

Health and Fitness Nutrition

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8 Ways To General Health And Fitness

It never fails but as soon as I wrote all my Weight Loss, Weight Gain, Fitness and Nutrition type of tips I had a few left over that couldn't really be placed into these categories.

But as you will see they are right on the money for your general health and fitness and can be used in your everyday activities.

Lets take a peek:

What Is A Healthy Diet - A healthy diet satisfies two criteria: It contains enough fibre and a number of micronutrients including vitamins and minerals to maintain a healthy body. It is balanced in forms of fat, protein, and carbohydrates and micronutrients.

Don't Train With The Flu - This is one of the biggest exercise blunders you can make A number of temperature raising viruses, including the flu can affect the muscles.

People often forget that the heart is also a muscle and can be weakened by the flu virus. Normally our hearts can cope with the strain of this, but exercising on top of an already weakened heart is potentially fatal. After a bout of the flu, you should wait at least 48 hours before exercising again.

Cool Down - When you do a strenuous workout the blood vessels in your muscles dilate to deliver more blood for the muscles to operate. The skin vessels also dilate to increase the heat loss from your body, which is why you get flushed after exercise.

If you don't give your blood and skin vessels enough time to recover, and jump straight under hot water your skin vessels will dilate even further. Then your heart goes into overdrive trying to pump blood throughout the body.

Ultimately you might notice symptoms like faintness, dizziness or at worst, you could even collapse.

Don't Eat Before Exercising - Always try to eat two or three hours before your exercise and not after that. If you do eat before exercise you can develop what is known as "dumping syndrome" where the blood supply that normally goes to your muscles during exercise is diverted to your gut.

This means that you're not getting enough blood to your muscles, which can cause you to become lethargic and faint.

Try to Give Up Smoking - the best and easiest way to give up smoking is to replace it with another habit. Unfortunately, quitting has been associated with weight gain if you replace your cigarette habit with a candy or snack food habit.

So replace the smoking with the habit of exercise!! Nothing tough or painful at first and build up to it. A five minute walk instead of a cigarette and aim to build it up slowly and easily.

Before, you will be fitter, you will be healthier and your body will be more you realize tight and toned.

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You will feel better in the morning, your breath will be worth being near again and fingernails, hair and skin will take on a much younger fresher look!! Of the people who die from lung cancer, 95% of them smoke.

Protein Power - Carbohydrates supply the sort of calories easily burned during cardiovascular exercise, but protein plays an important part in building muscle mass - or rather in not storing food as fat. "This is largely because the bulk of protein that is eaten will be used to build muscle".

Further the average male will lose 500gms of muscle - not fat - every year once he stops regular exercise. While older men and women are usually touted as the beneficiaries of strength training so to are the young.

Planned Exercise - I suggest you start with 100 minutes per week of mildly puffing exercise be it 2x50 mins, 3x35 mins, 4x25 mins, 5x20 mins all of which produce the same results.

Mix up your aerobic activities in the gym; use the treadmill, bike, climber or any other training gear available to you.

Keep A Training Log - Keep a training log for all your fitness requirements, keeping account of the reps you are using, how many sets, what weights you are using and also the date, time and where the workout took place is imperative for gauging your day to day progress.

Also recording all cardio- vascular activities is just as important.

In conclusion, these general health and fitness might have been left to last but they are still right up there as far as your health and fitness is concerned.

About the Author: Gary Matthews is the author of the popular fitness eBooks Maximum Weight Loss and Maximum Weight Gain. Please visit <http://www.maximumfitness.com> right now for your 'free' weight loss or muscle building e-courses.

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Exercising The Liver: An Excellent Guide To Health & Fitness

It is a tough job for the liver to keep the cleaning function of the body always in smooth operation especially with the present-day unhealthy eating and drinking habits of people. And, like any other machines, it encounters malfunctioning that needs immediate troubleshooting. But unlike other machines that need only oiling to run again, the liver has to be looked upon very carefully or the entire system will suffer if it does not function very well.

In youth, you might not notice the effects of malfunctioning liver. But when you reach middle and advanced age, you will discover that a lot of sicknesses are being caused by a malfunctioning liver. The symptoms of a damaged liver are: dull aching pain in the right side of the stomach area - often under the shoulder blade, terrible pain at the nape, rough tongue, unpleasant taste in the mouth in the morning and the appearance of yellowish color in the whites of the eyes. Other than those, a person with a troubled liver would also frequently feel loss of appetite, dizziness and drowsiness after meals.

With these indications of ailments, the person is often irritated and weak which could affect his entire outlook in life. And this could lead to fast deterioration of the body. Growing old would then become a burden.

But you can do something to prevent that misfortune from happening to you. Aging doesn't have to bring about all sorts of diseases. It is not a reason that because you are getting old, you are expected to feel all kinds of sickness. There are times when you regret why you never heeded the advice to you before and why you never paid enough attention to your health when you were younger. Instead of dwelling on those regrets, why don't you try doing something to alleviate that condition? No matter at what age you will decide to do so, it is never too late. Sanford Bennett, a phenomenal celebrity for bodily rejuvenation thru natural methods, has proven so.

In his campaign for total health rejuvenation, Sanford Bennett devised a program of exercise for the liver to keep it in a fine condition. The liver, being a gland, would respond well when exercised. And an exercise involving tension of the abdominal muscles will benefit the liver along with some massaging techniques. But of course, before doing the exercise, one must be familiar with the position and the structure of his own liver.

* First Exercise

There are three exercises Sanford Bennett described for the liver. Feel the location of your liver with the fingers of both hands as you lie on your back. Press the fingers upward past the ribs. The liver can be easily moved and tensed because the abdominal muscles are in relaxed state. Create pressing movements under and upwards. Do this twenty times and increasing daily until you reach 100 or until your condition permits.

This tensing exercise is comparable to the effect you get when you ride a horse. This is an exercise frequently prescribed by physicians when the liver is not in good condition.

* Second Exercise

Lie on your right side and place your left hand over the area of your liver. Position yourself with the head slightly inclined forward and with the knees bent. This will relax the abdominal muscles and place the liver forward. With your knuckle of the thumb or the pad of a finger, press well under the ribs and massage the liver.

* Third Exercise (Percussion)

Light thumping of the liver will also help in the healthy activity of the liver. Lie on your left side which inclines the liver forward and the muscles relaxed. With your right fist, strike lightly but rapidly on the

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area. Begin with twenty strikes and increase daily up to how many your condition permits.

When the liver is properly taken care of, the whole body system is guaranteed to be in a good condition. And when you pay equal attention to all the parts of your body, there is no need to worry about your health failing. Take care of your body.

About the Author

The writer, Ismael D. Tabije, is the editor of the e-book, "The Man Who Grew Younger: Secrets to Fitness and Beauty for the Middle Aged and Beyond", which can be accessed at <http://www.growyounger.e-mart4all.com>. The book has complete descriptions and illustrations showing unique but proven effective exercises.

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A goal is the result or achievement toward which effort is directed. Without setting goals in exercise or nutrition, there is far less value and purposeful direction; and they need to be measurable and realistic. For example, a thin teenager weighing 120 pounds wishing to weight 220-pounds of muscle is both specific and measurable. However, he cannot hope to achieve such a physique, especially not soon and probably not without growth-enhancing drugs. Therefore, in this instance, the goal to gain 100 pounds of muscle is specific, it is measurable, but it is unrealistic.

Non-measurable goals, such as "I want to lose fat and get lean," will never be realized since the term "lean" is subjective with no objective measurement. What is lean to one person may not be lean to another... or perhaps it is "too lean". Once the individual obtains a supposed state of leanness, will that person know that he has achieved that goal or will his perception of what he thinks is "lean" change because of higher standards and greater expectations? On the other hand, if a trainee indicated that he wants to reduce body fat to a level of ten percent, then he has a measurable goal – one that can be quantified.

Next, to achieve goals better, trainees must provide a measurement and do so in the smallest amount necessary and within reason relative to past accomplishments. Don't aim for something greater than you could ever have achieved in the past. Moreover, the more distant the goal, and the smaller the increments, the more likely the success of obtaining the goal. But it should be noted that a goal must require some degree of effort and challenge. If the goal is too small or easy to obtain, there is little incentive or sense of accomplishment or pride.

Goals can be measured in terms of outcome and performance. An outcome goal refers to that which a person is aiming to achieve, such as lifting five pounds more in the bench press next workout or a far greater weight over the course of several months. There is little flexibility in this type of goal – either it is achieved or it is not. Performance goals refer to the process through which a person achieves those goals, including both the short- and long-term. Performance goals are much more flexible, and allows a person to reorganize a strategy from day to day in order to meet the outcome goal(s). Performance goals are associated with less anxiety, since there is flexibility and, as a result, should be emphasized in an exercise and nutrition program. It can be upsetting not to achieve an outcome goal, but if all the steps leading up to the outcome were done to the best of your ability, it is easy to maintain motivation in preparing for the next outcome goal.

When determining a long-term goal, a strategy of immediate, short-term goals (performance goals) must be considered. For example, if you desire a ten-pound increase on the best bench press, how will you get there? This is accomplished by creating a workout schedule, a long-term plan of

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increasing "x" pounds/ounces to the bar each workout until you achieve the extra ten pounds. The plan may need to be reevaluated then re-designed – particularly if you fail to increase the weight by "x" pounds/ounces during one of the workouts, and falling short in the end. It could be further stated that creating a goal strategy in exercise is very similar to a marketing or business plan in that goals may be established, but they may also need reformulating on a regular basis to reflect current facts of finance, the economy, sales, customer satisfaction, etc.

GOAL SETTING PRINCIPLES AND STRATEGY

Set Specific Goals. The goal must be measurable, such as "bench press 275 pounds" by a certain date rather than "increase the bench press" and without a concrete date in mind.

Set Difficult and Realistic Goals. The goal must be within reach, yet challenging in order to increase mental arousal and motivation. Easy goals will not be motivating, yet goals that are nearly impossible will hinder motivation for future workouts. Goals must reflect your genetic ability accurately; as strength and size increases, the ability to match past goals will diminish.

Establish Short-term Goals. Each main goal must consist of sub-goals or short-term goals. Before a person can increase chest measurement by an inch, or bench-press an additional 50 pounds, he must progress in smaller amounts. Being able to see patterns in those amounts (your results over a particular period of time), or lack thereof, provides valuable data and feedback in your ability to achieve long-term goals during a specific time frame. Not being able to achieve short-term goals provides further information as to what is not working and the need for a new plan of short-term goals in order to achieve the long-term goal.

Develop Goal-Achievement Strategies. A trainee cannot achieve short- or long-term goals without knowing how he or she eventually will get there. In order to lose an inch off the waist, you must first lose a quarter-inch, then a half-inch, etc., and each step requires a certain amount of exercise and a proper eating plan. These aspects determine your daily or immediate goals.

Create Backup Plans of Action. What happens if a short-term goal is not reached? If something goes wrong, is it probable that the long-term goal will be reached? It will be difficult to get back on track if a backup plan of action is not established to correct any minor setbacks. If the goal is to lose a quarter-inch off the waist during the first month, and the trainee only lost one-eighth inch, the chances of losing a quarter-inch during the next phase of the strategy is highly unlikely (unless exercise is increased and eating is decreased). It will be necessary to rethink the strategy and decide what must be done in order to get back on track. But rather than waiting for the possibility of failure, strategize ahead of time and anticipate failure or what could go wrong.

Individual Personality Considerations. Prior to establishing goals, personality must be considered. Is the person a high-achiever or a low-achiever? Does the person have the commitment and can he or she maintain that commitment? Can the person sustain the motivation to reach a difficult goal that may be a year away while paying attention to diet and intense exercise during that time on a daily/weekly basis? Does the person have the maturity and intellect to work through any problems leading to each goal? How does the individual accept failure – as a learning experience or another "nail in the coffin" of defeat?

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Provide for Goal Evaluation. At the end of each short- and long-term goal, evaluate performance, dedication, motivation, and well you did to achieve (or surpass) your goals. From this information it will be easier to establish future goals, and to make goals easier or more challenging, by learning from mistakes, failures, and successes. Also, evaluate the backup plans of action and if any of those steps needed to be implemented, your problem-solving skills, what went right, what went wrong, and any factors that were not considered.

Provide Goal Support. Share goals with others, such as a loved one, friends, a mentor, or associates on the Internet. Telling people about what you intend to achieve increases support and keeps you on the path to prove your ability rather than experiencing humiliation or embarrassment from backing down when the going gets tough. Regular updates on a long-term goal, and how each short-term goal is proceeding will keep you in check and sustain motivation.

About the Author

Brian D. Johnston is the Director of Education and President of the I.A.R.T. fitness certification and education institute. He has written over 12 books and is a contributing author to the Merck Medical Manual. An international lecturer, Mr. Johnston wears many hats in the fitness and health industries, and can be reached at info@ExerciseCertification.com. Visit his site at www.ExerciseCertification.com for more free articles.

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