

# Weight for Me!

A Guide To Your Health & Well Being



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# About Us

Dear Friend,

Thanks for downloading this mini eBook. This guide is brought to you by <http://www.simonyounes.com> we give you the low down on all aspects of your health and well being.

The articles in this eBook covers topics about stretching, exercise and pregnancy, weight loss, make up and skin care.

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# Benefits of Stretching

The body is flexible. It is supposed to be flexible. You must be able to bend and reach that something you dropped on the floor. You must be able to zip the back of your favorite dress on your own. You must be able to reach that book you need to read at the top shelf.

These are simple activities. Nothing grand about them, you merely stretched out a bit. However, if there are difficulties in doing such simple motions, then you have to stretch your limits. You already need a stretching program.

## What Is Stretching?

Stretching is simply the act of extending to full length the body or simply a part of it. This activity involves straightening or stretching the structure or the limbs.

## How Does One Do the Stretching?

Stretching is fairly easy. As mentioned in the introduction, it is involved in the normal activities. It can be done by any people, regardless of age.

However the extent of stretching and flexing differs. The muscles tighten as a person ages. The range of joint movements can be minimized. This can very well obstruct an on-the-go lifestyle. That is why as the person grows older, bending or flexing becomes more limited. This is why stretching regularly, as part of a routine is very important.

Simple stretches can be done everyday. It can be incorporated in the lifestyle and the daily activities. It does not require much of your time.

Stretching exercises can also be done while training. Actually, stretching is an essential part of any training or sport. It must be done first before anything else. Stretching the body and the limbs is a good preparation for a more rigorous activity.

Most athletes would do the sit and reach, wherein they position on the floor, extend their legs and reach the tip of their foot with the tip of their hand. Actually, most trainers actually require their athletes to really do the stretching before playing.

There is actually an ideal length of time in stretching. It is best to do it in 10 minutes. This will give the body enough opportunity to move and flex the muscles, thus preparing it for more complicated and strenuous movements.

Experts however would frown upon going way beyond 10 minutes. Stretching the exercise to 30 minutes or more will already wear out the body. This will not be favorable if one is preparing for a game.

### What Are the Benefits of Stretching?

#### 1. Increase the Range of Movement

As one constantly do the stretching exercises, the length of the muscles and the tendons are also increased. This will help in increasing the range of your movement. Thus, the limbs and joints will be able to move, way before an injury can take place. You are definitely physically fit.

#### 2. Increased Ability to Perform Skills

When you have a wide range of movement, the more you will be able to do more things. For example, you can jump high without feeling any pain when you land back on the floor. This will also help you start a new sport or improve more if you are in one. Stretching in this aspect also allows you to have a more active lifestyle.

#### 3. Injury Prevention

One can prevent injury to joints, tendons and muscles with stretching. When the muscles and tendons are well-flexed, they are considered in good working order. This will help in a faster recovery and decreased soreness. The muscles of the body will be able to take more exhausting and rigorous movements with less probability of being injured.

#### 4. Reduce Muscle Tension

If the muscles are given their regular exercises and stretching, it is less likely that they will contract. This will definitely relieve you of any muscle pain or problems.

#### 5. Enhance Energy

Being able to move more will also give you more energy. Stretching will also help enhance your awareness, like knowing that you have a body that is capable of doing many things. As such, you are going to be more driven to move rather than sulk in the corner.

#### 6. Reduces Cholesterol

Research also shows that doing prolonged stretching exercises, like yoga, will help reduce the cholesterol in the body. This of course must be done with a healthy diet at hand. This could prevent and even reverse the hardening of the arteries, allowing you to avoid coronary diseases.

Incorporate stretching in your everyday lifestyle. It has benefits you can not say no to. It also does not require much. It can be your usual activities, bending and flexing every now and then. After all, your fitness is everything so do what it takes to keep the body healthy.



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# Exercise and Pregnancy

Prescribing a medication for pregnant women is a complex process.

Before obstetricians and gynecologists decide which dose of which drug can best treat a condition without putting any harmful side effects on the mother and the baby, they consider the patient's age, general health, the number of months before delivery, tolerance for medications, and any other drugs the pregnant patient may be taking.

Prescribing exercise on pregnant women has to be just as scientific and precise. The type, intensity, frequency, and duration of a "dose" of exercise are all critical. One person's healthy, vigorous workout could be hazardous to another. These dangers may be greater in pregnant women because they are more likely to have strains and other serious side effects for the would-be mother.

However, if exercise will be implemented and carried out in a normal, average range, exercise will not have an effect on the overall condition of the pregnancy and especially on labor or delivery.

## Pregnancy

Quality prenatal care should be given to a mother during her pregnancy. She should be prepared for the normal delivery of a healthy baby. Complications should be prevented at all costs.

All of these things are boiled down to the fact that a pregnant woman should be cared in such a way that she will not be compelled to do vigorous work but should not also stay in bed and be inactive until she gives birth to her baby.

Consequently, a pregnant woman's condition varies in relation to the growth and development of the baby in side her womb. Therefore, it is necessary that proper health guidance be provided by her physician during her visit.

Moreover, it is important to keep the pregnant woman's life active in order to promote good health, not only for her but also for the baby most importantly.

Physical conditions like blood pressure, weight and health status is usually monitored during the pregnant woman's visit to her doctor. For this reason, it is significant to note that exercise can be the number one factor in order to keep these aspects in good condition.

As the health experts contend, adequate physical and emotional information is needed by a pregnant woman to prepare her for delivery. She needs practical health messages in keeping herself and the baby healthy.

Hence, for mothers or would-be mothers who are not yet aware why they should exert some effort in engaging into moderate, normal exercise, here is a list of some of its benefits so that you will be able to understand the reason why pregnant women have to exercise regularly:

#### 1. Defiance against fatigue

As muscle becomes fatigued, it produces less force. To accomplish a task like climbing the stairs, for example, or shoveling snow, more units of muscle must be called into play to back up the wearied muscles.

The tired muscles are both less efficient and less effective. Hence, this will just put more strain on the pregnant woman because of the weight that is continuously adding up each day. That is why tired muscles will usually result to leg cramps or sore muscles.

What every pregnant woman must know is that exercise improves the condition of the muscles and their ability to work longer without fatigue.

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