction is also necessary to keep you feeling good about yourself and your life.
- Being fit means you will not be overweight – or at least, not as much as those people who never exercise. Being overweight causes a lot of problems, from worn joints to heart disease and many problems in between, as well as making you feel bad about your body image. When you are fit and healthy, you will always be more confident and happier as you tend to seek out people and activities that help you enjoy life.

So what's the first thing to do to start getting fit? Go for a walk. Each day goes a little further. Soon you will be able to walk two kilometers without feeling breathless. But always consult your healthcare professional before starting any fitness regime.



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CONCLUSION



Life is full of excuses, but physical activity should be an essential part of your life. Being fit will help you stay young on the inside and out, and it can help you breeze through the next few decades by feeling strong and healthy.

Becoming physically fit requires a lifestyle change as well. You will have to incorporate a regular exercise routine in your life and also eat healthier. By avoiding junk foods, fizzy drinks, bad habits like smoking and alcohol, and by getting an adequate amount of rest, you will be able to become physically and mentally fit. Just by eliminating all these food substances from your life, no matter how temporarily, you will allow your body to detox and become stronger. Make sure that you spend more time outdoors in the sun, and fresh air and take part in more healthy activities. Fishing, bicycling, swimming, hiking, and even playing football with your kids should be a part of your physically fit lifestyle.

By becoming more active you can increase your body's fitness levels and also avoid health problems like diabetes and high blood pressure from developing. Exercise is also good for your joints and makes your body stronger overall.



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