

Super Fitness First

Author: Darren O Connell

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2-Minute Fitness

Why would I want to write about yet another fitness program? There are so many out there. There is no escape from fitness programs whether you watch TV or read a magazine or newspaper.

The reality is that most of us are not happy with our physical state and we are looking for solutions. We are not only looking for solutions, we are actually paying for them. This creates the natural demand for physical fitness programs. The variety of physical fitness programs does not indicate that one method is better than the other. Like neither is Coke better than Sprite nor Sprite better than Coke. It's a matter of preference and either one of them could quench your thirst. Variety is good. It gives us the freedom to choose. In spite of having a good supply of effective fitness programs and variety, I think the failure to benefit from such programs lie in us. We are not organized enough or do not have the time to practice them. Because of our work and careers the time investment becomes difficult. I remember the last time I enrolled in a Martial Arts course. After a few weeks I could not keep up with it because it required 2 hours of classes, 3 days a week. That's only 6 hours a week. Yet I could not find time for Martial Arts from my daily work schedule. That is the reason why the 2-minute fitness program caught my attention. Anyone can afford to spend 2 minutes. Tony Bahu founder of the 2-minute fitness program provides a full workout composed of minutes only. If you failed earlier in elaborate fitness programs, the 2-minute fitness program may be the right program for you. As you don't have to invest large amounts of time in the program, you will probably not give up so easily. More information about the program can be found here:

http://health-fitness.marc8.com/ebook-info.php/name/2_minute_fitness/toc_id/6-0-11-17

ABOUT THE AUTHOR

Sanjib Ahmad - Freelance Writer and Product Consultant for [Best Selling Business Books and eBooks](#). You are free to use this article in its entirety as long as you leave all links in place, do not modify the content, and include the resource box listed above.

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5 Fitness Myths That Are Responsible For Thousands of Fitness Failures

Unfortunately, many people are misinformed and are also misled by the many promises of the weight loss industry. Everywhere you look, you see or hear of people promising “Dramatic Weight Loss” with products such as “The Fat Trapper”, or “Exercise in a Bottle”.

Then you also have the hundreds of diets out there such as “The Zone”, “Sugar Busters” or “The Atkins Diet”. I’m sure you have heard of many of these yourself. You might have even tried some of them. Unfortunately, these products and diets are not the quick fix, or the miracles they are portrayed as. They are also usually very dangerous.

Below are some common misconceptions among people with regard to exercise and nutrition.

1. You need to exercise to burn fat.

The truth is you don’t gain body fat because of a lack of exercise. You gain it because your blood sugar levels exceed what you are using. Basically, you are eating too many calories at one time.

2. Your metabolism slows down once you hit 30.

WRONG! Actually, hundreds of research studies have shown that the slow down in metabolism is due to a loss of muscle tissue. And the loss of muscle tissue is directly related to a lack of hard physical activity!

3. Pasta and bread are fattening.

Anything is fattening! Lettuce can be stored as fat! Any food or drink, which contains calories, can be stored as body fat if it causes your blood sugar levels to exceed what the body needs at that time. Bread and pasta are actually great sources of complex carbohydrate! The key is how much you eat and when you eat it.

4. Eating after 7pm will make you fat.

Absolutely false! It all depends on whether or not the body needs that amount of calories at that time. Keep in mind your body is constantly burning calories, 24 hours per day, just the amount varies.

5. Strength training will make you bulk up.

Another NO! It seems as if mostly women are concerned with this one. Muscle size is primarily affected by genetics and hormone production; therefore, most women don’t have the potential to build very large muscles.

Muscle burns calories, so the more muscle you have, the more calories you burn which makes easier to burn fat and harder to gain it!

By no means is this a complete list! There are so many I could write a whole book just about them. The key is in education, but not by reading fitness magazines!

About The Author

Jesse Cannone is a certified personal trainer and author of the best-selling fitness ebook, Burn Fat FAST. Be sure to sign up for his free email course as it is full of powerful weight loss and fitness tips that are guaranteed to help you get the results you want. <http://www.guaranteed-weightloss.com>
info@guaranteed-weightloss.com

[The Cavemans Guide to Fitness](#)

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Fitness and Exercise and the Older Adult

Fitness and exercise are not just for children and young people. Older adults can reap mountains of benefits from becoming engaged in a regular fitness program and many are doing so. In fact more older adults are taking fitness and exercise seriously now than in recent decades.

Mall walking is a popular activity for older adults. Brisk walking is one of the best and safest forms of exercise. Shopping malls offer consistent temperature and protection from the elements. If it is snowing or raining outside, you can still walk in the mall, getting all the benefits of a fitness and exercise program without having to brave inclement weather.

Swimming is another popular activity many older adults enjoy. Swimming works every muscle in the body, but is easy on the knees and joints. While many older adults enjoy swimming laps, others have incorporated water-based calisthenics into their fitness and exercise programs, with great results.

The baby boom generation of Americans is getting older, with many baby boomers now reaching retirement age. This generation though is different from preceding generations. Baby boomers tend to live longer, and are more concerned about health. More baby boomers watch their diets, try to control their weight and make fitness and exercise a regular part of their lives than older Americans have in past generations. Add to that the advancements made in medical treatments and these baby boomers can expect to live for many years to come. Physical fitness will continue to play a major role in their lives.

Of course, fitness and exercise are not the only factors to be concerned with. Diet also plays a part. A high fiber diet, with most carbohydrates coming from whole grains, vegetables and fruits; and protein coming from more lean portions of meat to limit fat also contribute to health. When proper diet and fitness are linked the result more often than not is a healthy person, no matter what the age. Combining fitness and exercise with good nutrition is a win-win situation for everyone involved.

About the author:

Robert Garland writes and researches health related topics. Visit the website at:
<http://rjgresearch.com>

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Fitness of the Body

Bodily fitness is being able to deal with and handle the daily stresses of life, good physical and mental health, especially when maintained by proper diet, exercise, and habits. Nutrition refers to the nurturing of our body, in our ability to keep it healthy and functioning as it is supposed to do. Our ability to provide the body with all the necessary food, vitamins, and minerals so that we continue to thrive in our daily life processes is a part of overall fitness. Fitness refers to the condition of good physical, mental, and spiritual health.

Fitness of the body occurs when all the body processes, physical and mental are functioning as the peak levels. What does it take to achieve complete body fitness? It requires more than simply taking a trip to the gym, or a walk in the park.

Many factors come into play when we consider our body's fitness. The daily intake of food, vitamins, and water are absolute necessities, and most often the items thought about. What about the conditioning of our body to deal with life each day?

Does our physical exercise have anything to do with the fitness of our body? Absolutely. For one condition without regard to the other, is not a complete whole. The body includes all of our physical processes, our mind, and our physical being as a whole. When we give thought to the fitness of the body, most often we contemplate our physical condition as it applies to our cardiovascular needs and our weight. But our bodies are much more than heart and a nice figure. What about all of our other organs? Are they fit? How do we maintain a fitness of the entirety? Daily physical exercise that benefits the body as a whole, taking time to rest and restore what has been depleted from our body over the course of the day, and making sure that we adequately supply our entire body with the nutrition necessary for healthy function.

If we use our resources wisely and educate our selves about the things our body needs to maintain fitness, over the course of our life, it isn't a difficult thing to attain. But you cannot abuse your body for years, and then hope for immediate results in trying to attain overall fitness. It didn't become unfit overnight, and it won't become fit again that quickly.

Proper attention to the physical needs of each part of your body results in the fitness of the whole. Every part of your physical body exists to work in unison with another part of the body. Two hands are necessary for optimal functioning of the limbs, two feet, two eyes, etc. The physical body is designed to work better than any machine invented to date. It is more complex and powerful than any piece of equipment we have on the market. It takes more abuse than believable, and continues to operate, even without the daily requirements being met, for several days. It is a fascinating machine, as machines go. But it is an even more fascinating subject, when we choose to care for our bodies as the temples they really are. They house our mind and soul, and when the body is fit, it does its job tremendously well.

About the author:

Home Fitness Equipment Center is a free web site that offers the latest news and information about

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fitness equipment for home.

[Burn The Fat MP3](#)

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Fitness Programs

There are many fitness programs available these days all promising to be one of the best available & the ideal one for you. There is no fitness program available that is the best for all. You are an individual with different needs, wants & lifestyle so there cannot be a fitness program that is ideal for all.

Every fitness program has its pro's & con's & it's up to you to decide which one is best for you, after all you need a fitness program that you know you are going to enjoy, that way you will stick to it & reap the full benefits. So which fitness program is for you ? Will you choose one of the well known ones such as Pilates, Step, or Aerobics (in one form or another) or will you go for one of the many celebrity fitness programs. The choice of fitness program is yours & yours alone make sure you pick the one for you. To help you here is a quick overview of some of the fitness programs available. Pilates Fitness Program Developed by Joseph Hubertis Pilates as far back as the early 1900's, Pilates is based upon developing & improving body posture & flexibility of movement originally using the resistance of springs. Pilates can be practised using specially designed equipment or performing exercises based on the Pilates system simply on a mat. Pilates has spawned many different versions which are available today. Pilates fitness programs are available on video or DVD to use with or without equipment, for you to follow at home or you could try your local gym to see if they run classes there. Step Fitness Program Step is basically a form of aerobic exercise involving stepping on & off a step quite often to music. You can follow this fitness program from a video or DVD at home using a simple piece of equipment or in a group at your local gym or recreation centre. Aerobics Fitness Program Aerobics is a fitness program in numerous different formats but basically involves lots of movement such as arm raises, leg raises, kicks, stretching, lunging, bending etc to music. The type & frequency of movements should depend upon your current level of fitness. The fitness program can again be followed at home using a video or DVD or at classes in your local gym or recreation centre. (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.

[Getting Fit Right Now Program](#)

If you keep falling off the fitness bandwagon time and time again, OR, you really want to take your current fitness program to the next level (or even if you have never enjoyed the life changing benefits of a fitness program), then you are going to love t

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