

# Health Strength and Wealth

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## 7 Must Know Facts to Build Your Strength Training Routine

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Building a strength training routine can be one of the trickiest parts of a fitness program. Ask 10 personal trainers what the best strength training routine is and you will get 10 different answers. Below are 7 must-know guidelines to use when building a strength training program. Each guideline provides the basic foundation that all strength training programs abide by. Learning the proper way to use free weights will greatly improve your strength, fitness, and health levels.

- 1) We cannot strength train a muscle today and tomorrow. We have to allow at least 24-36 hours of rest. Lifting on consecutive days leads to overtraining, muscle fatigue, and possible injury. All of our strength gains are made during the rest time!
- 2) We cannot spot reduce. This means if we want to lose weight in our stomach, doing 100 crunches a day will not make our stomach flab disappear. To reduce stomach fat, we need an overall reduction in body fat. Reducing overall body fat results from eating well, regular exercise, and proper rest.
- 3) We can spot tone. If we want bigger biceps, we can strength train for hypertrophy (fancy word for muscle growth). It is possible for us to focus on one specific muscle group. This is sometimes called targeted training. Studies have shown that machines isolate a muscle better than free weights.
- 4) Our strength training routines must be regular and consistent for results to take place. It took us years to put on the weight. We shouldn't expect it to all fall off in three weeks. The best outcome from your fitness and strength training program should be a lifestyle change. Replace bad habits with healthy ones and reap the rewards.
- 5) Realize that our strength training routine must be changed every 4-6 weeks. This will prevent our body from hitting a plateau and it will keep things interesting. We can change our method, our exercise or our intensity level. Not changing our routine on a regular basis will eventually stop producing results. We will continually grow stronger as we progress with our fitness program. Be sure your body is challenged on every workout.
- 6) Our strength training routines must be built according to our specific goals. Specific goals may be: fat loss, hypertrophy, maintaining weight or adding bulk. Each goal will have a different method that is best suited for optimal results. Someone who is interested in losing body fat will strength train differently than someone looking to increase muscle bulk. Knowing what your specific goals are will aid in creating the best strength training program possible.
- 7) Our strength training routines must work all of the major muscle groups in our body 1-3 times per week. This includes our biceps, triceps, shoulders, chest, back, abs, quads, glutes, hamstrings and calves. Leaving out muscle groups will create an imbalance.

By using these 7 guidelines, anyone should be able to build a decent and effective program. The idea is to develop a safe strength training routine that provides us with major health and fitness

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benefits. Strength training has certainly increased in popularity over the past few years. Knowing how to build a strength training routine for our specific goals will move us one step closer to a fit body.

About the author:

Lynn VanDyke is the proud owner of <http://strength-training-woman.com> You may receive your free strength training log and routines by visiting her site. Her newest ebook has been voted the #1 fitness ebook on the net. Learn more about it by visiting <http://strength-training-woman.com/31-no-holds-barred-answers.htm>

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## Build Health: Initiate A Health Strategy Makeover

My mother-in-law, a widow of a doctor, recently died. The way she exited was a nightmare. This was because her health strategy produced a lousy result.

Shortly before passing away, she had a colostomy to fix an intestinal blockage, the result of a decades-long struggle with diverticulitis. Poor teeth and gums, kidney failure and liver problems were also in the mix.

Not surprisingly she was riding a doctor-directed merry-go-round of prescription drugs and their side effects.

My mother-in-law went out in typical American fashion--a slow system-by-system breakdown accompanied by loss of mobility.

She learned three hard, painful lessons during her exit:

- 1) You can't find health in a doctor's office.
- 2) Pharmaceuticals do not restore your health.
- 3) Our "health care" system manages disease, but does not improve your health.

My father, a retired dentist who can barely get around using a walker, is also following the typical American health strategy.

In spite of eating all the "right foods," he is dealing with the effects of prostate disease, osteoporosis, arthritis, stroke, Parkinson's, and has recently been fitted with a pacemaker.

He too has been riding that doctor-directed merry-go-round of prescription drugs. He has his cozaar, carbidoa, ticlid, prilosec, voltaren, lipitor, and zoloft. His vasotec and doxycycline have recently been discontinued.

You do not have to follow this common American health "strategy."

Instead, you might want to consider implementing what I call the Grandma Weiss/Uncle Wallace health strategy.

These relatives of mine lived well into their 90's, were seldom sick and rarely ever saw a doctor.

They were not plagued by slow, agonizing, system-by-system breakdowns.

On their last day they made it to the bathroom unassisted, had an evening meal, drank a little tea, read a bit, went to bed and didn't wake up.

The night they closed up shop, all their metabolic enzyme systems mercifully shut down at the same time, the way nature intended it.

This kind of strategy is quite common in remote places like Vilcabamba in Ecuador and Abkhazia in the Russian Caucasus.

Dr. Weston A. Price chronicled other distant groups who did not get sick nor die like we do. He found the diets of those people to be nutrient-dense, containing four times the minerals and ten times the fat-soluble vitamins found in the American diet of the late 1930's and early 40's.

Here are two common denominators found in the strategies of Grandma Weiss/Uncle Wallace and isolated groups noted for their health and longevity:

(1) Diets loaded with minerals and vitamins that maintain their 2000+ metabolic enzymes through time.

(2) No reliance upon prescription drugs that interfere with those metabolic enzymes.

Consider what has happened to most Americans during the six decades beginning 1940:

The nutrient density of their diets, including that of the so-called "right foods" in those diets, has continued to slide downhill, and their use of prescription drugs has skyrocketed.

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If you conclude you want to retool your present strategy, here are a couple of simple, logical things to do:

- (1) Take advantage of the resources offered by the Price-Pottenger Nutrition Foundation.
- (2) Start looking for natural alternatives to the prescription and over-the-counter items in your medicine cabinet.

## About The Author

Bill Quesnell ([bill@mineralsbuildhealth.com](mailto:bill@mineralsbuildhealth.com)) is a health educator, author of Minerals: The Essential Link to Health, and Price-Pottenger Nutrition Foundation member. He farmed melon for eight years in Costa Rica where he learned how minerals build health and prevent disease by putting his hands in the soil, not by relying upon medical advice devoted to disease and treatment. Critical reviews of his book and a list of 15 harmful health myths can be found at <http://www.mineralsbuildhealth.com>

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## Building The Foundation For Wealth

Building The Foundation For Wealth  
By C.C. Collins, Wealth Strategist,  
<http://wealthscientist.com>

You wouldn't build your home on anything less than a solid foundation. Similarly, you can't build wealth and financial independence without first having sound foundational principles to build upon.

I have found that many people are working on wealth building strategies such as maximizing their 401K returns, aggressive stock trading, and real estate investing without such a foundation.

Most of my clients are coming from a "one step forward, two steps back" cycle of wealth building that gets them nowhere in the long run.

There are steps you can take to make sure that you are maximizing and protecting your gains at the same time. Without these steps, you are destined to experience the gain-loss cycle which, in the end, is like spinning your wheels in the mud.

Discover how your employment circumstances affect your wealth building strategy and have more of the things you want by identifying your biggest expense and managing it without having to make more money.

Most people take gains in their cash flow to mean they can spend more on things they don't need. It is human to want to surround yourself with the things you want to match how you feel about your new income from investments or a raise at work.

But what happens here is that you lose future earning power and you rip out pieces of your wealth building foundation because you are not putting new income to work by investing in your debt.

People talk a lot about returns on investments. Think of the return on a 13% credit debt that you pay off in 5 months aggressive debt investment. It's NOT just 13% you are saving by investing in your debt!

Once that debt is paid off you can turn the payments you were making toward a larger debt, sometimes doubling the rate at which you are able to pay off that bigger debt. Combined, the return on your investment here is massive compared to regular stock investing!

Wealth building, in the beginning, is actually started with debt reduction and strict management. A change in attitude about your debt, from "liability" to investment, is the first step in true wealth building.

Today you should sit down and find the monthly expenses that truly don't mean as much to you as building wealth does. See how you can eliminate some of your spending to invest in your debt in

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order to maximize your cash flow faster, giving yourself a raise!

Take most of what you now have available per month and turn it toward the next debt – raising the regular monthly payment by as much as you can while rewarding yourself with a little thing to note your accomplishment.

Before you take on another investment, think about the wealth you can build with the money that currently goes to debt. Once you have mastered your debt, all that money can go toward investments, savings, and living expenses that far outstretch what you are able to experience now.

The only aggressive investment strategy that has absolutely zero risk is debt investment. You cannot lose and the gains are always tremendous compared to any other form of investing.

Live your retirement years free of financial stress, relaxed and enjoying life due to automatic income streams you create through the powerful investments you can afford AFTER investing in your debt.

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## ABOUT THE AUTHOR

[C.C. Collins](#) is a respected financial strategist and [investing](#) expert. His [NetWorthPublishing](#) sites offer information and help with [stocks](#) and [mutual funds](#).

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## Health – Your Most Valuable Asset

**Your health is undoubtedly your most valuable asset. So with that in mind how do you protect your health ?**

Yes you probably have health insurance to look after your health if you become ill and car insurance to take care of you should your health suffer as a result of a car accident. But isn't that paying someone else to look after your health after things go wrong ? A bit like closing the stable door after the horse has bolted ? What are you doing, or, what should you be doing to look after your health right now ? Do you get regular health check ups ? Do you exercise & eat all the right foods that are beneficial to your health ? Do you use health care products such as health supplements ? Do you smoke, drink or take drugs ? Are you aware of how these habits affect your health ? I'm willing to bet that you make darn sure you look after your children's health, making sure that they are not doing anything that is going to cause long term damage to their health ? But who is watching your health ? Who's making sure you are not doing anything to damage your health ? Health is probably something we all take for granted & only realise how important our health is when we are ill or someone close to us is suffering from ill health. However if we all do nothing in regard to our health now, waiting until we begin to suffer from ill health & then trying to do something about it may be too late as we may have already done irreparable damage to our health. If you could do something now to prevent one of your assets diminishing, such as your bank balance, your home or your car would you ? Yes of course you would, so what about your most valuable asset, your health ? Well it's about time that someone took control of your health, and that someone is you ! Take control of your health now and make sure that valuable asset, your health, is well and truly looked after. Here are some suggestions that might help you to look after your health: Get regular health check ups. If you have a good health insurance these are probably insisted upon. After all we all give our cars regular "health" checks, isn't our health more important than the health of our vehicles? Make sure you eat a healthy diet. Even if you don't need to lose weight the right diet can help to improve your health. Take regular exercise. 30 minutes a day at least 5 days a week, even if it's just a couple of 15 minute strolls, that's not too great a chore to protect a valuable asset – your health. If you smoke, stop now ! This is probably the best thing you can and ever will do for the sake of your health. Cut down on your alcohol intake. Stick to the recommended guidelines for sensible drinking – for your health's sake. (c) John Mac 2006

### ABOUT THE AUTHOR

John Mac is Author & Owner of <http://www.fitnessdiethealth.com> your no.1 stop to help improve your fitness, diet & health.

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