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## **Health, Fitness, Weight training, Smoking and Drinking**

**Weight training makes a person healthy, fit and strong. It is not just for people who want to build muscle, but also for everyone who likes to stay fit and keep the excess weight off.**

**If you want to get in shape or stay in shape you can walk, run or cycle every morning, play sports with friends, but if you want to have muscles and look lean, then lifting some weights either at the gym or at home is your best bet.**

**People go to the gym for many reasons. eg:**

**To lose a few pounds if they are overweight.**

**To gain a few pounds (of muscle) if they are underweight.**

**To get fit and Healthy.**

**To get strong.**

**The most effective exercise plan for most should have some cardiovascular work and mostly weight training exercises. This helps burn calories and increase the muscle to fat ratio better than cardiovascular work alone.**

**Some Benefits of Weight training;**

- 1. It is the best way to maintain and improve ones health from a variety of diseases and premature death.**
- 2. It makes a person feel better and increases ones self-confidence, prevents depression, anxiety and gloom.**
- 3. A weight training lifestyle helps a person live longer than an inactive person.**
- 4. It instils discipline into a person, making other things in life easy.**
- 5. It makes one stronger physically and mentally.**

**To start: one should consult a physician to get the go ahead and then get into it gradually.**

**Getting stronger, fitter, healthier Week by week building up more endurance will be of great benefit to you.**

**Aim for 3 or 4 days a week working out, this is sufficient no matter what your goals are.**

**Maintain a reasonable diet.**

**You could consult with a professional to get an excellent eating plan to match your goals and gym activities. They will evaluate you based on your needs, and recommend a diet plan.**

**A good diet should have nutrients from all the food groups.**

**This is made up by 3 basic groups.**

**The first is carbohydrates. The energy source. The food that a person consumes should have vitamins, minerals and some fibre. A lot of this comes from oats,**

rice, potatoes, cereals and breads, and also from vegetables and fruits since these have phytochemicals, enzymes and micronutrients that are essential for a healthy diet.

The Second is Protein. The building blocks of muscle and essential organs. This comes from fish, chicken, red meat and dairy. Protein is broken down in the body to form amino acids for repair and growth of new cells.

The third is fat. The body's enemy, according to most. There are 4 types of fat: Saturated (the bad) from animals, the more animal fat you consume the higher your blood cholesterol will rise, increasing the risk of a malfunction in the body. Should be taken in small quantities. Sources are: Beef, dairy, coconut oil.

Polyunsaturated (the good) Comes from plants, reduces blood cholesterol. Sources are: nuts, fish, safflower oil, seeds, corn oil and sunflower oil.

Monounsaturated (the best) also comes from plants, raises the good cholesterol. Sources are: Avocado,

Olive oil, olives, nuts, canola oil and peanut butter.

Trans fats (the ugly) This is relatively new, the effects are unknown. It is believed that they behave like saturated fat (the bad) causing blood cholesterol levels to rise.

The consumption of fats (the good fats) is important for our health. They are used in the production of hormones and other activities. We do need some fat, but do limit the bad.

A great way to help your efforts in the gym is to give up some detrimental habits such as smoking and drinking alcohol. Smoking damages the lungs and dramatically increases the risk of lung cancer along with other diseases.

Excessive drinking has also been shown to causes major diseases.

These two habits are definitely not worth having around.

The best thing one can do for themselves is to quit any destructive habits they have and get into that gym, start pumping some iron and look forward to greater Health and Fitness.

<http://www.explosivemusclegrowth.com>

Take a look at Vince Delmonte's Massive Muscle Building Program

<http://www.insanemusclegain.explosive-muscle.com>

### ***Beginner Bodybuilding: How Often to Train***

Training the whole body three days a week (Monday, Wednesday, Friday) is ideal for the beginner. This allows the beginner nearly 48 hours of rest between workouts and gives the beginner an additional two days of rest over weekends.

**Do 1 - 2 exercises of two sets of ten reps per body part. The beginner may feel like doing more, but don't. The beginner should do this type of training for about a month before doing more exercises. This will allow the body proper stimulation for growth without overtaxing its ability to recuperate.**

**As the beginner progresses, he may decide to do more advanced training, such as working specific body parts in some workouts, with whole body sessions only two times a week. Examples of such training include the double split, the push pull system, four on/one off and three on/one off.**

**Your decision to get into new types of training depends on how fast your body adapts to each new level of training and your individual goals. The beginner may be ready to go beyond the three day a week workout only after one month of training. Another beginner may decide that three day a week training is ideal for his or her lifestyle and goals.**

**Sets and reps are important factors to your bodybuilding success. A good set is made up of good reps and a good workout is made up of both. At this point in your training, doing more than two sets of 10 reps per body part greatly increases your chance of overtraining (doing too much work and getting inadequate rest, leading to diminished gains). Ten reps provide optimal muscle stimulation without putting your body into a state of over or under training.**

**As your body improves in strength and condition, you may decide to use supersets, giant sets, pyramid training, staggered sets, high/moderate/low rep training, rest pause, volume training, speed training and many other advanced techniques, as a way of increasing the intensity of your workouts for maximum growth.**

**A beginner will often ask, 'How do I know when to increase the weight on the exercises I do?' Once you're able to do 10 reps fairly easy with a given weight, try increasing the weight by 10%. Let's say you can bench press 135 pounds for 10 easy reps. On your next set, try going up to 145 - 150 pounds for 10 reps. Continue to do this on all your exercises. This is the heart of progressive resistance training, which is the best way to gain size and strength.**

**Avoiding the Big Mistake: Why more is not better**

**Far too many beginner bodybuilders fall victim to more is better. Your body needs time to adjust to do the exercises you asking it to do. One exercise per body part may not sound like enough to produce any results, but if you're a beginner, it will. As you continue to train and your body adapts to the exercises and recuperative demands you place upon it, you'll be able to add more sets and exercises to your routine. Be patient and don't over train. Over training will halt your progress and increase your chances of injury. It takes time to build a great body, but the rewards are worth it.**

**Go with the Basics**

**Starting out with the basic exercises is something that you'll be grateful for later down the road. The basic exercises let your body get used to the proper groove for each movement. You've got to know how to do an exercise correctly before you can get the most benefit from it.**

The basic exercises should be the foundation for your bodybuilding program both now and in the future. Stay away from cables and machines at this point. They'll be important to your training later on. Concentrate on mastering the basic movements. Nearly every bodybuilding champion still uses basic movements as the cornerstone of his or her training routines.

One of the most important elements to laying the proper foundation for your bodybuilding success is using good form on every exercise. Good form means doing every exercise and every rep with complete control through the full range of motion. Incomplete reps build incomplete body parts, so always keep the weight under strict control through the full range of motion. Don't be so concerned with how much weight you can lift. Concentrate on feeling the exercise and working the muscle completely.

Sloppy form is a major cause of injury to muscle and connective tissue. An injury can side line you for weeks and even months. When you train, you want results, not injuries and no progress. Use good form and you'll avoid injuries while getting results toward your bodybuilding goals.

Sandra Prior runs her own bodybuilding website at <http://bodybuilding.somee.com>

### ***What Supplements Do I Need For Muscle Growth?***

Taking certain nutritional supplements for muscle building is not absolutely necessary; you can do without them, however, some of them really do have their advantages. They can give you an added physical and mental edge. They help to enhance performance and can help in the muscle-building process. Although some are a waste of your time money and effort, there are a few that do actually perform.

Supplements help to fulfil the missing link that may occur during an intense muscle-building phase.

You do need some supplements for greater muscle growth.

Here are the supplements I'd recommend for Muscle-building.

**Creatine:**

A great supplement that always produces positive health and muscle-building benefits. Helps to fill the muscles with fluid making you stronger and able to lift heavier and recover faster.

Good bodyweight gains achieved with this, which allows you to lift more for better muscle growth stimulation.

**Protein Powders:**

Whey protein isolate is the best fast acting protein to aid in repair and growth of muscle tissue after an intense training session.

Casein Protein is a slow digesting protein best taken just before bed to supply the body with a continuous flow of amino acids for repair and growth through the night while you sleep.

**Weight Gainers:**

A high calorie supplement is a good idea if you consider yourself as being under weight. High calories are needed for muscle endurance and optimum performance and effective muscle repair.

You'll want to stay healthy while you're on a muscle-building quest so I'd also recommend:

**A good multi-vitamin/mineral supplement:**

To offset any nutrient deficits that may occur during an intense training program. Vitamins and minerals are essential for good health and well being.

**Vitamin C:**

A great immunity booster and free radical destroyer.

**Vitamin E:**

Great for Cell integrity and vitality.

**EFA's:****Essential Fatty Acids:**

Great for overall health and helps promote the body's production of Testosterone - the muscle builder.

**Note:** You should always check with your GP or other health professional before taking any nutritional supplements.

Along with the supplements there are other elements that you need for muscle-growth:

A sound workout routine that induces muscle growth and does not over-train the muscles.

A good healthy high calorie diet. Eat six smaller meals instead of 3 large meals. Sufficient rest and recovery time. Your muscles have to be fully recovered.

Discipline Commitment and Consistency.

A few supplements like the above.

The bodybuilding supplement industry is big business. You really don't need all those "miracle" muscle-building supplements that come onto the market, but once in a while they do actually bring about a supplement that actually does what it's reported to do.

For more information on the Greatest Muscle-building Programs visit <http://www.explosivemusclegrowth.com/explosive-muscle.html>

and for top Brand/ low cost supplements  
visit <http://www.explosivemusclegrowth.com/nutrition.html>

One of the Best Muscle building Programs available  
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### **Getting shut of those bodybuilding myths once and for all**

Every single culture on the planet has it's myths and, whether it be "Big Foot", or "The Lochness Monster", bodybuilding has it's fair share of myths too. Like a lot of myths most of them have some truth to them and some are have no truth to them whatsoever. Bodybuilders and fitness experts the world over have been trying to get rid of these myths but have failed. I may fail too, but I am going to give it one hell of a go. It's time to stop these myths once and for all!

A lot of myths about bodybuilding start within the bodybuilding community, but there are the odd few that start outside by the general public or medical industry. The myths I am going to touch on here are in no particular order. Let's start with a well known classic first of all:

**Bogus Myth #1. "When you stop working out your muscles will turn to fat"**

This myth is mainly used as an excuse as to why people don't start a weight training program and are resenting those that have. My Auntie used to say this to me a lot when I started going to the gym at 16. There is no proven physiological mechanism by which muscles amazingly turn to fat when a person stops working out! What happens, however, when a person stops training, their muscle mass will decrease due to the lack of stimulation. People who do not exercise and eat too many calories get fat, it's not ground breaking stuff. So what you have here is often a lack of muscle mass coupled with an increase in fat due to an intake of excess calories and complete lack of exercise. The next time you look at someone who used to be nice and ripped but are now fat, it's not because there muscles converted to fat. They are fat because of the reason so many others are fat; too many calories and not enough exercise.

What if it was true? Is the fear of this crazy idea that your muscles convert to fat a reason not to start a bodybuilding program? If you stop washing you get dirty, but that's not a legitimate reason to never start washing in the first place is it! I have gained and lost a lot of muscle in the past, and I have known and worked with a lot of people who have gained and lost weight, and I have yet to see and truth behind the myth of muscles converting to fat. Let this be the end of this myth and let's here nothing else about it.

**Bogus Myth#2. "Bodybuilders are not strong"**

This myth comes from people who haven't even stepped foot in a gym. Strength in people varies greatly, some bodybuilders can lift upto 800lb squats and 500lb bench presses. Some weights I have seen being lifted have to be seen to be

**believed. Not all bodybuilders are this strong, but any bodybuilder who is serious about lifting is considerably stronger than the average person, it's not earth shattering news that the more muscle mass you have the heavier you can lift. Some bodybuilders who I know enter both in weight lifting competitions and bodybuilding competitions and do really well in both of them. Don't get me wrong some bodybuilders are not as strong as they look, but some are much stronger than they look, some are unbelievably strong.**

### **Bogus Myth #3. "Pro's eat strict diets all year round"**

**This myth comes from the bodybuilding magazines and publications who want readers to think that these guys eat low fat healthy clean food all year round. This leads to many beginners trying to get all the calories they need from chicken, rice, veggies, etc. In fact getting the idealic 4000 calories from just clean foods alone is virtually impossible. This can be sometimes off putting and depressing for the newbies as they try and stuff themselves with healthy foods to make gains and they just can't seem to eat enough. For the truth of things: I have seen a lot of bodybuilders while off season who binge on fast foods and pizzas, no joke! This however should not be done for the average joe who is trying to build muscle and gain weight healthily. These pro guys are really strict when on season so they need a blowout when they're off season, who can blame them!**

**Obviously I can't speak for every bodybuilders off season diet because I don't know them all, some could have an absolutely spotless diet, but the majority I know don't. It is mainly an advertising myth mostly, as many bodybuilders say they carry much more body fat than they claim in these magazines. If you told these publications that they pulled into Burger King every other day they would not sell many issues. So you can see the advantage of how saying that these guys are clean all year round is to these big magazine companies.**

### **Bogus Myth #4. "All Bodybuilders have small penises"**

**I bet you've heard this one before havn't you? Now, I havn't seen any bodybuilders' manly assets, but it's been my thought that they tend to be like every other man in that department. Some are small, some are normal, and some are big. One fact, however, is that a big guy with a normal sized member would look smaller than a skinny guys normal sized member. It's all in the proportions.**

### **Bogus Myth# 5 "Bodybuilders are all full of themselves"**

**This one does have a bit of truth to it. Some bodybuilders can be full of themselves and can be the most narcissistic people you will ever meet. Some however can be very down to earth and humble people. Some cockiness and narcissism is sometimes par and parcel with the course of bodybuilding.**

### **Bogus Myth #6. "Bodybuilders are all gay"**

**This one is another stupid myth and is often started by those people who are envious of the bodybuilders physique and the attention they get from the ladies. It is my experience that bodybuilders are as often gay as the general public is, I know more gay people who aren't bodybuilders than I know gay bodybuilders. This is a really stupid myth and it should be put to rest right here right now.**

These are just some of the really crazy myths going round now that put people off trying to gain muscle, there are many more that are circulating around the general public and they will be covered by me in the future I'm sure.

See you down the gym then!

Wesley McDermott is a bodybuilding and fitness expert and has over 5 years experience in the industry. If you would like to know anything on bodybuilding or you would like to know [how to gain weight and build muscle](http://www.weightgain4you.com) more effectively visit his site here <http://www.weightgain4you.com>

### **10 Reasons to Quit Smoking Today**

We all know that thousands of people die each year from diseases brought about by smoking and we are all aware that smoking is the culprit in the cause of many cancers. We've all been warned about the dangers and we are aware of the thousands of dangerous chemicals in cigarettes, but yet many people continue to smoke. Why do many people still do it? Why can't they just stop smoking and not continue to put their health and lives at risk?

It's very easy for non-smokers to judge, ridicule and point the finger. They have no idea how difficult it is for most people to quit smoking. They don't realise how powerfully addictive the nicotine in cigarettes is. They simply don't understand. Yes it's hard to quit, but you can quit smoking. Many people have quit successfully and never smoke again. Sometimes it's just a matter of getting past the first few days and then getting past the first few weeks – then it becomes much easier to stay away from them. Sometimes it's just a matter of finding the right quit smoking technique that works for you.

Here's 10 Reasons to Quit Smoking

1. Your chance of developing many cancers will be drastically reduced.
2. Your family and friends will be able to breath fresh air for a change.
3. You'll have more money in your pocket for much nicer things.
4. Your lungs and heart will finally be able to recover from all the abuse.
5. All those dangerous chemicals will eventually be flushed from your blood stream.
6. You won't smell of stale cigarette smoke anymore.
7. Non-smokers will no longer see you as a weak addictive person.
8. You'll feel much healthier and stronger every day without cigarettes
9. You'll feel a great sense of accomplishment soon after quitting and confidence will be high.
10. People who understand how difficult it really is will respect you and know that it is a great obstacle to finally defeat.

So there's another 10 reasons to quit, and I'm sure you can think of many more reasons why you should quit this incredibly destructive habit. If you need another 30 reasons to quit then go here <http://www.quit-smoking-2day.com> Giving up smoking takes discipline commitment and time. At least we know that this habit can be overcome and eventually realise that we didn't need them at all.

If you really want to quit smoking then take a look here <http://www.quit-smoking-2day.com> and <http://www.quitfast.quit-smoking-2day.com>

### **Muscle Mass and Gaining Weight**

What I love best about workouts for muscle mass and gaining weight is that no matter what great salesman comes up with a new and improved workout gym, exercise, or supplement, there is nothing better to build a mass of muscle than the same basic exercises men did way back in the 50s. This routine will last 90 days, and a follow up routine utilizing the same principle of total body workout, section by section with more difficult exercises can be used. You should be in your workout clothes when doing these breast enhancement exercises.

You eavesdrop on their trainers giving instructions and then you secretly work out according to what you have overheard not realizing that each and everyone is different and workout plans are to be tailored to each individual condition factoring in other issues like lifestyle, dietary habits and even the choice of exercises. Change exercises or invite friends to join you to make your workout more enjoyable. Exercise type (multi-joint or single joint, free-weight or machine based), the number of exercises per workout, the amount of resistance, the time under tension, the base of stability (standing, seated, on stability ball, one-legged, etc.

This simple workout plan will utilize classic exercises such as the bench press, bicep curls and squats. Heck, I bet you use many of the exercises in your boot camps and you know how little equipment is needed for a hard workout. No one said you can't change elements of your workout based on how you feel on that day, but having a plan allows you to get down to business fast and prevent wasted time deciding which exercises you'll do.

If you are looking for a basic home gym and equipment to primarily tone muscles and provide a nice, steady workout for a wide range of muscle groups, it is best to focus more on details like the variety of exercises. Here is a sample workout that will leave you huffing and puffing: WARM-UP bike, treadmill, elliptical, rower 5-10 min CIRCUIT (45 seconds for each exercise, with 15 seconds rest between exercises) 5-7 min Lunge walks with lateral raises Plank (on stability ball) Squats with medicine ball shoulder press Push-ups Side Bridges Reverse Pull-ups Burpies INTERVAL TRAINING (cardio equipment) 20 sec @ 100% : 40 sec @ 70% x 5 5-min Repeat Circuit and Interval 3 times Total Workout Time: 45 - 60 min. If you would like to experience what an

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