

New Fitness Handbook



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A Guide for your Fitness

By: **H.Castiglioni**

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Introduction



One of the biggest obstacles to staying on track for fitness is losing motivation. People are just starting an exercise program can find themselves quickly tired of the same routine. Keeping exercise appealing and maintaining a good fitness perspective is key to long-term success.

If you have to watch the exact same episode of your favorite television show every day for the rest of your life, you would probably be banging your head against the wall by the end of the week. You would change the channel, pick up a book, or do anything you could to avoid something you once enjoyed.

Yet, many people starting on a fitness program feel compelled to follow the same routine, day after day after day, and consequently fall off the exercise wagon due to sheer boredom.

Warm regards,

H.Castiglioni

Chapter 1

Diet Fitness (A Look on Diet Fitness)

Many people nowadays are very much conscious about their own health and fitness. In addition to that, these people, and many others as well, are now having that desire to sculpt their bodies to achieve that magazine-cover look. As a result, gyms, health spas and other fitness centers have proliferated all over to cater to the needs of the fitness buffs and aficionados.

Even on television exercise machines, weight loss products, and other paraphernalia to improve fitness have more or less gained control over the airwaves and made their way into the households. But exercise is not the only way to build that body beautiful. It also entails certain amount of responsibility on the foods one chooses to eat. Being healthy and fit requires one to observe diet fitness.

Diet fitness is as essential as exercise itself. Diet for fitness provides the essential nutrition one needs to restore worn-out muscles and for healthy growth. Diet fitness should never be taken for granted. With the popularity of keeping fit, many different views, methods, programs and dieting strategies have been formulated by many professionals. Among these are high carb diets and high fat diets. Which one is more effective and which one should one choose to follow?

First thing to know would be the fundamental differences between these two diet approaches. As the name implies, high carb diets concentrates on taking in carbohydrate-rich foods while high fat diets endorses fat-rich foods. High carb diets are utilized to glycogen stored in the liver and muscles. Glycogen is a glucose complex that provides large amounts of energy ready for use in anaerobic exercises.

Fat's, on the other hand, is well-known for being the richest source of calories. It actually contains 2.5 times more calories than carbohydrates and proteins alike. Studies also show that it takes the body 24 calories to metabolize carbohydrates while it only takes 3 to burn down fat. So which one to follow? A person can follow a high carb and low fat fitness diet or the other way around. It is absolutely not recommended to follow both at the same time; unless of course if you want to gain body fat.

But then diet fitness is not all about losing fat, one must also consider his diet in order to keep fat away. Research shows that sustainable loss of weight can only be achieved on a Diet which suits the individual food preferences, lifestyle, and medical profile and satiety signals.

Diet programs all over can help you shed off excess pounds, but only one diet can help you stay sexy, and it is the one that satisfies you most. Other important aspects of having a fit diet are moderation, balance and variation. One must be careful not to leave out important nutrients and other substances necessary for healthy body functioning. Health organizations are clear about the amounts of nutrients an individual should have in the body.

Low fat high carbs, high carbs low fat; the question is not which diet program will work out but which is it that will work for you. Striving for a sexy and healthy body does not have to burden an individual; diet fitness does not have to mean sticking to the same kind of food for life. One may even try to be adventurous and try out new foods out there. Who knows? One may even discover spinach interesting.



Chapter 2

Exercises to Fitness (Moderate Exercises to Fitness)



Have you ever felt tired and stressed out from work and by the time you get home you see your three children running towards you asking you to play basketball with them? You refused and promised them that you will after you take you rest.

Instead of disappointing your children, why not say, "Yes" after all? You will be surprised by the amount of energy you will have after that 30-minute activity.

Did you know that by exercising at a moderate pace for only 30 minutes, you would feel a lot better, mentally? It has been proven that this improves the appetite and sharpens your style in problem solving. Not only that. You will also feel that it is easier to sleep at night if you do moderate exercises even for only 30 minutes every day.

What are the benefits of regular exercise? It promotes self-discipline and has a positive impact how you perceive life. Exercise helps in lifting your spirits and getting you out of any depression. For first timers, it can be done for 15 minutes for 2 to 3 days a week. You can increase the time you spend once your body gets tuned up for it.

DON'T you ever force your body! If you get hurt, then stop. You can take a break from exercising for a few days and then you can start again but you need to start from day 1.

Here are some moderate exercises you can do and enjoy:

1. Do the Walking. Make use of your surroundings. You can walk your dog, with your partner or child. Encourage your family to do the walking exercise daily and you will find yourself burning calories while enjoying the surroundings and getting enough sunlight that is also good for your body.
2. Discover the wonders of Yoga. Yoga is one effective exercise that energizes not only your body but also your soul. You may want to learn even the basic yoga positions that are not too complicated but proven effective. A five-minute yoga exercise can perk you up and recharge your body with the energy you lost for the whole day. You relax and at the same time you stretch!
3. Engage yourself into sports. Play basketball, football, baseball, tennis or badminton. Many doctors have recommended sports as an effective way to stay fit and healthy. Sports can also be done in moderation. Do not take it seriously. Shooting basketball with a friend is one moderate exercise that is also considered a sport.
4. Join exercise programs at work. If you still do not have exercises programs at work, then why not start it? You can talk to your boss about it and start with your colleagues. You do not only lose calories but it is also one good way to bond with them. This can be done 30 minutes, 3 times a week.
5. Exercise while doing household chores. Gardening, raking leaves, lawn mowing, doing the laundry, vacuuming and car washing are effective moderate exercises at home. Make use of these chores to sweat and burn calories. Instead of using machines and gadgets to perform these chores, why not do it with your hands and lose some fats?

Making exercises as part of your daily routines will surprise you of how much calories you will lose. Doing these moderate exercises of the same amount every day can burn 150 calories up to 1,000 calories a day!

Chapter 3

Fitness Program (15 point Better Work Out)



1. Stop and Go

If you play a sport that requires a full sprint, remember that a full sprint strains the muscles of the lower body. To combat this, do stop-and-go exercises. For example, run 30 meters at about 80 percent of your effort, slow to a jog for five to 10 meters, then run again for another 30 meters. Repeat this process five times.

2. On bended knees

Almost 3 out of four ACL injuries occur when players are landing or turning. If your knees are bent instead of straight, the risk of injury is greatly reduced according to a report in the JAAOS (Journal of the American Academy of Orthopedic Surgeons).

3. Cool down

Heatstroke is not something that can be easily cured like headache. To avoid it, stay cool and hydrated. Be sure the combined temp and humidity is less than 160. This is according to Dr. Dave Janda of the IPSM.

4. Get the proper equipment

Badly fitting gears or ill sized equipment can be a cause of training injuries. The extra money spent on proper equipment goes a long way.

5. Do it the right way

Bad technique is just as bad as, well, bad equipment. Seek advice from pros and trainer, this advice are invaluable to your exercises or training.

6. Go West (or whichever direction)

If you're playing or training in multiple directions, your warm up should also. Move sideways, backward, forward and all the motions you might be doing. This allows your body to be prepared.

7. Have yourself filmed

The camera doesn't lie. Show your video to a person well verse in your training, so he can give a critic of your fitness regimen.

8. Loosen the shoulders.

Even a slightly injured rotator cuff can shut down the function of a shoulder. You might want to include stretching to protect your rotator cuffs.

9. Take an early dip

Schedule your swimming sessions early. The less people in the pool mean less of everything in the pool.

10. Protect yourself

Wearing custom-fitted mouth guards reduces the risk of injuries by as much as 82 percent, according to a study at UNC at Chapel Hill. Plunk out the cash for a custom-fitted mouth guard and it'll last for years including your smile and teeth.

11. Smooth out your tendon

Inquire about ultrasound needle therapy. This procedure is minimally by using ultrasound to guide a needle. The needle smoothens the bone, breaks up calcifications, and fixes scar tissue. Thirteen out of twenty patients saw improvement, and the session takes only about 15 minutes of your time.

12. Buy your running shoes after work.

Shop in the evening, the feet are swollen after a day of work. It approximates how your feet will be after three miles of running.

13. Do off road running.

If the surface is unstable, it trains the ankles to be stable.

14. Know where you're going.

Whether its biking, or skiing, be sure to have a dry run down any path first. A lot of injuries can be avoided when you're familiar with the route taken.

15. Train hard.

Anxiety reduces your peripheral vision by three degrees and slows the reaction time by almost 120 milliseconds, according to an article of the Journal of Sports Sciences. When the going gets difficult, the veteran athlete relies on skills they've trained for and practiced. It keeps them cooler under pressure, widening their vision so they can see react much faster.

Chapter 4

Fitness Training (10 Things You Should Know About Stretching)



Before fitness training, one must give importance to doing warm-up or stretching exercises to prevent accidents or to enhance the output during the training. There are also a number of precautionary measures and tips to serve as guidelines when doing fitness exercises. Here are some of them.

1. To increase your flexibility and to avoid injuries, stretch before and after workout. Almost everyone knows that stretching before workout prevents injuries during the exercises, but only few people know that stretching after workout, when muscles are still warm, can increase flexibility.
2. Hold your stretching position for more than 60 seconds to increase flexibility. While holding your position for 20 seconds is enough for warm ups, holding each position for at least 60 seconds will develop the body's flexibility.
3. Do not go into a stretching position then immediately return to the relaxed position, and do it repeatedly. This is more appropriately termed as bouncing while in a position. When stretching, hold that position for several seconds, and then slowly relax. You may

do this exercise repeatedly this way. Bouncing or forcing yourself into a position during stretching can strain or damage some joints or muscles.

4. Work slowly in increments instead of immediately preceding to doing the hardest exercise or position.

5. Make sure that you have stretched or warmed up all muscle groups. For some people, even if they have strong bodies, they tend to neglect the neck when working out of stretching. Stretching the neck muscles can be as simple as placing the palm of one's hand against the front of the head and pushing it. Then, do the same to the sides and the back of the head.

6. Stretch regularly to continually increase your range of movements and your level of flexibility and strength.

7. Workout considering only your capabilities and not of others. Do not force yourself to do exercises that you are not yet capable of just because there are people who can do it. Increase your limits slowly. Listen to your body. There are days when your body may be too tired that you may have to consider reducing your range of motion.

8. Learn to rest. Rest in between sets and stations to make sure that the body has enough time to recover its energy. Also, it is advisable that you don't work the same muscle groups consecutively for two days. The muscles grow during the period when you rest and not when you are working out.

9. Do aerobic exercises to strengthen your heart. Aerobic exercises are those physical activities that much oxygen for fuel. This includes cardiovascular exercises such as skipping rope, running or swimming.

10. Music may help you when you want to train for longer periods or to increase your intensity. You can use mp3 players, CD players or lightweight am radio receivers for this. Just make sure that you brought your headset with you so you wouldn't disturb people who don't prefer music while exercising.

Apart from preventing injuries and increasing one's limit, it is also said that stretching is good for a tired body and also for a stressed mind and spirit.

Chapter 5

Muscle Fitness (short list of bodybuilding fiction)



If you've been training, here's a short list of bodybuilding fiction.

1. 12 Rep rule

Most weight training program include this much repetitions for gaining muscle. The truth is this approach places the muscles with not enough tension for effective muscle gain. High tension e.g. heavy weights provide muscle growth in which the muscle grows much larger, leading to the maximum gains in strength. Having longer tension time boosts the muscle size by generating the structures around the muscle fibers, improving endurance.

The standard prescription of eight to 12 repetitions provides a balance but by just using that program all of the time, you do not generate the greater tension levels that is provided by the heavier weights and lesser reps, and the longer tension achieved with lighter weights and more repetitions. Change the number of reps and adjust the weights to stimulate all types of muscle growth.

2. Three Set rule

The truth is there's nothing wrong with three sets but then again there is nothing amazing about it either. The number of sets you perform should be based on your goals and not on a half-century old rule. The more repetitions you do on an exercise, the fewer sets you should do, and vice versa. This keeps the total number of repetitions done of an exercise equal.

3. Three to four exercises per group

The truth is this is a waste of time. Combined with twelve reps of three sets, the total number of reps amount to 144. If you're doing this many reps for a muscle group you're not doing enough. Instead of doing too many varieties of exercises, try doing 30 to 50 reps, that can be anywhere from 2 sets of 15 reps or 5 sets of 10 reps.

4. My knees, my toes

It is a gym folklore that you "should not let your knees go past your toes." Truth is that leaning forward a little too much is more likely a cause of injury. In 2003, Memphis University researchers confirmed that knee stress was almost thirty percent higher when the knees are allowed to move beyond the toes during a squat.

But hip stress increased nearly 10 times or (1000 percent) when the forward movement of the knee was restricted. Because the squatters needed to lean their body forward and that forces the strain to transfer to the lower back.

Focus on your upper body position and less on the knee. Keep the torso in an upright position as much as possible when doing squats and lunges. These reduce the stress generated on the hips and back. To stay upright, before squatting, squeeze the shoulder blades together and hold them in that position; and then as you squat, keep the forearms 90 degree to the floor.

5. Lift weights, draw abs

The truth is the muscles work in groups to stabilize the spine, and the most important muscle group change depending on the type of exercise. The transverse abdominis is not always the most important muscle group. Actually, for most exercise, the body automatically activates the muscle groups that are needed most for support of the spine. So if you focus only on the transverse abdominis, it can recruit wrong muscles and limit the right muscles. This increases the chance of injury, and reduces the weight that can be lifted.

Chapter 6

Man Fitness (Tips in keeping a man's fitness level high)

Fitness is the essence of a man. Fitness is the ability of a person to do his normal everyday tasks with full alertness and vigor without worrying about fatigue afterward and with extra energy in reserve which can be useful when emergencies arise or during leisure and recreation. Overall fitness must be the primary goal every man must try to achieve. In fitness, no one is ever too young or too old for improvement.

One's fitness can be improved by engaging in aerobic exercises and through strength training. There are three components of overall fitness that every man must focus on working out in order to be in healthy, tip-top shape. These are cardiovascular work, strength training and of course, these should be coupled with a healthy diet.

Staying strong by building muscles. Man's fitness regimen should include a workout routine which aims to build the muscles. Aging causes a decrease in muscle mass of five to seven pounds (2-3.2 kg) of muscle for every ten years in one's adult life given that he lives an inactive lifestyle. Truly, the saying "use it or lose it" is very applicable to the muscles. Fortunately, there is a good solution to this. Loss of muscle mass can be replaced by engaging in strength training.

Improvement of Man's fitness by cardiovascular workout. Flexibility exercises, strength training and cardiovascular workout surely help boost a man's fitness and all these should be part of a man's work out scheme. But of all these, cardiovascular work is the most necessary. Exercises under cardiovascular work conditions and develops the cardiovascular system and also works out large muscle groups.

So if a man does not have much time for working out, devoting whatever free time he might have to aerobic exercises would do him fine. He might have to pass out on developing those biceps but so long as cardiovascular workout exercises are done, then the blood pressure, heart and cholesterol levels will be fine to keep you staying happy and healthy.

The essence of nutrition to man's fitness. It is best as well as well recommended to eat whole and natural foods frequently than do it on large amounts in one to three sittings. Always keep variety in mind when doing the shopping. This will ensure that one is getting most if not all of the nutrients and minerals needed by the body to keep fit and healthy. Always keep the three important macronutrients in the diet; these are fats, carbohydrates and proteins. Prioritize proteins though over carbohydrates but never exclude any one of the three on some fad diet.

Some tips in keeping a man's fitness level high, efficient and safe:

- 1.) Drink plenty of water all throughout the day, especially when working out.
- 2.) Do exercises properly using the correct techniques, whether it's weight lifting or aerobic exercises. Always read and understand, and follow of course, the instructions outlined by the personal trainer.
- 3.) Make sure there is always a spotter when lifting weights.
- 4.) Challenge the muscles, but make sure that it's kept safe.
- 5.) Stretch, warm-up prior to working out and cool-down gradually after sessions.
- 6.) Check the equipment for safety before using them.
- 7.) It is better to do less than overdo the whole thing. Overtraining will exhaust enthusiasm and kill performance.



Chapter 7 -

Women Fitness (10 tips for women to stay fit and healthy)

Here are 10 tips for women to stay fit and healthy:

1. Staying fit and healthy starts with a balanced diet. Know and monitor the right weight for your age. Consult your doctor to learn what food you should avoid and follow your eating discipline routines. If you are trying to lose some weight, foods with high calories should be omitted from your meals. Food with high fiber and low fat should be included a priority in your grocery list instead of red meat, sugars and fats.

2. Drink plenty of water. Drinking at least eight glasses of water every day. This cleanses the body from impurities. It is also advised for lactating women to increase water intake to keep the body hydrated.

3. Take Vitamins and Supplements. Do not forget your Calcium supplement. Sufficient Calcium intake is beneficial for women of all ages. This has been proven to prevent having cramps and Pre-Menstrual Period (PMS) Symptoms. It also prevents Osteoporosis especially for menopausal women. Vitamin E boosts strong immune system. Women who undergo menopausal period should take Vitamin E-400 as it stops night sweats and hot flashes. Also, Vitamin E is said to be best in avoiding wrinkles when aging.

4. Quit smoking. If you are smoking, stop. It is also a big “NO” for pregnant women, as this will affect the health of the baby. Pregnant women who smoke may pass the harmful content of cigarettes to babies through the bloodstream. Recent studies have shown that women smokers are more prone to diseases than men smokers. Women who smoke have a high risk of getting breast cancer. Also limit your alcohol intake.

5. Incorporate exercises in your daily routine. Take a walk after work, use stairs instead of elevator or play with your kids when you are at home. Home exercises are also effective especially when you do not have time to go to the gym and would like to lose some weight. Yoga and Pilates are only a few of the many effective exercises you can do at home. Exercises help in limiting the risk of cardiovascular diseases.

6. Avoid stress. Many women are prone to too much stress. Stress has been known as cause to many sicknesses. As much as possible take time to relax. Read a good book, hang out with friends and engage into sports. Pamper yourself by going to parlors or you can do some shopping. And do not forget to get enough sleep to revive your energy.

7. Use sunscreen to protect your skin from the harmful rays of the sun. Wear hats when under the sun to protect your skin. Too much sun is bad for your skin. The skin is prone to cancer when exposed to too much sunlight. It also speeds up the aging of skin cells, which causes wrinkles to women.

8. Make sure to visit your dentist to keep that beautiful smile. Always have it cleaned to prevent cavities and bad breath.

9. Visit your Gynecologist. Women who are eighteen and above should have their Physical Examination annually especially for the Pap Smear test. Women who are forty and up should have their mammograms and the Breast self-exam is encouraged once puberty has been reached and should be a habit as they mature

10. Safe sex is strongly recommended. Use condoms to prevent sexually transmitted diseases.



Chapter 8

Lifetime Fitness (On Your Way to a Healthier You)



Many people end up abandoning perfectly good fitness programs and weight-loss regimens before they even lace up their sneakers.

Why? Because in a world filled with fast food, instant messaging, and a five-second disease-tracking device, anything without a quick payoff goes against the grain of the typical American instant gratification ethic. While it would be nice to actually drop inches in just a few days like what most miracle ads proclaim, managing weight and losing weight through physical fitness is a slow and steady process that takes time and commitment.

Setting weight management goals for you can be a good motivator. Gradual weight loss, for those people who wish to shed off some extra pounds, is usually the safest.

That is why health and fitness experts had come up with the idea of lifetime fitness in order to teach people set realistic goals. This lifetime fitness programs generate dietary regimens that cut your normal calorie consumption for your weight by 500 to 1,000 per day, so will burning the same amount with exercise. In turn, this will definitely encourage healthier weight loss.

Lifetime fitness teaches you how to maintain a physically fit body at the same time enjoy and live a happy, contented life. It gives you the chance to strike a balance between the two (exercise and diet), and make exercise, be it team sports, cycling, or walking, something you will truly enjoy.

That is why lifetime fitness embodies the concept that making a long-term healthy lifestyle change is essential to keeping the pounds off once they are gone.

To know more of the advantages and benefits that lifetime fitness can bring, here are some facts that you need to know:

1. Lifetime fitness programs offer you the most comprehensive and wide-ranging fitness and health encounter with quality services, in which the customers will feel gratified. These fitness programs provide you the right method in maintaining health, build up and encourage your competence, and take care of your family's physical fitness as well.

2. Because the goal of lifetime fitness is to provide you with long-term achievements as far as physical fitness is concerned, these programs utilizes numerous fitness equipment's that will tone and manage your health and the different parts of your body.

There are fitness equipment's that will give your cardiovascular system a lift. You can also opt for some sports facilities that will provide you with an alternative way of being physically fit.

3. Lifetime fitness programs and centers also provide nutritional products such as food supplements that will aid in the formation of good blood cells and tissues thereby making your body at its pink of health.

Lifetime fitness centers and programs also provide you with up-to-date fitness magazines that do not only give substantial information about fitness and health but inspirational stories as well. These articles will give you an insight on how to make your life balance and how to live a life that is healthy and fit.

Indeed, staying fit and healthy can be a long and winding road and there are instances wherein you may find your enthusiasm fading occasionally. Nevertheless, with the comprehensive programs provided by lifetime fitness plans, you can start heading back to the right track of a healthier you.

Chapter 9

Sports Fitness (4 point Fun Way to be Healthy)



When you talk about sports fitness, what comes first in your mind? It is, basically, the different sports activities, right? This is because sports fitness has always been referred to as the sports itself.

Generally, sports entail physical activities that are usually carried out for some “recreational” functions such as self-satisfaction, entertainment, competition, etc. It uses physical activity that is why most fitness experts regard sports as one way of staying fit and healthy. It can also be considered as one way of physical fitness; the only difference is that sports fitness is more inclined to the development of skill or ability.

However, like physical fitness, sports fitness is also capable of toning down the body fats of a person. Because of its rigid and strict health program, a sports enthusiast is able to maintain a well-balanced lifestyle in order to cope up with the strenuous demands of sports.

In sports, people should learn how to value their health. Otherwise, they can never endure the kind of energy that is required when playing sports activities.

Therefore, for people who are into sports fitness, here are some tips that you could use in order to stay healthy and be active on whatever sports you want to pursue:

1. Drinks lots of water

Humans can survive days, or even months without food, but they can never last a day without water.

Water is, indeed, the most important element needed by the body. Excessive perspiration, without any means of replenishing the lost fluids will result to serious health problems, and even death.

Therefore, for people who are into strenuous exercises and trainings, it is best to always drink lots of water.

However, for sports enthusiasts, water may not be enough to replace the kind of fluid lost. Hence, it would be better if they would have sports drinks instead. Aside from the fluid, sports drinks have two additional important ingredients needed by a person who is into sports fitness: carbohydrates and electrolytes.

Electrolytes are usually lost during strenuous physical activity, and this can only be replaced through sports drinks. Carbohydrates, on the other hand, are also needed by the body during rigid workouts to provide more energy so that the body can cope up to the demands of the activity.

2. More veggies!

People who are into sports fitness require more intakes of vegetables and fruits. This is because the body is craving for more vitamins and mineral supplements. It makes the body stronger and healthier enabling it to cope up with demands of the activity.

3. Calcium intake

People who are into sports fitness should have calcium present on their diet. This is to provide stronger bones to the body.

Since the body is more exposed to greater physical activities, it is important to have stronger bones in order to avoid fractures or certain bone diseases like “osteoporosis.”

Calcium can be found in different vitamin and mineral supplements. They are also abundant in foods like sardines, tofu, dairy products, etc.

4. Warm exercises are always important before any kind of strenuous activities.

This kind of activity is needed in order not to strain the body. Hence, before playing the sports that you have always love, it is best to do some warm-up exercises first.

Indeed, engaging into sports activities is one great way of being physically fit. The best thing about it is that in sports, you get to enjoy the best of both worlds.

Chapter 10

Physical Fitness (The Importance of Physical Fitness)

One of the simplest and most effective ways to bring down blood glucose levels, cut the risk of cardiovascular disease, and improve overall health and well-being is physical fitness and exercise. Yet, in our increasingly sedentary world, where almost every essential task can be performed online, from the driver's seat, or with a phone call, exercising and being physically fit can be a tough case to sell.

In reality, everyone should exercise, yet survey shows that only 30% of the United States adult population gets the recommended thirty minutes of daily physical activity, and 25% are not active at all.

Inactivity is thought to be one of the key reasons for the surge of type 2 diabetes in America, because inactivity and obesity promote insulin resistance and other factors that trigger other kinds of diseases.

The good news is that it is never too late to get moving, and exercise is one of the easiest ways to start controlling the onset of any kinds of diseases. For people who are already candidates for some serious diseases like diabetes and heart failure, exercise and physical fitness can improve the condition of some parts of the body like insulin sensitivity, lower the risk of heart disease, and promote weight loss.

In 2003, the Journal of Clinical Endocrinology and Metabolism had published an issue regarding the result of their study and found out that lack of exercise and physical fitness were the key factors behind obesity and other serious diseases like diabetes.

Hence, it is extremely important for a person to stay healthy and be physically fit in order to avoid such illnesses.

Getting Started

The first order of business with any exercise plan, especially if you are a “dyed-in-the-wool” couch potato, is to consult with your health care provider.

If you have cardiac factors, your doctor may want to perform a stress test to establish a safe level of exercise for you.

Certain complications of some diseases will also dictate what type of exercise program you can take on. Activities like weightlifting, jogging, or high-impact aerobics can

possibly pose a risk for people with diabetic retinopathy due to the risk for further blood vessel damage and possible “retinal detachment.”

Health experts also contend that patients with severe peripheral neuropathy or PN should avoid foot-intensive weight-bearing exercises such as long-distance walking, jogging, or step aerobics and opt instead for low-impact activities like swimming, biking, and rowing.

If you have conditions that make exercise and physical fitness a challenge, your provider may refer you to an exercise physiologist who can design a fitness program for your specific needs.

If you are already active in sports or work out regularly, it will still benefit you to discuss your regular routine with your doctor.

The bottom line is that physical fitness and exercise should not have to be a rigid activity and should not come off strong. Your exercise routine can be as simple as a brisk nightly neighborhood walk, walking the dog, or simply taking the stairs instead of the elevator. The important thing is that you keep on moving. Every little bit really helps a lot.

In the end, you will realize that the many things that good food can bring you are equally the same as what physical fitness can do for you.



Conclusion

Before fitness training, one must give importance to doing warm-up or stretching exercises to prevent accidents or to enhance the output during the training. There are also a number of precautionary measures and tips to serve as guidelines when doing fitness exercises. Here are some of them.

1. To increase your flexibility and to avoid injuries, stretch before and after workout. Almost everyone knows that stretching before workout prevents injuries during the exercises, but only few people know that stretching after workout, when muscles are still warm, can increase flexibility.
2. Hold your stretching position for more than 60 seconds to increase flexibility. While holding your position for 20 seconds is enough for warm ups, holding each position for at least 60 seconds will develop the body's flexibility.
3. Do not go into a stretching position then immediately return to the relaxed position, and do it repeatedly. This is more appropriately termed as bouncing while in a position. When stretching, hold that position for several seconds, and then slowly relax. You may do this exercise repeatedly this way. Bouncing or forcing yourself into a position during stretching can strain or damage some joints or muscles.
4. Work slowly in increments instead of immediately preceding to doing the hardest exercise or position.
5. Make sure that you have stretched or warmed up all muscle groups. For some people, even if they have strong bodies, they tend to neglect the neck when working out of stretching. Stretching the neck muscles can be as simple as placing the palm of one's hand against the front of the head and pushing it. Then, do the same to the sides and the back of the head.
6. Stretch regularly to continually increase your range of movements and your level of flexibility and strength.
7. Workout considering only your capabilities and not of others. Do not force yourself to do exercises that you are not yet capable of just because there are people who can do it. Increase your limits slowly. Listen to your body. There are days when your body may be too tired that you may have to consider reducing your range of motion.

8. Learn to rest. Rest in between sets and stations to make sure that the body has enough time to recover its energy. Also, it is advisable that you don't work the same muscle groups consecutively for two days. The muscles grow during the period when you rest and not when you are working out.

9. Do aerobic exercises to strengthen your heart. Aerobic exercises are those physical activities that much oxygen for fuel. This includes cardiovascular exercises such as skipping rope, running or swimming.

10. Music may help you when you want to train for longer periods or to increase your intensity. You can use mp3 players, CD players or lightweight am radio receivers for this. Just make sure that you brought your headset with you so you wouldn't disturb people who don't prefer music while exercising.

Apart from preventing injuries and increasing one's limit, it is also said that stretching is good for a tired body and also for a stressed mind and spirit.

Well that was it. I hope you have learned something new in this new Guide.

H.Castiglioni

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