



Working Out When On Paleo Diet



If you are overweight, you must have tried everything to lose weight. And chances are that nothing has helped you lose weight, despite having spent a lot of money. You have spent

hours on cardio, dieting and had to stay away from your favorite foods for a long while, but all to no avail. Whatever weight you lost, you simply gained weight in no time.

Ever wondered how our ancestors have stayed so fit? They used to survive on what they could hunt and gather. This in addition to a lot of physical activity used to keep them active. For the modern man it may not be possible to emulate the same kind of lifestyle but you certainly can get close to it.

Combating fat can be done by anyone irrespective of age if you follow a strict Paleo diet. It does matter if you are a man or a woman. You can simply burn off all the fat that made you look chubby in as little as 3 workouts everyday if you can eat right. You don't even need to visit the gym. Most diet programs prevent you from eating what you want. They restrict your calorie intake that can lead to destruction of your metabolism.

However Paleo diet allows your body to derive enough nutrition from food to help you avail fitness from workout and also keeps you going.

If you think that Paleo diet is only for skinny guys and cannot put on weight or cannot build that poster perfect body that you have always dreamed of then you are not right. All that was said in the magazines, popular muscle building shows by renowned body builders, don't seem to be working.

All the books that I was reading made me feel that I could never be fit and will always be the skinny guy I was born. Despite what I did, weight gain was a far cry leave alone muscle building. Despite being taunted by my hunky friends I persevered. I spent a lot of money on health supplements month after month and slogged at the gym.

I almost had given up and was fast sinking into depression when one of my hunky and taunting roommates let me in on the Paleo diet and a workout plan. The rest they say is history. It takes a while to understand the regimen and one read will not suffice. However in essence it suggests that proper eating combined with light workout can really make a difference.

With a healthy diet like Paleo diet, there is no requirement for intense workout to lose weight as the diet itself does most of the job in keeping you healthy. However if you do seek to gain the extra amount of fitness, you need to consider working out with a personal trainer who understands the diet you are on.

Most people who intend to workout heavily want to pile on the muscle rapidly. That cannot happen with Paleo diet because it is natural and does not cause artificial building of muscle. However when combined with a fitness workout plan that aims to improve your heart, the lungs and overall muscle tone the Paleo diet is very useful.

Workout your heart and lungs



Cardio exercises that aim to improve the function of the heart are most effective with Paleo diet. This will not just help you reduce weight but also make it stronger. You can take up simple exercises like the jogging and running. Running is best suited for staying naturally fit as it helps workout the entire body. The heart is worked effectively because heart rate is made to vary through the workout session. The impact of the workout on the entire body is high as it helps in connective tissue building and strengthening of bones. Despite all the modern workout machines we have at our disposal, it is ideal for burning calories.

Cycling is another activity I would suggest for the heart. You can burn about 500 calories in less than an hour through cycling. It also helps build muscle in both lower and upper body. Besides, just like running the heart benefits are immense.

Regular swimming when on Paleo diet is very beneficial. Swimming helps improve blood circulation and also improves lung capacity. Swimming also helps in building of the muscles and joints of the arms and the legs.

Because Paleo diet is not meant to help you pump muscle, solely relying on it for body building is not beneficial. However the idea of body building itself goes against the principles of Paleo Diet. Diet, as taken by our ancestors was meant to keep them fit and strong not make huge. Hence the diet cannot give you the body if you desire to beef up. However it is possible for you to indulge in light workout sessions which will help you gain an even muscle tone but activities like bench press cannot be sustained on simple Paleo diet.

Apart from working out your heart and lungs you can also consider repetitive workouts of push-ups, light weight lifting and activities like kick boxing. Martial arts are also a good workout plan when on Paleo diet. However having a personal trainer to guide you through

A regular massage is really beneficial when on Paleo diet. A massage can lead to a high state of relaxation which will lower defenses of the mind. Hence it is possible that you may find yourself crying on narrating a tragedy. Let your emotions pour out. By the end of it, with your mind relaxed you will feel light and relieved. Avoid the urge to have alcohol or any other intoxicant. This will defeat the whole purpose. It is good to drink water after a massage. Water will help complement the massage. A massage leads to surfacing of toxins from your tissues. To facilitate their exit, water is needed.

With food in the stomach, your body metabolism cannot relax and this could render the massage ineffective. Hence it is advisable to not eat anything 45 minutes prior to the massage. The objective of a massage is to relax the body and mind. There should be no distractions that can disturb your state. Try and drop disturbing thoughts about work and life. If music soothes you then you can a light instrumental playing in the back ground. Also chose a fragrance of your choice for aroma therapy.