




**FITNESS**  
**PLR Article Content**  
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 3\_Principles\_For\_Overcoming\_Fitness\_Obstacles.txt  
 4\_Easy\_Health\_and\_Fitness\_Tips.txt  
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AEROBICS

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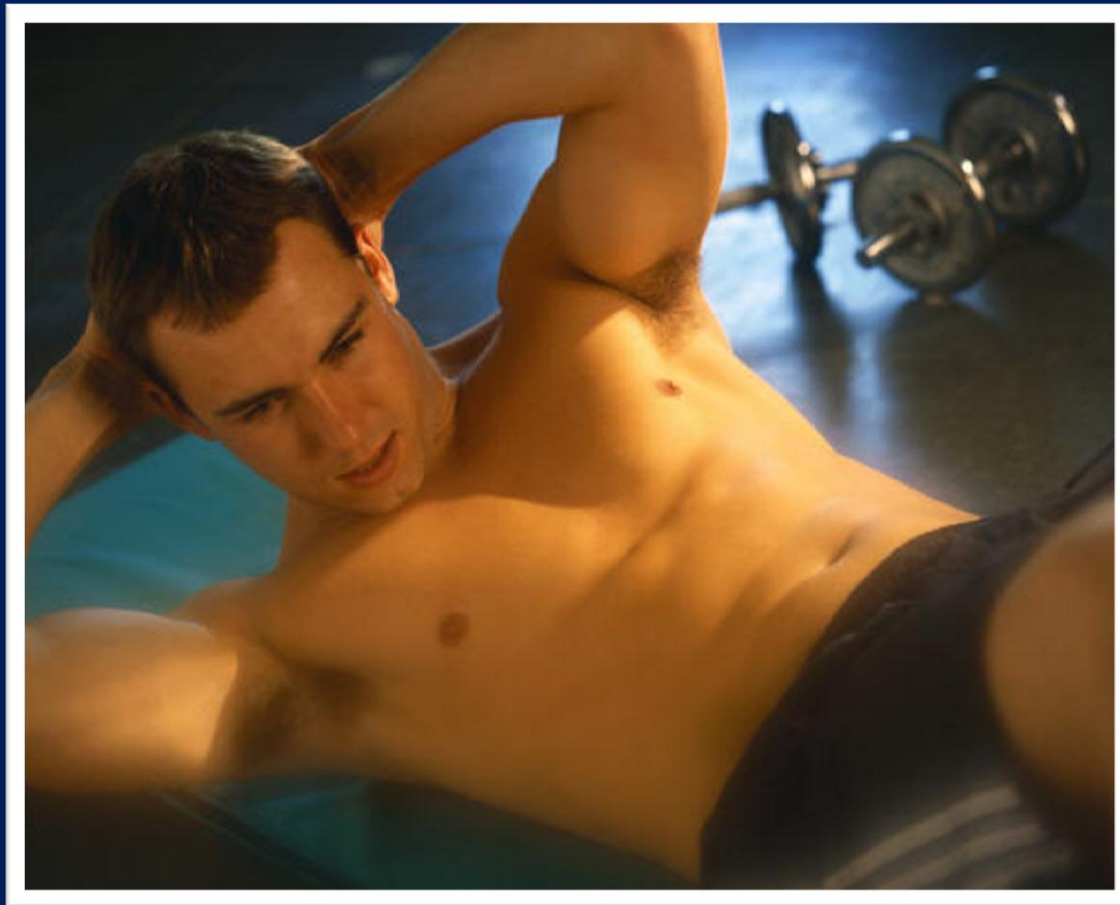
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**BODY BUILDING**  
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# BODY BUILDING SUPPLEMENTS

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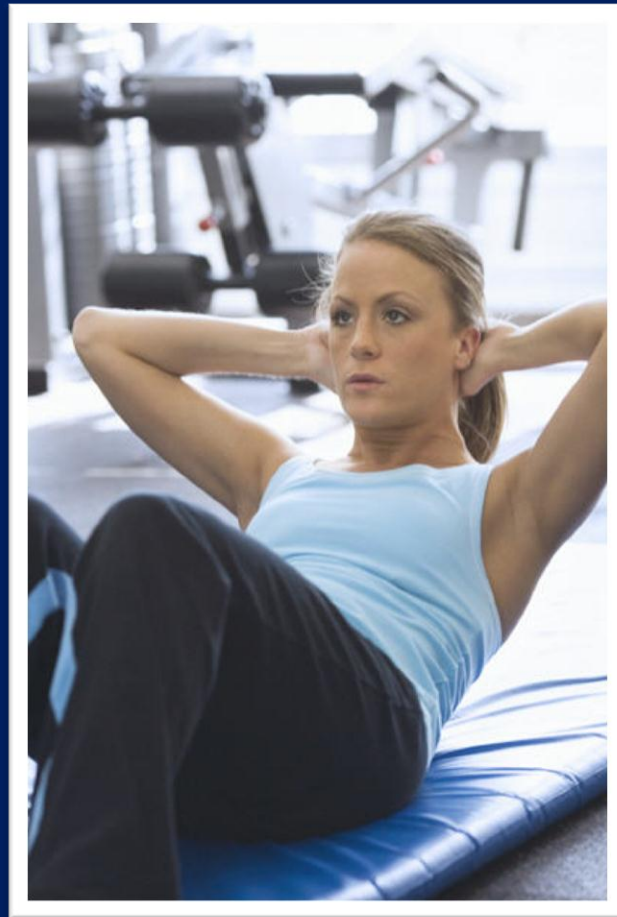
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 Know\_Your\_Bodybuilding\_Supplement\_-\_L-Arginine.txt  
 Know\_Your\_Bodybuilding\_Supplement\_-\_Tribulus.txt  
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**TOPIC: BODY BUILDING  
SUPPLEMENTS**  
130 articles




















EXERCISE  
PLR Article Content  
163 private label rights articles

## Name



































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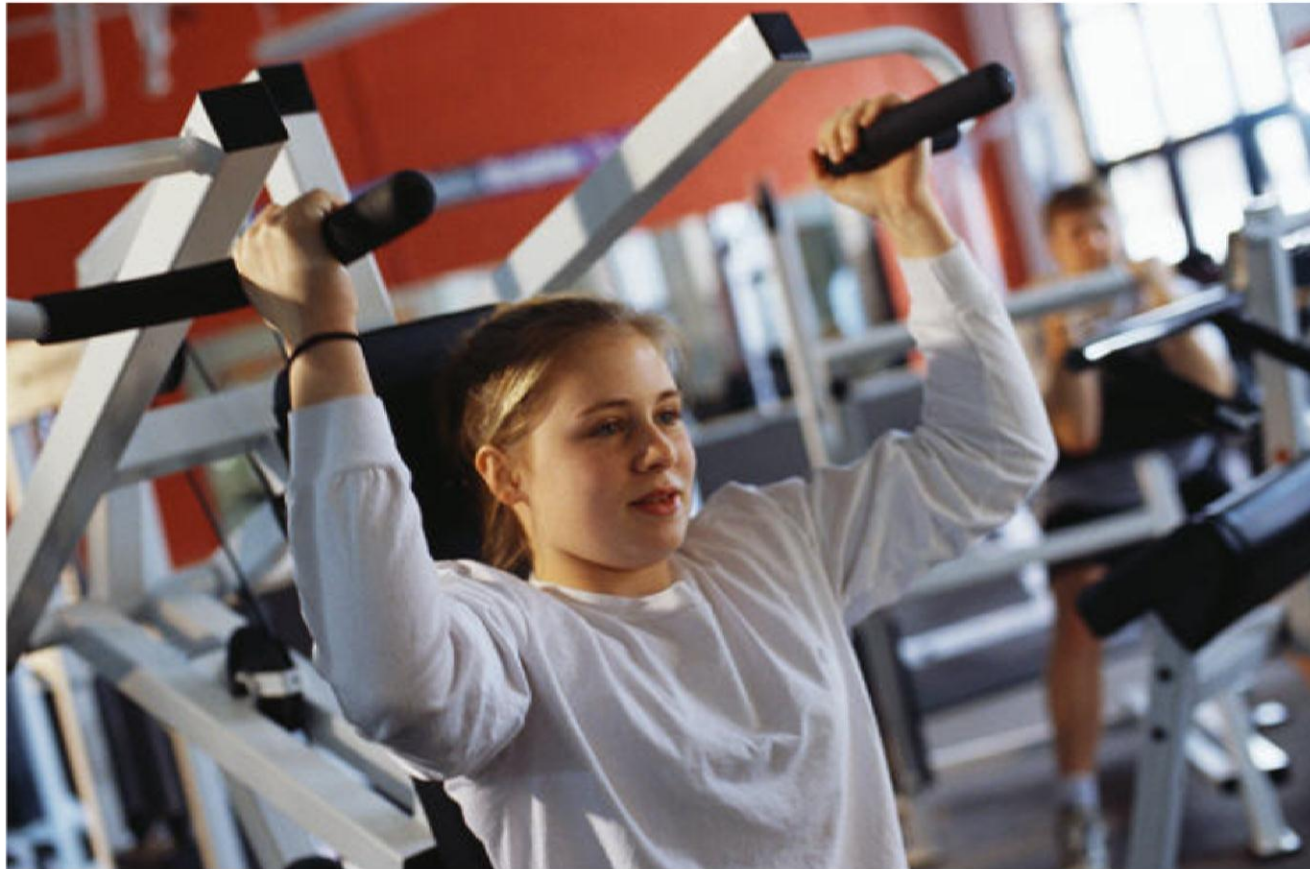
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 What\_Can\_We\_Learn\_From\_Long-Term\_Exercisees\_.txt  
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 Why\_Step\_Out\_Of\_Your\_Comfort\_Zone\_.txt  
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**EXERCISE EQUIPMENT**  
**PLR Article Content**  
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Name

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 Choosing_Your_Fitness_Equipment.txt	 Fitness_Instructor_Wireless_Headset_Microphone_Care.txt
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**JOGGING**  
**PLR Article Content**  
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## Name

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-  How\_To\_Pick\_Running\_Shoes.txt
-  How\_to\_Properly\_Begin\_a\_Jogging\_Routine.txt
-  Jogging\_-\_Health\_Benefits\_and\_How\_to\_Do\_it.txt
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**TOPIC: JOGGING**












17 articles





DANCING  
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**TOPIC: DANCING**  
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PILATES  
PLR Article Content  
13 private label rights articles

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-  11\_Fail\_Proof\_Habits\_for\_Producing\_a\_Floodgate\_of\_Energy.txt
-  A\_Gift\_of\_Energy.txt
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-  Activate\_The\_Energy\_Of\_The\_Universe\_For\_You.txt
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**TOPIC: ENERGY BOOSTERS**  
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Fitness20.jpg

## EXERCISE & FITNESS PHOTOS

*These are thumbnails of the images. The actual photos are pre-sized to 400 pxls high vertical and 600 pxls wide horizontal. They come in both standard format and with faded edges.*



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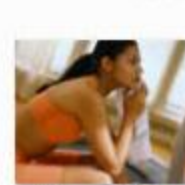
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# 52 FITNESS PHOTO ESSAYS

*52 PLR Photo Essays With Plenty of Premium Information  
To Keep You Trim, Healthy and At The Top of Your Game!*

## BODYBUILDING

*I exercise every morning without fail.  
One eyelid goes up and the other follows.*  
- Pete Postlethwaite



While many people think of huge rippling muscles when anyone talks about bodybuilding, the exercises that bodybuilders base their workouts on are the foundation of many strength fitness programs that are used for a wide variety of sports.

The main exercises that form base for most bodybuilding programs are as follows:

The bench-press for the chest with additional muscle building for the arms, in particular the triceps at the back of the arms, and the shoulders.

The squat, which develops the whole of the leg and also strengthens the back, provided the exercise is performed correctly.

## CHALLENGE YOURSELF DAILY

*I was thinking about making a comeback  
until I pulled a muscle vacuuming.*  
- Johnny Bench



The fastest way to improve your fitness is to challenge yourself daily to make improvements no matter how small they might be.

These small improvements not only help your fitness but they also help you to develop a winning mindset where you know that every day you are getting better in some way.

Even if, in the course of a whole resistance training workout you only manage to do a few more repetitions in one exercise or lift a few pounds more weight in one exercise you have made an improvement that is another step up the ladder of fitness success.

## CARDIO MACHINES

*Never eat more than you can lift.* - Miss Piggy

Cardio machines are excellent for people who are unable to get outside to exercise. Most cardio machines are compact and easily portable and can be unobtrusively used in any room of the house.

They will allow you to train at any time of the day or night and you will not be dictated to by the weather or gym opening hours.

This is particularly important if you live in a cold or wet climate and training in winter is impossible outdoors.

There are many different cardio machines on the market and as there are machines in all price ranges there is bound to be something to suit most people.



Cardio machines are also very good for people who are recovering from injury as they will help to maintain fitness while ensuring that the muscles and limb movement are maintained in a controlled range eliminating the possibility of more injury.

Fortunately with the advent of the Internet there are a lot more brands on the market and the competitiveness of the industry has seen prices become a lot more reasonable.

## CIRCUIT TRAINING IS FUN

*Laughter is the most healthful exertion.*  
- Christoph Wilhelm Hufeland

Circuit training is a fun way to get fit.

It is also an excellent form of training to help people to stay motivated as you get a variety of exercises to perform in the course of a training session.

A well-designed fitness-training program will also target all the muscles of the body so you will be getting a full body workout at each session.

Combined with upbeat music that many gyms have on with circuit training, the time tends to pass a lot faster and the fun aspect ensures people are happy to return to the gym and that can only be good for their health.

If you are not a member of a gym it is possible to design your own circuit-training program for home.



The equipment you have will determine much of the program but it is possible to design a circuit-training program based around exercises that only use your own body weight.



## COMPLETE HOME GYM

*I feel that the greatest reward for doing is the opportunity to do more. - Dr. Jonas Salk*



We are used to the convenience of having everything at our fingertips these days, from meals on demand to all the gadgets in the house that make life easier for us.

It is no different with exercise where people are realizing the benefits of having a complete gym readily available in the home.

Without the need to get in the car and drive down the road to the local gym, and wait in line while someone else is using the equipment that we want to use, it becomes so much easier to exercise when we want.

## DO YOU NEED A FITNESS TRAINER?

*Brain cells come and brain cells go, but fat cells are forever. - Anonymous*



If you are unsure what to do, or maybe need someone to motivate you, it might be time to consider hiring a trainer.

A personal trainer can give you attention that you wouldn't get with your membership from a gym. Personal attention will ensure that you follow through and perform all the exercises that are set for your fitness program.

In addition to the motivational factors of having a fitness trainer, they will also be able to determine if you are performing any exercises incorrectly.

If you have your own home gym they can work with you to devise a program that is best suited to your body type and the improvements that you want to make.

## CONSISTENTLY TRAINING

*If God had intended for us to touch our toes, He'd have put them on our knees. - Anonymous*



By being consistent in all aspects of our training, from the time of day that we train, to the type of training that we do on those days is one of the keys to being successful with any training program.

The more often we do something, the more likely we are going to continue doing it, whether it is a good or a bad habit.

To make fitness a habit that we do on a regular basis will help to ensure that we succeed without it being a struggle.

It is human nature to avoid pain and finding fitness training a chore is a pain that we will seek to avoid. This will result in missed training days and eventually refraining from training altogether.

## EATING THE RIGHT FOODS

*Dieting is not a piece of cake - Anonymous*



Eating well is as important as the exercises you do each day.

It is not going to be very beneficial to your health if you have a diet of foods high in sugar and fat.

While the exercise will help you to achieve better health, the food you eat can do more harm than many people realize.

It is the fuel for your body and to eat the wrong food is like filling a petrol car with diesel.

You need energy to do your workouts and you need food to help your body to recover from those workouts.



## EXERCISE AND BACK PAIN

*My idea of exercise is a good brisk sit.*  
- Phyllis Diller



With the majority of people experiencing some form of back pain in life an exercise program that assists in the strength and flexibility of the back will be highly beneficial.

It can help to reduce or eliminate back pain, or for those who have never suffered with back problems, it might be all that is needed to ensure that back pain won't be a part of your life.

There are various exercises that can help with the strength and flexibility of the back.

If you are already suffering from back pain it is best to consult with your doctor first as some of these back-strengthening exercises can aggravate a back that is already inflamed.

## EXERCISE IS FOR ALL AGE GROUPS

*Grandma started walking for her health when she was 60.  
She's now 97 and we don't know where the heck she is!*  
- Ellen DeGeneres



Exercise is beneficial for people of all ages. Men and women, and even children, can improve their health and well being by undertaking a fitness program.

The earlier in life that we start exercising the more likely we are going to be healthy in our later years.

Resistance training is one of the best types of training for adults. There are women who believe that resistance training will make them look bulky like a bodybuilder when in fact resistance training can help them to build a lean, fit, and fat free body where they can look slimmer and sexier.

## EXERCISE ANYTIME AND ANYWHERE

*If it weren't for the fact that the TV set and the refrigerator  
are so far apart, I wouldn't get any exercise at all!*  
- Anonymous

There is no excuse for not exercising.

An exercise can be as simple as some freestanding squats with no weight done in your office during working hours.

It only takes a few minutes to do the squats but this can be done a few times a day and it will stimulate blood flow and increase your heart rate.

You can also get on the floor and do pushups that will only take a few minutes, but over time will add to your upper body strength.

Various yoga exercises, such as the standing poses can be performed almost anywhere and this will add to your leg strength, posture and balance.

Everyone, no matter how busy they might claim to be, has the time to spare a few minutes throughout the day to do these exercises.



## FINDING TIME FOR FITNESS TRAINING

*Fifty years ago people finished a days work and needed rest.  
Today they need exercise.* - Anonymous



With the demands of modern life we tend to neglect the most important things, like the condition of our body and our health.

How often do we use the excuse that we just don't have the time for fitness training?

By taking the time to plan our lives we will always allow for our health and find the time for some form of fitness.

This time is essential to rejuvenate the body and the mind and you will find that setting time aside for fitness will actually help you get more done during your working day.

## FITNESS APPAREL

*Fitness: if it came in a bottle,  
everybody would have a great body.*  
- Cher

Fitness apparel is far more than a fashion statement even if many people don't realize.

Good fitness apparel is designed specifically for the various sports or fitness training requirements to assist, protect and support the individual.

It might be designed to let the body breathe as in running vests or protect you from the weather.

It might be designed for support, with things like knee wraps aiding in heavy weight lifting exercises such as squats.

It might be designed to eliminate chafing as in cycling shorts or allow freedom of movement with yoga and Pilates gear.

It is important that you get the correct fitness apparel for the type of fitness training that you have chosen to pursue. This will help you to perform better and will also reduce the chance of strains and injuries.



## FITNESS GIMMICKS

*Every human being is the author of  
his own health or disease.* - Buddha



There are many different fitness items advertised on the television every day of the week.

Some of these are actually very good for helping gain and maintain a strong healthy body but there are others that can best be described as gimmicks.

If anything promises to give you the body of a bodybuilder or fitness model over night then it is something that you should steer clear of.

It is not possible to make drastic changes over night and promises to that effect are untrue.

## FITNESS EQUIPMENT

*Exercise: you don't have time not to.* - Anonymous



It is possible to get fit and improve your health with nothing more than a good pair of walking shoes.

Weather conditions and work commitments can make it difficult to find the time to do sufficient exercise to get the benefits that you are looking for.

Fortunately there is an answer, and that can be found in the vast array of home fitness equipment.

It is possible to buy a home gym for a reasonable price that can 'work' the whole body. There are multi station gyms that offer as much benefits as a gym membership without the inconvenience of having to travel to the gym each time you want a workout.

## FITNESS IS A LIFETIME INVESTMENT

*Old people shouldn't eat health foods.  
They need all the preservatives they can get.*  
- Robert Orben

The time we put into our fitness at any time throughout our life is an investment in our future.

Just as we try to build up our financial wealth, we should be doing the same with our health, as this will determine the quality of life as we age.

Consider the compound effect that smoking can have over the lifetime of a smoker and how detrimental it can be to their health.

The opposite effect occurs when we do any form of fitness training even if it is only for a few minutes a day, or for short periods a few times a week.

We don't have to do hours of long intensive weight training 7 days a week to get fit. To lose weight we don't need to go on strict diets that are too hard to maintain.

It takes a long time for most people to get fat and this usually occurs from eating just a little too much of the wrong foods too often.





## **FITNESS IS OFTEN MORE ABOUT ATTITUDE THAN ANYTHING ELSE**

*Aerobics: a series of strenuous exercises which help convert fats, sugars, and starch into aches, pains and cramps.*  
- Anonymous



It is our attitude that often determines our level of fitness.

It is our attitude that will determine whether we want to sit on the couch or get out to the gym for a workout.

The way we feel about our health and what we believe we have to give up in order to maintain it will be the deciding factor for our fitness.

If we believe that we have to miss out on some pleasures in life, such as watching the television or drinking with our friends then the price we have to pay for our fitness will seem too great.

## **FITNESS PLATEAUS**

*I'm in shape - Round is a shape, isn't it?*  
- Anonymous



We will all hit plateaus in our training progress whether we are beginners or advanced fitness experts. Even the top bodybuilders, and those who are taking steroids will plateau from time to time and it is something that we need to understand to breakthrough.

The first thing many people will do is to increase their training intensity. This is the wrong move for most beginners and intermediate people as it quickly leads to over training.

Many times these plateaus will come about when the body is crying out for a bit more time to recover and rebuild.

## **FITNESS MAINTENANCE**

*The only reason I would take up jogging is so I could hear heavy breathing again.*  
- Erma Bombeck



It is a lot easier to maintain your fitness than to try to regain it once it is lost. The same applies to your muscular size and strength.

If you don't use your muscles they will become smaller and weaker and will require more effort building them back to their former condition than it would have taken to maintain them.

Fitness maintenance requires minimal effort once you have achieved a level that you are happy with.

If you are happy with the level that you have reached then there is no need to continue challenging yourself to reach higher goals.

## **FITNESS PROGRAMS**

*The physically fit can enjoy their vices.* - Lord Percival



To get the maximum benefit from your fitness training you should be following a specific program.

You need to determine what you are trying to achieve with your fitness program and then design a course that will deliver the results you are after.

If you have program to follow you will be able to record your progress and make changes as your level of fitness increases.

This is particularly important if you are doing resistance training, as it is difficult to know what changes to make if you don't know what your progress has been.

Recording your progress will also spur you on to better performances. This helps your subconscious mind to drive you on as you realize the benefits of your training.



## **FITNESS SHOULD BE FUN**

*Seize the moment. Remember all those women on the Titanic who waved off the dessert cart.*  
- Erma Bombeck



Gaining and maintaining your fitness can be fun and should be fun.

Anything that is seen as a chore is something that most people will try to avoid and it will make it difficult to maintain for any period of time.

Unlike a job where we get paid for doing something that we might not always enjoy, the rewards from fitness are something that are difficult to place a value on.

Obviously the value of good health is more important than most things in life but it is so easy to discount, that we need to look at the fitness program that we will be using to ensure it will be fun and we will continue to use it.

## **GET A BETTER SLEEP FROM EXERCISE**

*Everything tastes good when you're on a diet.*  
- Anonymous



There's no doubt about the importance of regular and sound sleep for optimum health.

One of the benefits of regular exercise is the fact that it also helps to encourage better sleep patterns.

By exercising there are benefits such as a reduction in stress levels that will also help you to relax more easily and this in turn will help you to sleep better.

You should not however exercise just before going to bed as the stimulation that you get from exercise can hinder your chance of going to sleep.

The best times to exercise are in the morning or early afternoon. This is not always convenient and many people are unable to exercise any time earlier than after work.

## **FOCUS FOR SUCCESS**

*If it wasn't for my superior willpower, I might be exercising right now!* - Anonymous

Fitness training, like most other things should always be based on expert advice. Without using proper techniques we can become susceptible to injury and this is counter productive in the least.

The biggest mistake most people make when they start a fitness-training program is let their enthusiasm get the better of them and over do their exercises in an attempt to reach their goals as soon as possible.

This can be a fast track to disaster where muscles that might not have been used much in years are subject to intensive workouts.

Or alternatively, we decide that we need to reduce weight and eliminate fat and want results like yesterday.

It is also common for people to have a goal that might be completely out of reach for any number of reasons.

While we might like to have the body of a professional bodybuilder, there are factors that might make this impossible like the genetics that we have been born with.



## **GETTING STARTED WITH FITNESS TRAINING**

*I told my doctor I get very tired when I go on a diet, so he gave me pep pills. Know what happened? I ate faster.* - Joe E. Lewis

One of the hardest parts of any fitness program is getting started.

It is so easy to just sit around doing nothing and it takes some degree of motivation to get started exercising.

Many people find that joining a gym gives them the motivation they need to get started and follow through with regular workouts.

The reality is that most of the people who join gyms never complete their membership. Gyms actually base their costing on the fact that the majority of people will never use their membership regularly.

Why is this so?

There are many reasons why people don't exercise regularly and that can range from inconvenience to boredom.

When you are deciding what to do to lift your level of fitness it is wise to honestly think about your personality and where your strengths and weaknesses lie.



## GOOD ABDOMINALS

*I feel about airplanes the way I feel about diets.  
It seems to me that they are wonderful things  
for other people to go on. - Jean Kerr*

Who doesn't want to have a six-pack of firm abdominal muscles?

A fit body can be best represented by a display of well defined abdominal muscles and part of the reason why this is associated with fitness, apart from the obvious sexy look of good abs is the fact that good abdominals require more than just one specific action to achieve.

It is not possible to have well defined abdominal muscles if you are carrying excess fat around.

You can do all the stomach crunches and leg raises in the world, but no one is going to see those strong abdominal muscles if they are covered with a layer of fat.

There is no such thing as spot reduction. It is a myth that is used to help sell products that promise people of ripped abs and a sexy body when in reality a change in diet will do more for the look of your midsection than any amount of exercise.



## GOOD NUTRITION

*My advice if you insist on slimming:  
Eat as much as you like - just don't swallow it.  
- Harry Secombe*



Nutrition is a study in itself and there is far more than could ever be covered in this course.

There are however some nutrition basics that will help you to get better results from your training.

Many people are against taking supplements, but fitness training does place additional demands on our body and sometimes this can only be addressed by taking good supplements.

There are many different brands of supplements on the market and these have been developed due to the growth of the fitness industry and the fact that more people are concerned about their health.

## GYM OR HOME GYM - WHICH DO YOU PREFER?

*I am always busy, which is perhaps the chief reason  
why I am always well. - Elizabeth Cady Stanton*



A big part of completing a successful fitness-training program is maintaining a good level of motivation.

Some people can workout at home alone and not need any external inspiration to push them to train and improve their training.

Some people like to be inspired by attending a gym where they will get to see other motivated people, or people who are in good physical condition, and this will give them the motivation to continue exercising and ultimately succeed in reaching their goals.

## HOW RESISTANCE TRAINING WORKS

*Health is the thing that makes you feel  
that now is the best time of the year.  
- Franklin P. Adams*



Resistance training, through the use of weights, machines, or your own body weight, forces the cells of the body to adapt to the extra loads that are being applied.

The cells are broken down during this exercise process and become stronger when they are given time to recover.

Unless there is sufficient time for the body to recover from this resistance, it will become over trained and consequently there will be a stop, or even a reduction in the benefits that one might achieve.



## **MACHINES AND WEIGHTS**

*If I'd known I was going to live this long,  
I'd have taken better care of myself. - Eubie Blake*



Using a combination of weights and machines for training will give you the best of both worlds, with the ability of machines allowing you to use more weight under a controlled environment, and the free weights helping to stimulate the synergistic muscles for balance and control.

Add to this some cardio work for aerobic fitness and you are getting all that anyone could hope for in a fitness program.

These types of programs can be developed for the gym, and with the abundance of good home gym equipment, they can also be used at home.

Many times you can get a better workout from home as you won't need to wait on other people to finish their exercises before you can use the equipment.

## **NUTRITION BASICS**

*I just ate my willpower! - Anonymous*



Good nutrition is as important as the exercises we perform.

By eating wisely we are assisting our body to perform better in our chosen fitness program or sport.

The food we choose needs to be of high nutritional value to supply us with the necessary building blocks, in the form of vitamins and minerals to aid in recovery after strenuous workouts and to give us the energy to perform better during our exercise time.

Not only do we need to be supplying our body with the right vitamins and minerals but they also need to be in the correct balance.

## **MONITORING YOUR FITNESS**

*I have flabby thighs; but fortunately my stomach covers them.  
- Anonymous*



There are many ways we can monitor our fitness and this is essential for a number of reasons.

For most people the biggest benefit they will get from monitoring their fitness will be the encouragement they will get from seeing the progress from their efforts.

There is nothing more inspiring for someone trying to lose weight than to get on the scales and find that they have shed several pounds since the last time they were weighed.

## **PERSONALIZED FITNESS PROGRAMS**

*Physical fitness is not only one of the most important  
keys to a healthy body, it is the basis of dynamic and  
creative intellectual activity. - John F. Kennedy*



Whether you are using resistance training, yoga, Pilates, aerobic fitness training or one of the many methods to get fit and lead a healthier life there is one important ingredient that you must have and that is a personalized fitness program.

No two people have the same requirements to reach their optimum health and this has to be represented in the choice of fitness program and even within that choice of the specific actions that are necessary.

By this I mean that, if for instance you choose resistance training for your fitness program, you will need a personalized program of exercises that will suit your body type, the condition of your health, your time restraints and so forth.



## PILATES FOR FITNESS

*I don't exercise. If God wanted me to bend over, he'd have put diamonds on the floor. - Joan Rivers*



Like Yoga there has been a vast increase in the number of people who are using Pilates as their preferred form of fitness.

Once again it is the professional sports people who have helped popularize Pilates recently as they strive for a more rounded training regime that will help to reduce injury, add strength and flexibility and assist in their recovery if they are unfortunate enough to get injured.

Pilates focuses on the core postural muscles, which are the abdominals, lower back muscles, the hips and buttocks.

## RESISTANCE TRAINING BENEFITS

*I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently. - Ernest Hemingway*



Resistance training involves the use of free weights and/or machines to stimulate muscle growth and also to help burn fat.

Muscles burn fat, so it goes without saying that the bigger your muscles the more fat they are going to burn.

Not only will you build a stronger fitter body from resistance training but you will also help your body to become leaner at the same time.

For beginners, it can be sufficient to use your body weight with exercises that use neither weights nor machines.

## PLANNING YOUR FITNESS PROGRAM

*Whenever I feel like exercising, I lie down until the feeling passes. - Robert Maynard Hutchins*



You need to establish a plan of attack for your training regime. Unless you know what you are going to do next, you are liable to start floundering around and miss workouts or worse still, give up altogether.

The best way to decide on a training process is to prepare a program that is not only designed to achieve the results that you are after, but also to fit in with your lifestyle.

If you devise a fitness program that is complimentary to your lifestyle then you are more likely to continue doing it and getting the benefits that you require.

## RESISTANCE TRAINING

*If you don't do what's best for your body, you're the one who comes up on the short end. - Julius Erving*

If the purpose of your fitness program is to get a stronger and leaner body then there is nothing quite like resistance training to assist in reshaping your body.

There are various different types of resistance training programs but they all center around the use of weights, machines or your own body weight to add resistance to a workout routine.

This additional resistance forces the body to grow and at the same time, burn fat.

Depending on what results you are after, resistance training can be used to develop a bigger body, as you might see with bodybuilders, or it can be used solely to gain strength without the focus on weight gain.

Naturally this weight gain would be lean muscle but there are some people who have no desire to gain additional muscle size.

Many women are reluctant to enter into a resistance-training program for fear that they might develop big muscles and lose their femininity. This does not have to be the outcome of a resistance-training program.



## SETTING GOALS

*A man too busy to take care of his health is like a mechanic too busy to take care of his tools. - Spanish proverb*



We all have the ability to make major improvements to our health and fitness but there is one thing that stops more people than anything else.

It is not our genetics or the access we have to the best fitness equipment or training facilities.

The thing that stops most people from getting a good physique and optimum health is when they don't set goals.

Setting goals is a fast track to success and it is the only way that you will stick to a plan and follow through to completion.

## SIMPLE FITNESS ACTION STEPS YOU CAN TAKE

*Whenever, I think about exercise, I lie down 'til the thought passes. - Anonymous*



For many people the hardest part of any fitness program is getting started. Sometimes we place too much pressure on ourselves and rather than doing something, no matter how small that might be, we end up doing nothing at all.

Here are some steps to help you get started.

The first thing to do is to not place any great expectations on what you want to achieve.

Even simply walking to the local shops will improve your fitness and this might be all that you need to do for a while just to get into the mood to take your fitness to the next level.

## SHOULD YOU TAKE MULTI VITAMINS?

*The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*  
- Mark Twain

The question is often asked whether multivitamins should be taken each day. There are people who believe that we will get all the nutrition we require from the foods that we eat but this is no longer the case.

Many of the foods we eat are processed and have all sorts of additives that can be detrimental to our health.

Even fresh foods don't have the same minerals that they once had.

In some growing areas most of the minerals that were once in the soil have long since been depleted and the food that is grown in that soil doesn't have the same values as we have come to expect.

Additional stresses are placed on our health with pollution, work stress and so on, all making demands on our body and the nutrients that we need.

Even fitness training, while good for our health, places additional demands on the body and this is best addressed with supplementation.



## SOME COMMON INJURIES

*I have to exercise early in the morning before my brain figures out what I am doing.*  
- Anonymous



Some of the most common injuries occur to those parts of the body that are also the hardest to repair.

Many people who are using resistance training as their preferred form of fitness, will injure their shoulders or lower back more often than other parts of the body.

The shoulders are quite susceptible to injury as they are activated with many different exercises and some of these exercises such as the bench press can involve the use of substantial weight.

It is imperative that you do sufficient warm up exercises for your shoulders before you even start to lift the lightest of weights.



## STEERING CLEAR OF INJURY

*The older you get the harder it is to lose weight, because by then your body and your fat have become good friends.* - Anonymous

It is important to stay injury free as any injury can make you incapacitated for long periods of time and they can reoccur at later times disrupting your training.

Rather than trying to lift too much weight at the gym and risk injury, it would be better to reduce the weight and do more repetitions of the same exercise.

Stretching your muscles before a workout or other form or exercise such as a run or a walk will help to reduce the chance of injury.

It is always wise to check with your doctor before starting any exercise program if you have any doubts about any aspect of your health.

If you have had prior injuries to any parts of your body you might need to 'work around' these when planning your training program to ensure they aren't aggravated and cause you to miss valuable training time.



## STRESS REDUCTION THROUGH EXERCISE

*I've gained a few pounds around the middle. The only lower-body garments I own that still fit me comfortably are towels.* - Dave Barry

One of the best ways to reduce stress is to start a fitness-training program. Many diseases and illnesses are the direct result of stress, and exercise helps to counter the negative effects that stress has on our mind and body.

Even a light workout or a walk in the park can be beneficial for stress reduction. By increasing the intensity of the exercise our body begins to release endorphins, which makes us feel happier and this counters the effects of stress.

As our levels of fitness increase we are able to handle more stress both in body and mind, as being physically fit also leads to a more positive outlook on life and less problems are likely to influence this outlook.

We become more alert as we get fitter and tasks that might have been difficult become easier to achieve. This ability to perform more in a day with less effort has a dramatic effect on our stress levels.



## STRENGTHENING YOUR HEART WITH EXERCISE

*I try to lose weight, but it keeps finding me!*  
- Anonymous



With the incidence of heart disease on the increase, more people are turning to fitness training to help reduce their chances of problems later in life.

Apart from eating the right foods, there is nothing quite like fitness training to help us maintain a healthy heart.

Exercise of the body increases the heart rate and in doing so exercises the heart.

If you have had heart problems or your family has a history of heart problems then it is always wise to consult your family doctor before undertaking a fitness-training program.

## STRETCHING

*There are four basic food groups, milk chocolate, dark chocolate, white chocolate, and chocolate truffles.*  
- Anonymous



Many people don't take the time to stretch their muscles before and after exercise and then they wonder why they are getting injured all the time.

It only takes minutes to stretch your muscles and by doing so you will pump more blood into the area that needs it thereby reducing the chance of injury.

Considering the time it takes to recover from injury and the loss of valuable fitness training, stretching is something that should never be left out of any training routine.



## THE BENEFITS OF FITNESS

*I like long walks, especially when they are taken  
by people who annoy me. - Fred A. Allen*

There are many benefits from regular fitness training that will have ongoing positive effects on the quality of your life.

Prevention of illness is one of the most important aspects of maintaining a healthy body.

It has been proven that regular exercise and the heightened levels of health that develops from this exercise can help to reduce the incidence of diseases such as diabetes, heart diseases and strokes.

Exercise can reduce hypertension and many other ailments. As well as this, fitness training can help people have a more positive outlook on life and improve their self-confidence.

Regular exercise releases endorphins in the body that help to fight the symptoms of depression and give us a feeling of happiness.

It only takes a little more than 10 minutes of continuous exercise for the body to start releasing endorphins.



## THE BENEFITS OF RESISTANCE TRAINING

*The second day of a diet is always easier than the first.  
By the second day you're off it. - Jackie Gleason*



People of all ages can get substantial benefits from including resistance training into their exercise regime. Even elderly people can find noticeable improvements in their health.

By adding resistance training their muscles will become stronger and this will help them with balance, which becomes all-important as they age.

By becoming stronger elderly people also become more independent as they will be less likely to rely on others.

Research has also shown that resistance training improves bone density and this is an important aspect of good health for people of all ages.

## THE BENEFITS OF GOOD HEALTH

*I eat whatever the guy who beat me in the last race ate.  
- Alex Ratelle*



There is nothing quite like enjoying the benefits of good health.

A good fitness program, along with regular sound sleep and good nutrition will ensure you get more out of life.

You will feel stronger and happier and be able to do more activities no matter what age you might be.

Fitness will reduce the effects of aging and allow you to participate in sports and recreation that might not be possible for someone with lower levels of fitness.

Having greater levels of fitness will reduce the incidence of injury and also reduce the chances of illness.

## THE IMPORTANCE OF WATER

*Part of the secret of a success in life is to eat  
what you like and let the food fight it out inside.  
- Mark Twain*



With over 75% of our body made up of water there is no denying the need to remain hydrated at all times.

If you are following a fitness program you will need to consume more water.

We are constantly losing water throughout the day and even at night while we sleep. To remain hydrated we need to replace this water by drinking sufficient quantities so we never get thirsty.

With exercise we perspire more than normal and thereby lose more water, so anytime we exercise we need to drink more water than we would normally drink.

## WEIGHTS FOR A STRONGER BODY

*Dieting is the penalty for exceeding the feed limit.*  
- Anonymous

The best way to build a stronger body is with the use of weights. This can be with free weights such as dumbbells and barbells, weight machines, or a combination of the two.

Many purists believe that the only way to do weight training correctly is with free weights as they bring into play all the other muscles required to control and balance the movement of the weights.

It is correct that more muscles are required to lift free weights due to the fact that more control is required but the development of weight machines in recent years has been such that they can also offer benefits that free weights can't give.

By eliminating the factor of control from specific movements it is possible to lift heavier weights and this in turn can stimulate more growth in the muscle.

In addition to this is the fact that many machines are designed to maintain pressure on the muscles throughout the full range of the movement.



## WHEN THERE IS NO TIME IN THE WORLD

*Be careful about reading health books.  
You may die of a misprint.* - Mark Twain

Sometimes we feel that we just don't have any time in the world to spare for our own health.

With the pressures of work and family it seems that every hour of the day is taken doing something other than improving our health.

Maybe there is a solution to this hectic lifestyle that can give you the benefits of improved health and get the same amount done in the day.

If the dog needs a walk, then how about taking it for a run instead. You will still be out for the same amount of time but you will be getting increased benefit from running rather than walking.

Or, if you don't like running, you can step up the pace of your walk. Not only will you be getting fitter, but your pet will also be healthier.

And if you have to mow the lawn on the weekend then try walking faster with the mower, or if you have a big property run with the mower.



## WHAT ARE THE BENEFITS OF LIQUID VITAMINS?

*I really don't think I need buns of steel.  
I'd be happy with buns of cinnamon.*  
- Ellen DeGeneres



One of the main benefits of liquid vitamins, apart from the fact that some people find them easier to take, is the fact they are absorbed more easily by the body.

They get assimilated into the blood stream immediately and have a considerably higher rate of absorption than pills and capsules.

Generally the strength of the ingredients in liquid vitamins are up to five times more concentrated than those in pills, so while you might be paying more for them you will also be getting more benefits from taking them rather than pills.

## YOGA FOR FITNESS

*You can't lose weight by talking about it.  
You have to keep your mouth shut!*  
- Anonymous



Realizing the benefits of yoga can add a whole new dimension to your levels of fitness and flexibility.





















































There was a time when many people considered yoga to be the exercise that elderly people and housewives would do during the day.

This couldn't be further from the truth and some yoga routines can deliver a more strenuous workout than many professional sportsmen and women can endure.

In fact, the recent rise in popularity of yoga has been helped by the many professional sports people, who have adopted this as part of their fitness training, to assist with flexibility and help reduce injuries.



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 Circuit Training is Fun.doc	 Monitoring Your Fitness.doc
 Complete Home Gym.doc	 Nutrition Basics.doc
 Consistently Training.doc	 Personalized Fitness Programs.doc
 Do You Need a Fitness Trainer.doc	 Pilates for Fitness.doc
 Eating the Right Foods.doc	 Planning Your Fitness Program.doc
 Exercise and Back Pain.doc	 Resistance Training Benefits.doc
 Exercise Anytime and Anywhere.doc	 Resistance Training.doc
 Exercise is for All Age Groups.doc	 Setting Goals.doc
 Finding Time for Fitness Training.doc	 Should You Take Multi Vitamins.doc
 Fitness Apparel.doc	 Simple Fitness Action Steps.doc
 Fitness Equipment.doc	 Some Common Injuries.doc
 Fitness Gimmicks.doc	 Steering Clear Of Injury.doc
 Fitness is a Lifetime Investment.doc	 Strengthening Your Heart.doc
 Fitness is Often More About Attitude.doc	 Stress Reduction Through Exercise.doc
 Fitness Maintenance.doc	 Stretching.doc
 Fitness Plateaus.doc	 The Benefits of Fitness.doc
 Fitness Programs.doc	 The Benefits of Good Health.doc
 Fitness Should be Fun.doc	 The Benefits of Resistance Training.doc
 Focus for Success.doc	 The Importance of Water.doc
 Get a Better Sleep from Exercise.doc	 Weights for a Stronger Body.doc
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