

DISCLAIMER: This information is provided "as is". The author, publishers and marketers of this information disclaim any loss or liability, either directly or indirectly as a consequence of applying the information presented herein, or in regard to the use and application of said information. No guarantee is given, either expressed or implied, in regard to the merchantability, accuracy, or acceptability of the information.

Further, this information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

Since natural and/or dietary supplements are not FDA approved they must be accompanied by a two-part disclaimer on the product label: that the statement has not been evaluated by FDA and that the product is not intended to "diagnose, treat, cure or prevent any disease."

Your Home Fitness Program!

Table of Contents

First Things First

How Much Exercise Do You Need?

Basics of Fitness

Resistance Training

How to Combat Fatigue

Walking Costs Nothing

Beginner Fitness Program

Intermediate Fitness Program

Advanced Fitness Program

Workout Gear

Exercise Guide

Fitness and Nutrition

Exercise and Your Health

Sport Training

Inexpensive Equipment

First Things First

First things first: Motivation for a home fitness program

The modern lifestyle each person has to contend with has resulted in quite a number of problems affecting both mental and physical health. People live their lives with only one goal in mind and that is to produce more, earn more and consume more.

This has resulted in serious problems with the way people live their lives including the way they choose the food that they eat as well as their daily physical activities.

People are so busy that they find it more practical to eat frozen food or fast food instead of cooking sumptuous and healthy meals. People are so caught up with their jobs that they no longer have much time for walking or for simple physical activities like a game of tennis or riding a bike.

A person who has weight problems should consider incorporating his physical activities with his work or schedule. It is not easy to maintain a good fitness program but he has to prioritize first things first.

And talking about first things first means knowing his priorities in life and what he has to do to address and achieve those priorities. Once the priorities have been listed or known then it would be easy to look for time to do those things despite a hectic schedule.

A person can start a feasible home fitness program if he has the proper motivation for doing so. Knowing the target and how important the target is makes a good start for any person. A person should consider the negative and positive consequences of coming up with a home fitness program and then implement that program seriously.

A person who has weight problems can get inspiration and motivation from many different venues. A woman who wants to return to her ideal weight should focus on being vain first because no one can resist vanity. She should think of the clothes that she would be able to wear if she is able to achieve her target goal.

If that is not enough motivation then she should add health reasons to her vanity. Being healthy should be the main concern of every person who wants to start with a home fitness program. But being healthy is not just as attractive a motivation as being sexy is.

However, a person who goes on a home fitness program should always consider the limitations of her body and her health when embarking on the program itself. It is better to be conscious of the health concerns before one goes through an exercise and fitness program.

Motivation is just the start and the proper motivation can get a person past the planning and the implementation of a very good home fitness program. The problem for most people is that they are able to start a home fitness program but they have a problem keeping to that program.

Apparently, some people find it hard to start a home fitness program but most people find it even harder to maintain a home fitness program.

Motivation can also be explored to enable a person to become consistent in what he does regarding his weight problem.

It is better to start a simple home fitness program that can help in achieving minimal weight loss for as long as he is consistent in his desire to keep the weight off. Why dream of an incredible weight loss statistics when it could not be done consistently?

Any home fitness program that fits the schedule and the interests of a person would be good. The problem is how to be motivated enough to be

consistent in achieving the home fitness program that one has initiated in the first place.

It would be better to choose home fitness equipment that would not be too rigorous for the person who would be using them. Try buying home fitness equipment that would be easy to use and which will be more fun to the one exercising rather than a burden.

To keep the person consistent in his home fitness program, he must choose a regular time every day or every other day depending on his preferences, to do the exercises. Try to squeeze in even 15 minutes or thirty minutes every day no matter how hectic the schedule becomes just so the person would already treat the program as part of his daily regimen.

Basics of Fitness

Basics of Fitness

The mantra for the 20th century among men and women is fitness.

Almost every person who wants to matter is concerned with being fit and not fat. This obsession with fitness may have stemmed not just from health concerns but also from the mirrors of vanity.

No person would want to be caught sitting down with some cellulite baggage on his front and sides. Society is so obsessed with fitness that even children are already watching what they eat. The most required commodity for fitness-obsessed people is the scale because they panic the minute they notice even a minimal gain.

So what is it with fitness that can get even the most secure person to panic and to a fitness rush? Fitness should always be equated with being healthy but some people apparently think that being slim is being fit.

Fitness is really not just a word with a one-sided definition. It is much more complicated than that. A person who wants to define fitness should look at the whole picture and not just the close up views of a part of the whole picture.

Some people think that fitness means being able to survive a cardio exercise for an hour without feeling so washed out. They think that fitness has something to do with being strong and flexible. They think fitness is being slim and physically attractive.

All the definitions taken as a whole can best describe fitness but each of these definitions should not be taken as it is. This is what is meant by defining fitness in terms of the whole and not just based on the parts.

Fitness is having all those characteristics in balance. It is like being strong but with flexibility. It is having endurance but with strength. It can also mean being slim but not just necessarily so.

Fitness is characterized by strength of the muscles, aerobic and muscular endurance, being flexible and the overall composition of the body.

A person who possesses aerobic endurance is one who is able to perform various exercises targeting different parts of the body at a specified period of time. This can include walking or running exercises that require a good use of oxygen. A person who can do prolonged aerobic low-impact exercises is able to break down more carbohydrates thereby getting more strength and energy in the process.

A person who wants to build a good aerobic program should start doing a 15 minute aerobic exercise and then extending the time to thirty minutes and then even an hour after a certain period so that his body gets used to it.

There is no use tiring the body or creating some shock in the system by exposing it to a rigid aerobic exercise all at one time. A person should allow the body to get used to the rate with which his heart is beating by doing aerobic exercises. Start slow and then increase the phase everyday or every week depending on how much the body can take,

But doing aerobic exercises is not enough to become physically fit. A person has to build the strength of his muscles also by doing activities or exercises that focuses on certain muscles of the body to build strength in that area. It is also recommended that a person should do the muscle training exercises gradually to avoid getting injuries and tiring the body.

It is also wise to rest and shift from one exercise to another to avoid reaching a plateau or that point when any exercise would not matter because it will not produce the desired effect. Some people get into a routine exercise for a long time that they reach a plateau realize they are not producing any effect.

It is also important to build the endurance of the muscles to achieve certain strength. But just like aerobic and muscular exercises, it is

important to give it a rest so that it will perform better and so that the person can achieve the best results possible.

A person should also focus on being flexible by doing stretching exercises before and after any exercise. This will not only prepare the body for a good workout but will also avoid getting cramps and injuries.

Resistance Training

Why take up resistance training?

A person who is in the process of choosing the best exercise program to keep fit and healthy, should always consider the practicality and the effectiveness of the program considering his schedule and physical condition. A person who is very busy should choose an exercise program that will keep him out of his office or work for a short time only but that gives maximum health benefits.

Any person can choose from the various fitness programs available for him like yoga, aerobic exercises or the more serious form of resistance training. You should research the different options and choose the one that best suits your needs.

A person who opts for resistance training should know that it requires the use of strength as opposed to force produced by resistance. Resistance training is often used to develop and enhance the strength of the muscles of a person. Doing the proper resistance training for a certain period can improve the health and overall well-being of a person.

Resistance training is actually aimed at exposing the muscles to challenges brought about by elastic resistance in order to develop the muscle and make it stronger. While resistance training is geared towards muscle strength, it also benefits the bones of a person making his body stronger and toned or sculpted.

People may think of resistance training in the line of the more popular exercises like weightlifting and bodybuilding but it is really a different thing. The latter are sports usually done in view of competition and involving training requiring strength but not with the use of elastic forces.

A person who opts for resistance training can make use of exercise machines, resistance bands and swimming machines.

People may think that resistance training will cause damage to the joints and the muscles but they are wrong. Resistance training is generally safe

and does not cause as much injury as the other high impact workouts. Resistance training is even comparable to water aerobic exercises in terms of safety.

A person who is just starting out with resistance training should observe good body posture and positioning to minimize the chances of getting injured. Anyone starting out with resistance training should not begin his training without proper consultations with his doctor to ensure his safety.

Among those who should particularly check with their doctors are those over 40 years of age, people who have certain medical conditions or those who have not exercised for a longer time.

Some people get confused between strength and resistance training but these two terms actually refer to muscle building. A person who wants to build or strengthen his muscles should try using dumbbells for his home exercises. He can also enroll in a fitness gym so he can use free dumbbells.

However, a person who wants to try using the dumbbells first without spending extra money should be more creative and use objects that are

readily available in his home like an empty pet bottle filled with sand or water perhaps.

Another option for a person who wants to go into resistance training is the use of resistance bands which work like the ordinary rubber bands used in ordinary households. A person can work his biceps out by stepping on the resistance bands and holding on to the other end of the band while doing some curl up exercises.

More people choose resistance training because it does not only strengthen the muscles and the bones but it also reduces the body fat of a person and improves his metabolism thereby encouraging weight loss. Resistance training is also good for lowering the blood pressure and heart rate of a person, which is good for lowering the risks of getting heart disease.

A person who is already into resistance training should not tire his muscles to the point of getting into a plateau. Some practitioners recommend that a once a week resistance training program is more ideal than doing it every day. Going into various resistance training exercises is also recommended to avoid muscle stiffness.

But like all the other exercises, a person should not start a resistance training program without doing preliminary stretching exercises to avoid body injury, stiffness and cramps.

How to Combat Fatigue

How to combat fatigue

Fatigue is the number one problem faced by people who are always on the go and who face pressure almost everyday. These people realize they have more things undone compared to the things they have already accomplished thereby adding to the feelings of fatigue and frustration they feel after a hard day's work.

Fatigue may seem like a complicated word but it simply means feeling tired or too spent. A person who has done so many things in a day can feel tired or fatigued at the end of the day. Such a person can no longer work normally unless he takes some rest.

However, there are people who already feel tired even at the start of the day. A person can already feel fatigued even before he has started his

daily chores. This may be because of backlog or too much workload over a long period of time.

A person who feels fatigued will generally feel useless and lacking in energy. Such a person will naturally shy away from the thought of another working day as he has to exert more effort just to lift his hands to do some work. Fatigue can inhibit a person from working for five minutes or even the whole day. Some people even experience fatigue or what they call burn out for months.

Fatigue can occur for many reasons including mental or physical exertion. Some people experience fatigue because of some medication they are taking or they are challenged by a physical health problem.

Fatigue normally happens to everyone and it is really just a signal or symptom that something is wrong with the body. Fatigue is a built-in alarm that tells the body it is already tired and that it needs a rest. A person who feels tired should not ignore such a warning if he does not want to risk burnout.

Just sleeping or resting for a while can easily solve feelings of tiredness. Some people can easily get back in shape just by taking a power nap or a

few minutes of sleep. Some people get rid of fatigue by listening to music or walking for a few minutes.

However, a person who experiences fatigue easily and who could not get rid of it after resting for a few minutes or even a good night's sleep should be concerned and should see his doctor to determine the cause of his tiredness.

Fatigue is generally caused by too much work without break. However, there are other causes of tiredness like insomnia or poor sleeping habits, diet or even regular stressors that should be immediately identified.

Fatigue can also be caused by a disease or illness like diabetes, heart problems, vitamin or nutrient deficiency or even cancer.

While sleeping can just as easily cure fatigue, there are other remedies for people who feel tired all the time. They can take vitamins, stress medications or other medications as recommended by their doctors. A person who regularly drives should however make sure that the medications he is taking to combat fatigue will not cause drowsiness.

A person who experiences fatigue for a longer period should check with his doctors, as this may already be chronic fatigue. Chronic fatigue is an

illness that can be debilitating and can disturb normal functions. The problem with this type of condition is that it cannot be easily diagnosed and requires a battery of tests and observation.

A person who wants to avoid feeling tired all the time should try to eliminate caffeine in his system and to drink plenty of liquids especially water. It is also best to increase the intake of food that is rich in iron like liver and spinach. The intake of food that is high in fat should also be minimized.

Some people who experience fatigue all the time may require a change of scenery or surroundings and it is best if they can take the time off for a short vacation somewhere quiet and serene like the countryside. For some people, a lifestyle change can erase fatigue.

A person who feels tired all the time should evaluate his work and lifestyle and then see an expert to help him, get rid of the condition. It is only by acknowledging the sources of fatigue that one can combat the problem.

Walking Costs Nothing

Taking up walking as a fitness tool because it costs nothing

A regular fitness program can cost both time and money. A person who wants to embark on a fitness program can either buy home fitness equipment or he can enroll in a gym. Both choices would however require an extra amount of money that may be better spent elsewhere.

Some people may think that a fitness program requires not only extra effort but money as well. Of course this is true especially if the person chooses either a home fitness program or going to the gym regularly. Any amount of money spent on a fitness program will not go to waste but why spend for health when anyone can start a simple fitness program without spending anything?

A person who wants to have access to a fitness tool without paying much or even anything can do so just by choosing a fitness tool that costs nothing. He can walk regularly within the confines of his neighborhood or his subdivision without spending anything.

A person who wants to take up walking as a fitness tool can use his old sweatshirts and shoes to start walking. He can choose a nearby area or he can walk along the beach so he can breathe cleaner air. Such an

exercise would be good not only for keeping the body fit but it is also good for the lungs.

Study shows that a person who wants to live longer should try to incorporate a daily walking exercise as part of his everyday routine. A medical report shows that walking for a minimum of thirty minutes everyday can lengthen the lifespan of a person by a year and three months if he does not have a cardiovascular illness. On the other hand, a person with cardiovascular illness can still benefit with an increase lifespan albeit by one year only.

Walking for only thirty minutes everyday would mean spending a total of forty-nine days walking over a twelve-year period. By doing this, a person gains a year and a half additional life span.

Walking is a low impact fitness tool that costs nothing and can be done by anyone at anytime and anywhere there is walking space. But walking has other benefits, which include keeping the person happier and less stressed. A person can sweat away his toxins just by walking thirty minutes daily.

Walking is the best choice for a person who already possesses an illness. However, he should consult his doctor as to the appropriateness of walking exercises considering his physical condition.

While walking is a good choice for sick people, it is all the more beneficial to people who are very healthy. There is no use waiting for that time when a person is already stricken with an illness before he starts on a fitness program. A healthy person who starts a walking habit early on in life can expect to be more healthy and pressure-free.

A person should not stay idle and then worry about spending money and time just taking medicines for an illness. Walking can never be a boring exercise for a person because he can spend that time thinking about his life and his other priorities.

Walking is good for loners because they can spend the best time alone when walking. However, outgoing people can also enjoy walking by joining walking clubs. Joining walking groups will also give him an opportunity to meet other people.

Walking can be kept at a minimum or maximum intensity depending on the physical condition of the person. Those who are just starting with

their walking exercises should start walking at a slower rate and at a lesser amount of time. A person can increase his walking rate and the time he spends walking everyday as he gets used to the exercise.

Some people opt for walking exercises right inside their homes by installing treadmills. Such fitness machines can complement the walking exercises of a person especially if he cannot go out on a rainy or snowy day. However, the thrill and the joy of witnessing people and surroundings everyday while walking can never be replaced by walking indoors.

Why spend money and more time going to public gyms when anyone can go walking anytime of the day without any cost at all? A person who includes walking as part of his daily fitness program will never regret such a decision later on.

Beginner Fitness Program

A program designed for the fitness beginner

The fact is that creating a fitness program could be a task that is daunting if not challenging in its own right.

However, designing a fitness program for a beginner is a task that could dramatically and drastically improve all aspects of your own physical or physiological life.

Do not forget that many people have had success in losing lots of fat and at the same time gain lean muscles. They have also been able to improve their health, in the overall.

The following are a few basic tips to begin a fitness program design that would suit a beginner while at the same time trying to avoid the mistakes usually associated with one who is just starting to get his muscles and heart rate going.

Take note that it is vital to consult with your doctor prior to starting a fitness regimen especially if you sincerely intend to religiously follow through with your program. Doing so helps you avoid any unnecessary injury.

Slowly but surely

As much as possible, do not hurry. Start in a slow, cautious way. Do not in any way do the same thing most beginning exercisers do: doing a lot in the shortest possible time.

Remember that too much of something could make you feel sick. Relax and try to take your time. You will eventually learn to appreciate exercising and do it at your own pace.

Try not to feel competitive with others who may have been exercising a lot longer than you have.

Ease into the exercise mood. Try not to be a model for fitness in as little as a week. You have all the time in the world.

Think right - feel right

It is important that you psyche yourself as well as you can prior to getting into the workout groove.

As much as possible, take a short time – in as little as five minutes – to envision what it is you want and need to accomplish.

Try to visualize the body as it will be eventually. Imagine your ideal body doing things you want to do or have fun doing, be it in the company of friends or by yourself.

Believe it or not, visualization is a tool that is amazingly effective for getting your brain programmed and conditioned to do what it needs to do.

Know what lies ahead

Be realistic yet optimistic. Know your expectations and be prepared for whatever lies ahead. Be aware that there are steps to starting a fitness program.

There is the mental phase where people need to prepare and will themselves to exercise.

Simplicity is the key

It would be quite difficult to practically discipline one's self in eating a strict diet that has little calories and cholesterol especially if one is so used to eating one.

The secret is in keeping the process simple. You are less likely to be overwhelmed with all the dietary requirements and restrictions usually associated with a novice fitness program.

This makes one stay a little longer, if not forever, rather than quit just after a few sort weeks.

Move – move - move

If you are having difficulty getting off your butt in the morning, start small. Begin walking at a pace that you can handle, and then jog slowly.

You could then eventually ease into cycling or some workouts that are lightweight.

There are exercises for beginners in most gyms. Do not pressure yourself. That takes the fun out of exercising. As much as possible, select an activity you like and would not do more than thirty or twenty minutes, at four times or three times every week.

After the third week, you could start increasing the duration, intensity as well as frequency. Do not jump way ahead. You could regret it.

All in all, creating a fitness program for beginners is fairly easy. It is in the application and the eventual as well as consistent follow through of all the activities in the programs that could prove to be challenging.

It is always a lot easier to sit rather than eat, stand or move and work up a sweat. In the long term however, it is always a lot healthier and financially more convenient being healthy than having to buy all the meds your body needs in its old age, when you could have easily exercised your way to good health when you were a lot younger.

Intermediate Fitness Program

A fitness program design for intermediate level women

First things first, prior to engaging in a fitness program, it is highly recommended that you first consult with your physician.

It is very important to have a complete understanding of the basic guidelines and principles of an effective and safe routine for an intermediate fitness program for women.

This twelve week intermediate fitness program is specifically targeted for those women who need to make improvements in their muscle tone and strength.

This intermediate fitness program runs for twelve weeks and is suitable for women who already have at least a year or more of experience in terms of weightlifting.

However, for those who do not have that much experience in lifting weights, it may be necessary to start with a fitness program designed specifically for beginners.

However, it is necessary that once one starts with the Intermediate fitness program, it needs to be completed as designed within twelve weeks, after which one should then start with the advanced fitness program.

The intermediate fitness program design

This intermediate fitness program design is actually based on a schedule of two days every week.

It is highly recommended to have at least a day of resting in between the first workout and the second workout every week.

However, it may also not be necessary as the first workout and the second workout train differing groups of muscles. But it is always a great idea to provide your body sufficient time for recovery.

The method of split training

Basically, the body's muscle major groups are actually divided in two various training sessions.

For instance, the first workout includes chest training, shoulder training, the abdominals and triceps, the Trapezius.

Meanwhile, the second workout actually trains your back, legs, biceps, abdominals and forearms.

Generally though, there are a lot more exercise sets as well as muscle group exercises for the muscle groups that are larger like the back and chest as compared with the muscle smaller groups like the forearms and the Trapeziums.

When exercising with weights

When just starting out on weight lifting, as much as possible try to choose a weight in which you think it will be light for you to carry.

The reason for this is to allow your body to be able to concentrate on the development of good habits as well as focusing on the proper form.

After being comfortable with a particular exercise or weight, only then should you choose a particular weight in which you think will be challenging enough for the required repetitions you are to do.

For instance, if the required quantity of repetitions is twelve for a tricep pushdown exercise, choose a particular weight in which it will challenge you for twelve repetitions.

For each set, you need to be very intuitive and choose a weight for the required number of repetitions.

Therefore, if a weight of twenty pounds proves to be a challenge for your first set, which consists of twelve repetitions, probably twenty-five pounds is the appropriate for one set of ten repetitions.

Take note that smaller muscle groups like the forearms and the calves actually respond a lot better to a higher number of repetitions –twelve to twenty – with a lot less weight.

Take note that it is highly recommended that you continue all exercise for the abdominals – except twisted crunches – until muscle fatigue is reached.

The reason for this is because the abdominals respond a lot better to a lot higher number of repetitions, there is really no other way to be able to increase your weight resistance as you experience more strength.

The time that is recommended for women to rest in between the exercise sets is anywhere between forty five to ninety seconds.

When on a rest in between the sets, try to drink water. It is also recommended that you do stretching.

All in all, when the intermediate fitness program is followed, you will eventually be comfortable with every exercise as well as the weight lifting principles.

All it takes is a lot of will and patience, and fitness success is just at your easy reach. Eventually, the choice is yours to make

Advanced Fitness Program

Design your own advanced fitness program

Believe it or not, there are many ways and means to design your very own advanced fitness program.

This is for those who take their health and fitness quite seriously.

The fact of the matter is, there are many services that are available online which would definitely assist you to design your very own advanced fitness program especially if you have finished your intermediate fitness program.

For one, there is Foremost Fitness. They have more than a decade of fitness program experience.

Included among their clients are gyms in the community, rehabilitation centers, hospitals, cardiovascular rehabilitation fitness, condominium complexes, police departments, resorts, hotels, and spas.

Believe it or not, there are also books available out there that would specifically help someone who is in need of designing an advanced fitness program.

For example, The 5th edition of the Advanced Assessment Fitness and Prescription Exercise which is able to offer an advanced and comprehensive approach in the appraisal of physical fitness as well as exercise.

With its extended chapters as well as ancillary materials, it will be able to serve as a resource for practitioners and students.

Basically, what the book does is offer a balanced fitness approach in the assessment of one's physical fitness and in the designing of various programs of exercise.

These all address the body's endurance, cardio-respiratory wise, one's muscular fitness, one's body weight, flexibility and composition.

Two of the chapters in the book are solely dedicated to the following components of physical fitness: assessment and a prescribed exercise.

The text found in the book is basically expanded to be able to include updated and new information on the areas such as: sub maximal and maximal exercise that is graded in test exercising healthy groups of population (this includes cycle ramp ergometer protocols, treadmill), muscular testing fitness protocols as well as norms for both adults and children.

The book also include field tests as well as norms in the evaluation of old adults fitness in their cardiorespiratory system, flexibility and strength.

It also offers basic guidelines in the development of resistance period training for beginners, intermediate and specifically on advanced weight lifters.

Also included are recommendations for exercising to be able to have benefits such as weight loss, maintenance of one's weight.

The fact is practitioners and students of physical fitness would be able to benefit a lot from the book's approach, which is multi-disciplinary.

It basically synthesizes principles, concepts, theories as based on existing research on kinesiology, physiological exercise, psychology, measurement, nutrition. Therefore, the book is a direct approach to physical assessment, fitness and prescription exercises, as well as in the design of advanced fitness programs.

The book also offer tools that are pedagogical in origin like questions that could be found at every chapter's beginning, review questions, key points, key terms.

There is also a guide for instructors that includes new tools, a package test and a package presentation.

The first chapter discusses health, physical activity and chronic diseases. It offers an overview of hypertension, cigarette smoking, obesity, metabolic syndrome and disorders in the muscular-skeletal system.

The second chapter offer appropriate health evaluation, procedures for testing heart rate, ecg, blood pressure and the third chapter include

testing of one's physical fitness, principles in the design of exercise programs, adherence to an exercise program.

The fourth and fifth chapters include test protocols, tests to determine aerobic fitness, exercise tests for adults and children, the design of exercise programs with the focus on the cardiorespiratory system, exercise programs that are personalized.

The sixth chapter meanwhile includes muscular fitness testing for adults; older adults and children, while the seventh chapter includes the process of how to design advanced training programs for resistance.

Take note that materials for review follow each chapter.

All in all, designing an advanced fitness program all depend on a variety of factors. This book will be able to provide you with all the needed information to be able to create and come up with a fitness program design for those not just in the advanced stage of physical fitness, but the beginners as well.

Workout Gear

Be warm enough for the cold weather and hot enough to look cool

First things first, it has been proven that exercising your way to health as well as a good sweat during the cold weather is a lot easier said than done.

These principles apply to swimming as well. Once in the water we are generally kept warm by the activity. However, we don't spend all the time in the water. If you are swimming outdoors in any kind of weather it's important to make certain you are adequately protected from the elements.

The fact of the matter is that it is a lot more convenient staying indoors and curling up in a nice warm bed than working out.

Why would anyone want to go out anyway? The answer to that question is in the clothes. Why let your cool winter workout clothes be stuck in the closet when you can wear them during your workout routine and look cool in the process.

Believe it or not, there are many ways to keep yourself warm during your gym workout thanks a lot to these winter hi tech clothes gears.

The following are basically helpful tips and advice to wear the appropriate clothes when the weather outside is frightful, yet at the same time letting your clothes appear utterly delightful.

Remember, the cold weather is no such excuse for not exercising.

Layer – layer - layer

The secret is in the layering. All you really need to have are clothes and layer them all up in order to keep your whole body warm.

A good start is by having a layer that is closely next to your own skin. Fortunately, such a product exists thanks to New Balance wherein a Long Sleeve Compression top used basically for running utilizes a Lightning technology Dry fabric that is able to keep the wetness far from your own skin.

The material of the New Balance Long Sleeve Compression top is made from polyester hydroponic yarn that is able to transfer any moisture immediately away from your body in order to keep it as dry as possible.

Also, the top – which happens to be form fitting – is able to help in the reduction of muscle fatigue and could also be used as base for any later sport. It also includes a flat construction seam in order to stop and prevent any chafing.

This product is currently available at the nbwerexpress website and sells for less than thirty-five dollars.

Layer - layer - layer – in the middle

Another way to keep warm is by adding an extra layer in the middle. A good product to be able to achieve this is the Nike Sphere for women Pro Top Half Zip.

This particular product has fibers that are specially made to open themselves up at the exact moment when you sweat. Meanwhile, it is also able to close itself off when you start to get dry.

This hi tech feature allows anyone the maximum time and ventilation to be able to achieve a workout that is both dry and cool.

Basically, this Nike Sphere for women Pro Top Half Zip works by creating a space of air in between the material and the wearer's skin.

The instant the wearer's body heats that particular air a thermal insulation is automatically created thereby allowing one's body to focus its energy on exercising and on the workout itself, rather than worrying itself sick about being and feeling cold.

Believe it or not, this product is worn most by speed skaters during their laps when warming up. This product sells at the Nike website for sixty dollars.

Place a layer on your torso

A good product for adding a top on your torso is the cool Northface Furallur fashionable jacket. This down filled jacket has a hood that is detachable and is also coated with a HyVent breathable technology in order to keep harmful elements out.

This product is being sold at the Northface website at less than two hundred and seventy dollars.

Do not forget to keep your hands warm

Gloves that are made of lightweight cotton materials should warm hands just fine.

A good example is the Convertible 180s Running Glove, which has a four way stretch micropoly shell with piping that is reflective.

Once the weather turns cold, these gloves could be instantly converted to soft mittens along with a windproof that is attached.

It is also resistant to water and has a shell that is retractable. This product currently sells at twenty dollars.

All in all, being warm during a cold workout is easy as long as you have the will to dutifully workout for your own body's sake, there is always a way and warm clothes to get you going.

Exercise Guide

Build your core, flexibility, strength and balance now!

If you are attentive in the latest trends in terms of fitness and exercise, you may have heard the term core strength.

The fact is that core strength actually refers to muscles found on your back as well as the abdominals. Core strength basically refers to the ability of these muscles in supporting your spine and keeping your own body balanced and stable.

The moment you decide to strengthen the core of your muscles, you have more than likely reduced the pain in your back and at the same time strengthen your abdominals.

What are the core muscles?

The following are the major core muscles in the body. The TVA is the transverse abdominis. This muscle is considered as the abdominal muscle that is deepest.

The internal obliques are the muscles that lie just under the obliques external; this runs in the direction that is opposite the external. The exercise that would target this core muscle is the crossover crunch.

The rectus abdominus is the muscle that is long and that actually extend on the abdomen's front.

This is the popular six-pack that could be seen on the abs and the one that is easily visible if the body fat is reduced. The exercise that would target this particular area is the crunch.

Meanwhile, the erector spinae is the collection of 3 muscles that extend along the neck to your own lower back.

The exercise that would target this specific core muscle is the back extension.

The following are some of the core strengthening exercises that you could apply using the ever-reliable exercise ball.

It is highly advisable that these exercises be tried first. Make sure you first use a wall or hold the ball against a sturdy object to create stability.

As much as possible, try to do three sets of sixteen repetitions for every exercise. Make sure to make your form perfect prior to increasing the repetitions or the sets.

If there is any move that have caused you pain, stop immediately. It could be your body's signal that you may not be doing the routine correctly.

It is always best to consult with your physician prior to exercising.

Focus, focus, focus

A good way to maintain your own balance during exercising is by letting your eyes focus on a point that is fixed. This keeps you in the zone and not easily distracted.

It is also important that you do not let yourself bounce while you are on the exercise ball, especially when doing bends, twists or when you are rotating the spine.

Breathe in and breathe out

Always breathe in a normal fashion. Never hold your breath. You have to let good air in and bad air out. Inhale and exhale slowly and surely. Be as relaxed as possible.

Stretching floor exercises for flexibility

The fact of the matter is that a lot of stretch exercises are done on the floor and a lot of important muscles are worked out.

However, if you fear lying on the gym floor in order to do stretch exercises because you are afraid to get up, ask the help of a buddy.

There is actually a right and appropriate way to go into this particular position. In case you have osteoporosis, make sure to check first with the doctor of your choice.

All in all, stretching exercises are a good way to improve flexibility. All you need to do is stretch regularly and consistently.

Fitness and Nutrition

Boost your energy with this nutritional diet

Have you ever found yourself dragging your weary body out of your bed in the morning?

Can you not function properly without drinking gallons upon gallons of strong coffee? Do you feel lethargic and sleepy during the afternoon?

If you experience any of the above conditions you may need an energy boost by simply planning the appropriate nutritional diet that is right for your needs and preferences.

It is actually not advisable to simply rely on caffeine or to the nearby candy and chocolate machine to give you that immediate – albeit temporary – boost of energy.

Believe it or not, choosing to eat healthy is a more effective and long-term plan that helps you rev and energize your whole body.

The following are basic tips and advice on the proper nutrition and diet you must take in so as to maintain or start a healthy and fit life.

Combine – combine - combine

Of course, this does not mean a random combination of foods. Basically, this requires a correct combination of protein, carbohydrates, fat that are

eaten at intervals that are regular. This allows your level of energy to be high in the most normal and natural way possible.

This diet combination includes eating meals that are balanced in order to provide you with the energy you need to go through the day.

It is okay to eat snacks, as long as they are healthy snacks.

Eating snacks that are healthy helps your body keep its levels of blood sugar in the suitable level. This is so you do not have any energy lows and energy highs.

This kind of diet plan basically include yummy food suggestions that could be eaten every four hours or three hours in order to make your energy level normal.

Drink – drink - drink

Believe it or not, when you do not drink enough water or liquids, your body could actually feel tired and fatigue. This is due mainly to dehydration.

One's diet should also include skim milk and fruit juices along with any of your meal choice. As much as possible, do not include sweetened beverage or sodas as drinking these could cause drastic energy lows.

Typically, the average person is able to replace an average of two cups of water just from the food one takes in all throughout the day. However, the difference needs to be replaced via drinking the necessary fluids.

Why hydrate?

Believe it or not, being dehydrated impairs the physiological and mental function of a human being. When athletes are dehydrated, the usual result would be an injury.

Proper hydration aims to minimize as well as prevent any progressive form of dehydration that could occur when one is exercising as a result of tremendous loss of fluid due to sweating.

Do not eat fried foods.

Also remember that eating too many fried and fatty foods could actually make you feel a lot sluggish. This kind of diet plan emphasizes processed and unnatural foods.

It is always best to go to healthy vegetables and fruits, as these will not slow your body down.

Eat to lose weight

Believe it or not, you could eat your way to weight loss. This does not mean however that you should drastically turn vegetarian.

What this means is that you simply increase the quantity of vegetables and fruits that you take in. Add to this diet plan some whole grains, legumes, seeds and nuts.

By doing such a very simple food plan, you do not unnecessarily starve yourself but actually get your fill of tasty, filling and – the best of all – healthy food, while naturally losing weight.

Eat healthy to gain good weight

Believe it or not, while there are those people who want to throw their weight around and to lose it, there are also those people who want to gain some.

The fact of the matter is that being low in weight is similarly as unhealthy as being heavy in weight.

Fortunately, this type of diet actually revolves more on consuming five hundred more calories in one day. According to experts, they all agree that this is the appropriate calorie intake for those people who want to focus on gaining controlled weight.

However, you could try adding an additional two hundred calories if in case the five hundred is not working for you after seeing no significant results after a few weeks or so.

Gain healthy weight

A lot of doctors agree that to be able to gain added weight in a healthier manner is by eating food that is rich in calories yet at the same time nutritious.

One such example of foods that are dense in calories while at the same time healthy is granola, banana, chopped nuts, juice and milk.

These foods could actually be consumed during breakfast.

All in all, all it takes to have an energizing food plan is your will to eat only the healthiest and balanced food options you could possibly have. It is your choice.

Exercise and Your Health

When a person is asked to visualize the word exercise, what he would normally have in a mind is a sweaty after-work activity and some bulky gym equipments. While this is half true, exercise is more than just all sweat. It is, in fact, synonymous with health.

Consider yourself lucky when you are able to choose what type of exercise you would engage in. In cases where exercise would be the physician's call, well, the person would have to make do with whatever exercise regimen will be given to him. Remember this word of caution: Consult your doctor first!

Exercises that are permitted in these cases:

Cardiovascular disease—it has always been said that prevention is better than cure. Yes, exercise can prevent cardiovascular illness. But in cases where the disease has already struck, there are still exercises that would suit the patient.

1. The safest form of exercise for persons with this disease still is, walking.
2. About 3-4 days a week, the patient should go through mild aerobic exercises such as running, biking and swimming.

Peripheral Vascular Disease—this disease simply means that the arteries that carry blood to the legs are highly pressured. But this disease is far from simple. When your legs start aching, do the following exercises:

1. Daily walks. The legs may hurt much as you start walking but keep going. 30 minutes should do it.
2. Cycling
3. Swimming
4. Numbers 2-3 should go hand in hand with walking exercises.

High blood pressure—also called hypertension is the increased pressure exerted by the blood on the walls of the arteries. Athletes and more active individuals are less likely to get the disease.

1. Brisk walking
2. Cycling
3. Jogging
4. Joining sports such as hockey, tennis or football
5. Dancing

Stroke—exercise comes as a great risk to this disease. Before embarking into any exercise regimen, consider if the benefits of exercising would outweigh the risk. If they do, then these exercises would be a good start:

1. Aerobic exercises such as walking, treadmill exercises, stationary cycle.
2. Use of weight machines
3. Free weights
4. Non-strenuous stretches
5. Activities that foster balance and coordination

Diabetes—the main concern for persons with this disease is control of blood sugar level. The doctor should be the one to outline an exercise program that's right for patients with this illness since complications could arise. But remember this, it is better for a diabetic to exercise than stay sedentary. Exercising improves the way the patient's body would respond to insulin.

1. Most doctors recommend aerobic exercises since they are the safest to do.
2. Breathing exercises.
3. Chair exercises
4. Rowing
5. Bicycling
6. Swimming

Arthritis—this is a disease that targets the joints and muscles. Make sure that the joints are not swollen before starting an exercise regimen.

1. Water exercises—the water's buoyancy soothes arthritic pain because it relaxes the muscles and lessens stiffness.
2. Walking
3. Isotonic and isometric exercises

4. Exercises that test endurance

Osteoporosis—this is a disease of the bone. It's the case when the bones become brittle. To counter this, make sure that your exercise program is high impact. The more impact there is on the bones, the greater the benefit.

1. Use free weights
2. Stretches that target the back (such as touching your feet)
3. Swimming and/or water aerobics
4. Jumping, running or jogging- these increase spine compression

Pregnancy—this is not an illness, of course, but this is perhaps one of the most, if not the most difficult stage in a woman's life. Historically, physicians believed that an expectant mom should rest and stay in bed as often as necessary. This is fallacious.

Unless it's a high-risk pregnancy, it is now required to have some form of activity during the 9-month period. Here are the acceptable exercises for pregnant women:

1. Kegel exercises- is a pelvic floor exercise that focuses on the bladder and uterus most especially during the third trimester when the fetus would strain them. The secret? Just relax, tighten, relax and tighten alternately (once you have mastered the area).
2. Walking (such as going to the mall or going around the block).
3. During the last trimester, avoid strenuous exercises such as running or jogging.
4. Pilates

Exercise is equal to health. Whether you have already the conditions mentioned here, all is not lost. Exercising can still lessen the risk of worsening your situation. Just remember, your doctor is your friend in times like this. You are partners in establishing a routine that would improve, if not totally heal, your illness.

Sport Training

Sport Training: A Precursor to Success

Golf, tennis, bowling, soccer, snowboarding, ice-skating and skiing are all types of sports that are, by themselves, considered as exercises. But would you believe that an athlete should first exercise before he could

successfully participate in these strenuous activities? Tiger Woods would not have won the World Cup without spending endless practice sessions even under dire weather conditions!

How does an athlete exercise for the following sports activities?

Biking—since this involves the lower part of the body, more specifically the legs, the focus should be on this area.

1. Squat exercises—would not only strengthen the legs but would also exercise the gluts.
2. Leg press—this is best accomplished when the cycling motioned is mimicked. The upper portion of the legs would benefit greatly from this exercise.
3. Leg extension—a word of caution, though, the person must have very, very good knees to do this exercise. The lower quads are the target areas for this workout.
4. Leg Curls—exercises the hamstrings.
5. Flexing the hips—the person could go to the local gym to use equipments that are specifically designed for this type of activity.
6. Raising the toes—step up on a platform and make sure to dangle the heels. Slowly lift your weight up, then down. Do reps.

Bowling—while most would view this sport as a low-impact activity, warm up exercises are still needed before one could start playing. Just like any sport, there is an area of the body that this sport will soon strain. In this case, it's the hand muscles and joints.

1. Running should be able to give ample warm up and this would highly increase the flow of blood to the muscles.
2. Neck stretching. Tipping the head towards the left then the right would stretch the muscles there.
3. Stretch the shoulder by holding the elbow with your hand while the hand is behind the head. Make sure that the stretch is felt.
4. Do side stretches as the torso is extended on both sides.
5. Hook both forefingers and pretend to pull them apart.
6. Do grip exercises.

Golfing—since this is generally thought as a leisure sport, it is also believed that not much preparation is required to be able to participate in this sport. But that is fallacious. Just like any other sport, it should be given ample training, too.

1. Walking exercises.

2. Swinging the golf club.
3. Back/Shoulder/Arm Stretches

Skating—since this is a leg sport, the area to concentrate on should be the lower body.

1. Gentle or brisk walking
2. Mimicking cycling exercises
3. Leg stretches
4. There is also a special device that has been specially made for skating. This has a pair of stirrups that can move back and forth. Resistance to weight could also be adjusted.

Running—as odd as it may sound, running is started through walking. Walking for 30 minutes is a good ‘first move’. After getting comfortable with walking, start running at a comfortable pace. The best exercise for running is...well, running.

Skiing—the lower part of the body should be the focus. There are several gym equipments that could be used in addition to regular walking.

1. Use a calf machine. If there is no calf machine on your local gym, use barbells across the shoulders.
2. Hamstring Curl Machine
3. Adductor machine
4. Any form of aerobic exercise (especially those that target the legs) would be good to improve endurance.

Soccer—for this type of sport, training is not enough. Injury prevention should also be a concern, thus, stretching should be done at longer time intervals.

1. Jogging
2. Leg stretches (5 minutes per stretch)
3. Stomach stretching

Snowboarding—this type of sport requires balance, muscular endurance, strength and agility.

1. Warm up by doing brisk walking immediately.
2. Skipping or cycling could replace the brisk walk.
3. Total Body Workout- from stretching to the high impact exercises.

4. Cardio exercises, Leg presses, Lat exercises and abdominal exercises.

Tennis—just like bowling, the main areas to focus on are the hands and wrists.

1. Running to and fro on the tennis court.
2. Tennis ball retrieval. Place the balls across the court, get each one, return to the baseline then back again. Do reps.
3. Ball throwing. Have your tennis partner throw balls at you and catch them as quickly as you can.
4. Wall squats
5. Lunges.

Hiking—this is mainly an endurance sport so the training for this activity should improve the person's staying power.

1. Carry backpack (about ten pounds should do it) and do brisk walking.
2. Try to walk on inclined surfaces.
3. Treadmill workout
4. Cardio workouts on the gym

To guarantee an athlete's success, his training should be equal to his desire to excel in sports. More so, the person's attitude has a major impact on the end result of his chosen sport. The exercises are just there to strengthen what's on the outside. The inside is what's most important.

Inexpensive Equipment

Why Go to the Gym When there is Inexpensive Equipment at Home?

Exercise is a necessity. This is a fact but very few people would invest their time or their money in exercise. Why is this so? Exercising would mean money spent on the gym and time away from home!

Now, who says exercise equipment is only available at the gym? Or whoever said that you have to leave home just so you can have your regular exercise? If you are the type that would rather be at home than see several other bodies exercising side by side, then this article is for you.

Begin with whatever you have on hand. Make an inventory of the things that you have at home that could pass as exercise equipment? A bag of

potatoes maybe? How about your dining chairs? Believe me, you can trim down using those!

Let's begin with that bag (or sack!) of potatoes. Carrying them from one part of your home to another would mean calories burned. A bag of sugar would do the same miracle. Who says you will ever need 'weights' again? 'Funny you never thought of those 5-10 pound bags before, huh?

Now we go to that dining chair. Take two chairs and have them face each other. They will do as equipment for the 'chair dips'. They should be at least 3 feet apart. Sit on one of the chairs with your palms turned downwards. Tightly hold the chair as you place your heels on the other chair. Then, slowly do a forward slide and keep that position (making sure that the triceps are the ones working). Do some reps.

How about the ever-reliable desk? You can use this to aid your exercise by moving it away from the wall. At about 5 to 6 feet away from the wall, lean the back of your feet against the wall and do a push-up like exercise. Do as many as you can.

What about the wall? Your walls can do miracles for you, too. With your back against it (making sure that you are about 2 feet away from it),

slowly slide downwards until a 90-degree angle is formed with your knees. Hold that position for as long as you can. Skiers would definitely benefit from this easy exercise.

If you are just on a tight budget but would want more than a bag of potatoes, then wrist and ankle weights could be used at home (or while grocery shopping), too. The theory on these types of exercise accessories is that, the more weight you add for your muscles to work on, the more your muscles becomes stronger. Averaging just a kilo each, these are perfect to use at home while doing household chores.

What about exercise balls? This is an inexpensive exercise gear. There can be many purposes for the exercise ball. It can be used as a chair at home (this is a good way to align the spine as compared to a regular chair). Begin exercising use the ball by simply sitting 30 minutes straight.

Beyond that, you can increase the time to lengthen the spine exercise. After achieving the seated exercise, you can begin adding movements such as bouncing while seated. The good news? The exercise ball is good for pregnant women, too! They can use it as a chair while doing rhythmic bouncing during labor.

Another way to straighten that back is to use a mat in sitting instead of a bench where there is a ready back support. Sitting on a mat while exercising would make sitting straight a habit for you. So forget the bench and start going down on the floor!

If you would really like to have the 'real thing' at home yet are on a constricted budget, then garage sales for old or used gym equipment is the option for you. There are several websites that offer second-hand apparatus (treadmills, stationary bikes, step machines, cross country ski machines, resistance equipment, name it and they've got it!).

One such website is MySimon.com. Buying is not the only thing you can do in a website such as this. You can also sell your bulky equipment when you're fed up with using it. You can also trade your old and unwanted (or overly bulky) exercise equipment.

Now, always bear in mind that there is no need for an exercise gear to be expensive for it to be effective. Sometimes the best things that you can use to burn those calories away are right inside your home!