

Get Fit! Get Healthy!



**101 POWERFUL TIPS
FOR A FITTER, HEALTHIER YOU!**

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Introduction

Fact: If you want more out of life, you need to be ready to commit more and invest more into staying fit and eating right.

While there have been innumerable diet plans and exercise programs sprouting like mushrooms nowadays ---- all claiming to provide the fastest results - we all know the basic equation to staying fit and healthy is regular exercise and proper diet.

It has been called by many names, defined in so many ways and presented in so many forms but all health and fitness programs boils down to these two: DIET and EXERCISE. There is no other way to go about it - not, if you want lasting results.

And yet, despite this common knowledge on what needs to be done to stay fit and healthy, most of us struggle not to fall off the wagon, and many still have to contend with the frustrating battle of beating the bulge.

The weight loss industry has become a highly lucrative market, with food manufacturers, nutrition experts, and plastic surgeons all feeding from the growing desperation and depression of overweight and obesity.

But while the equation to fitness and health is so simple and straightforward, it remains a great challenge. With the demands of daily living - work-related stresses, social pressures, life changes, holidays, travels, winter seasons, and everything else in between - are all contributing factors that can disrupt fitness routines and upset diet regimens.

The real challenge here is on how you can possibly stay resolute and consistent with the program despite internal and external factors that often come into play.

This eBook is designed to help you equip yourself with tips, tricks and practical advice on how you can stay fit and healthy in the modern times.

It doesn't have to be a constant struggle. Fitness and healthy living is not a temporary phase or a convenient solution you can readily pull out from your closet in time for the summer season or during special occasions. If you want lasting results, ditch the 2-week plan or the 6-month program. Make health and fitness an integral part of your lifestyle, as it should be.

Read on and find out you can live, breath, eat, move and think healthy.

A Foolproof, **Science-Based** System that's **Guaranteed** to Melt Away All Your Unwanted Stubborn Body Fat in **Just 14 Days...**
No Matter How Hard You've Tried Before!
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1 Stay hydrated.

This is one of the most important advices you can ever get when it comes to staying healthy and fit. Drinking water every chance you get, or at least every couple of hours. Water helps ensure your body systems will keep running smoothly and it also plays a vital role in weight loss. So don't forget to drink up.

2 Your mom was right, never skip breakfast.

You have probably heard it over and over how breakfast is the most important meal of the deal. And it really is. A lot of people seem to think skipping breakfast will help them lose weight faster. This could not be farther than the truth! According to

numerous medical studies, people who skip this meal actually have increased risks of gaining weight.



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Breakfast helps stabilize the body's metabolism. Ditching your first meal of the day will result to an increase in LDL levels or bad cholesterol and lower insulin levels. The increase in bad cholesterol in the body will result to clogged arteries, which can lead to a number of serious health complications such as heart disease. There is also that little known fact that people tend to take in higher calories all throughout the day after missing their breakfast. If you are trying to lose weight, have a small fruit, granola or yoghurt for breakfast.

3 Take fish oil supplements.

Recent studies conducted by University of Western Ontario revealed that regular intake of fish oil supplements can speed up burning of calories by as much as 400 more calories. Fish oil supplements are rich in Omega 3, which is also effective in the prevention of the hardening of the arteries, which is one of the leading causes of heart diseases. However, it is generally best to check with your physician first before adding fish oil supplements into your daily regimen.

4 Work up a sweat.

Make exercise a part of your daily routine. Regular exercise helps keep the heart healthy. There are number of ways you can incorporate exercise into your lifestyle, it's a matter of finding one that best suits you. Try to exercise at least 3 to 4 times a week, you will be surprised how much calories a simple jog or brisk walk can burn. To give you an idea, here are some few examples:

- Biking at a leisurely pace for 1 hour ---- a total of 230 to 340 calories burned
- Walking at a moderate pace for 1 hour - a total of 205 to 300 calories burned

- Mowing the lawn for 1 hour - a total of 300 to 450 calories burned
- Jogging at a moderate pace for 1 hour ---- a total of 300 to 600 calories burned

5 Add variety to your exercise routine.

Keep things light and fun by changing your fitness routine every now and then. Explore activities that aid weight loss, go outside and job along the park or by the beach. Consider taking up strength training, mountain climbing, cycling and other fun activities that can make exercise more fun and exciting.

6 Get enough sleep.

With the fast-paced lifestyle and grueling schedules, sleep is often taken for granted. An average person needs to have 7 to 8 hours of sleep every night. If you want to maintain a healthy weight, sleep should be given equal importance, as it is the only time the body can heal and repair itself. Lack of sleep also impairs brain function so make sure you get enough zzzzs.

7 Enjoy mind and body exercises.

Consider taking yoga or tai chi classes. These exercises do not only stretch your muscles as well as strengthen the bones, sinews and joints, it can also help you relax mentally.

Mind and body exercises are great way to wind down after a long and grueling day at work. It can help ease anxiety and pain as well as sped up recovery time.

8 Learn relaxation techniques.

It's no secret that stress can contribute to weight gain and development of chronic diseases. By learning relaxation responses, you can stop the adverse effects that come with stress. Among the popular relaxation techniques include breathing exercises, journaling, visualization and laughter, among others. If you deal with serious amount of stress on a daily basis, teach your body how to best cope with it.

9 Ditch the chips for healthier snack options.

Cultivate smarter food choices to stay fit and healthy. This includes choosing your snacks with more thought and consideration. If you enjoy a bag of chips while watching TV or movie, replace it healthier snack choices like a piece of apple, small yoghurt or whole wheat pita bread - all of which can satisfy your cravings minus the calories.

Keep your healthy snacks readily on hand so you won't be tempted to indulge in junk food. Make sure you don't have junk food and unhealthy food products on your desk and pantry. By keeping it out of sight, you won't feel deprived.

10 Discover the healthy goodness of green tea.

Take cure from the Japanese and discover how green tea can aid in rapid weight loss. You can use it to quench your thirst instead of soda and other fizzy drinks. Green tea have been known to work well with a number of health conditions include rheumatoid arthritis, cardiovascular diseases, impaired immune function, infections, high cholesterol levels and even certain forms of cancer.

11 Take vitamin supplements.

If you are trying to cut down on your calorie intake, chances are, you may be also compromising your nutrition. The best way to augment the depleted vitamins and minerals in the body is through supplementations. Discuss this with your physician and determine which type of supplementation will best address your nutrition requirements.

12 Wash your hands often.

One preventive measure to avoid getting sick or contamination is by washing hands thoroughly and regularly. This may be a very basic habit that has been inculcated in us since early childhood, but one that is sorely overlooked. Here are some guidelines on washing hands:

Wash hands before:

- Preparing meals
- Before eating
- Treating wounds
- Giving medication
- Caring for the injured and sick

Wash hands after:

- Handling food, especially when handling raw meat and poultry
- Using the toilet
- Changing diapers
- Touching toys, pets and waste

- Coughing, blowing of nose, and sneezing into hands
- Treating wounds
- Caring for the injured and sick
- Handling chemicals and garbage or anything that might be contaminated

13 Get rid of unhealthy vices.

Cultivate healthy habits and ditch the ones that pose adverse effects on your health. Anything in excess can be bad and you don't want your health to suffer the consequences.

14 Take annual health tests.

Annual physical examinations are generally covered by health insurance or you can also get it for free or at a minimum cost. Routine tests are critically important to detect health problems at an early stage before they grow into a serious health issue.

15 Be kind to yourself.

Treat yourself every now and then. These can just be simple pampering such as getting your hair done at a posh salon, or scheduling a massage appointment. Break away from the demands and pressures of daily living and allow yourself to slow down, recharge and find temporary relief.

16 Stay motivated.

It can be difficult to stay on track to a health and fitness program if you are no longer motivated. Seek inspiration and find ways to stay motivated to make smarter choices and right decisions every single day. You are constantly faced with choices that pose real temptations such as choosing between watching TV and working out, or choosing between a chocolate chip cookie and a piece of fruit.

17 Drink alcohol in moderation.

Alcohol shows up in almost every social event, especially during the holiday season. Learn to limit your intake to no more than one or two drinks since too much alcohol can disrupt your sleep and make you feel sluggish the following day, not to mention contribute to extra calories.

18 Limit sugar in your diet as much as possible.

We all know how sugar can be detrimental to health. The problem is it is in so many products so make sure to read the labels and learn to steer clear from any processed food products as it is most likely laden with too much sugar. Nutrition experts recommend limiting added sugar to no more than 10 tablespoons a day.

However, sugar can come in so many forms and under many names. Be extra wary on food products that contain the following:

- Glucose
- High fructose corn syrup
- Lactose

- Honey
- Fruit juice concentrates
- Molasses
- Maltose
- Sucrose
- Brown sugar
- Fructose

To give you an idea on the sugar content on some of the popular food products and beverages, refer to the data provided below:

- Regular soda 33%
- Candies 16%
- Cakes, pies and cookies 13%
- Fruit drinks 10%

Individuals who are constantly exposed to consumption of food products with high sugar content also increase their calorie intake and lower micronutrient supply.

19 Eat complex carbohydrates.

When it comes to losing weight and eating right, we all know we need to watch our carb intake. However, there are good carb sources that are perfectly safe to eat such as whole grains. FDA recommends 55% of daily calorie supply should be derived from carbohydrates. However, you need to closely monitor the sources of your carbohydrates as there is a huge difference between complex and simple carbohydrates.

Simple carbohydrates are normally found in pasta, rice, white potatoes along with some daily products. They contain high amounts of sugar that need to be broken down by the body. While this type of sugar provides energy, when not consumed, it will be converted to

fat. This is the reason why many diets restrict the intake of carbohydrate-rich food. Simple carbohydrates can contribute to weight gain and are especially risky for pregnant women.

On the other hand, complex carbohydrates, while containing sugar also feature more complex chains, making it more difficult to break it down. This allows the human body ample time to use it longer. Another great benefit of complex carbs is the high fiber content, which add bulk to the diet, effectively warding off hunger at the same time alleviate and prevent constipation.

20 Cut down your caffeine.

Too much caffeine can be bad for your health. Limit your intake to at least one to two cups per day. However, a lot of people are actually silent victims of caffeine addiction with common symptoms that include irritability, anxiety, upset stomach, poor concentration, insomnia, and depression, among others.

Caffeine has become a lifetime drug addiction for many. In essence, it is a toxic substance that should always be taken in moderation. Like sugar, it has the tendency to overstimulate and then weaken the adrenal glands, which results to fatigue. People suffering anxiety attacks and insomnia and are caffeine addicts will require high levels of tranquilizers to aid relaxation and promote better sleep.

If you are not really hooked into drinking coffee, avoid the addiction at all cost. Like illegal drugs, caffeine also has its own host of unpleasant symptoms during withdrawal.

21 Push yourself.

You have probably heard advices telling you not to be hard on yourself. There is a huge difference between castigating yourself and adhering to self-disciplin. Push yourself in a positive way but don't allow self-imposed pressure overwhelm you instead of motivate you.

22 Take it from Nike, JUST DO IT.

Most times we find ourselves willing victims of procrastination, always putting of exercise and diet for another day. Instead of overthinking and over-planning things, just go ahead and do it. You will soon find your momentum and discover that one hardest part is getting started.

23 Watch what you put on your grocery cart.

One cardinal rule you need to vigilantly follow is to never do your grocery shopping on an empty stomach. Otherwise, you will find yourself falling prey to compulsive buying. Instead, prepare a list of things you need and but make sure to stick to that list. Make sure to stick to whole, fresh food products.

24 Take 5 to 6 meals a day.

Many people who go on a diet often complain about dealing with hunger pangs and that sense of deprivation. One way to combat this is to replace your 3 large meals with 5 to 6 small ones. This will not only prevent you from overeating and caving in to temptation, regular food intake can pump up your metabolism.

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