



Fit for Life

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Moderate Exercises and Fitness!

Have you ever felt tired and stressed out from work and by the time you get home you see your three children running towards you asking you to play basketball with them? You refused and promised them that you will after you take a rest.

Instead of disappointing your children say "yes"! You will be surprised by the amount of energy you will have after that 30-minute activity.

Did you know that by exercising at a moderate pace for only 30 minutes, you would feel a lot better? It has been proven that this improves the appetite and sharpens your style in problem solving. You will also feel that it is easier to sleep at night if you do moderate exercises even for only 30 minutes every day.

Exercise helps in lifting your spirits and getting you out of any depression. It promotes self-discipline and has a positive impact how you perceive life. For first timers, it can be done for 15 minutes for 2 to 3 days a week. You can increase the time you spend once your body gets tuned up for it.

DON'T ever force your body! If you get hurt, stop. You can take a break from exercising for a few days and then you can start again but you need to start back at day 1.

Here are some moderate exercises you can do and enjoy:

1. Go Walking. Make use of your surroundings.

You can walk your dog, with your partner or child. Encourage your family to do walking exercises daily and you will find yourself burning calories while enjoying the surroundings and getting enough sunlight which is also good for you.

2. Discover the wonders of Yoga.

Yoga is one effective exercise that energizes not only your body but also your soul. You may want to learn even the basic yoga positions that are not too complicated but proven effective. A five-minute yoga exercise can perk you up and recharge your body with the energy you lost for the whole day. You relax and at the same time you stretch!

3. Engage yourself in sports.

Play basketball, football, baseball, tennis or badminton. Many doctors have recommended sports as an effective way to stay fit and healthy. Sports can also be done in moderation. Do not take it seriously. Shooting basketball with a friend is one moderate exercise that is also considered a sport.

4. Join exercise programs at work.

If you still do not have exercises programs at work, then why not start one? You can talk to your boss about it and start with your colleagues. You do not only lose calories but it is also one good way to bond with them. This can be done 30 minutes, 3 times a week.

5. Exercise while doing household chores.

Gardening, raking leaves, lawn mowing, doing the laundry, vacuuming and car washing are effective moderate exercises at home. Make use of these chores to sweat and burn calories. Instead of using machines and gadgets to perform these chores, why not do it with your hands and lose some fats?

Making exercise a part of your daily routine will surprise you by how many calories lose. Doing these moderate exercises the same amount every day can burn up to 150 to 1,000 calories a day!

Outdoor Exercise and Fitness

More and more people are now attuned to their fitness needs. Whether it's an indoor or outdoor exercise activity, they will always take the chance to stay physically fit and healthy. Outdoor exercises are also popular nowadays. Like indoor exercises, you can get a lot of benefits like:

- Little equipment is needed in order to have a good workout; but there are also exercises that don't require any equipment at all
- No more obnoxious people or crowded gyms
- No need to drive back and forth a fitness facility
- You can enjoy the fresh air
- Doesn't require special workout outfit or make-up
- You get a lot of sunshine and vitamin D
- You can work out anytime and anywhere

Some of the reasons for preferring outdoor exercises as a fitness routine may not be included on the list but whatever your reason, there are still other things to think about. Now that you know the benefits, the next step is to learn the different activities fit for the outdoors. There are seven top outdoor exercises; if you want to get all sweaty, feeling great and worn out, you can check out these exercises.

Lunges – this kind of exercise should be done in perfect form so that all your leg muscles, as well as your buttock muscles will work with every motion. You can also include some variations like standing lunges, alternative, elevated, walking, and rear lunges.

Push ups – this is truly an effective exercise for your upper body but very few people do this now because they prefer press machines. The push up is a productive exercise that doesn't require any equipment. The basic movements include standard, wide, and close grips. By doing the three basic movements alternately, you can stimulate the muscles on your shoulders, chest, and triceps. You can achieve easier movement by elevating your hands; for harder movement, try elevating your feet. If you're brave enough, you can try clapping and bounce push ups.

Squats – doing squats the proper way can provide incredible power. Its effectiveness has been lost due to inappropriate form, improper instruction, and laziness. You can do variations like one leg, standing, pile, wide-stance, and overhead squat. By doing repetitions, you can feel your legs getting tired which means its taking its effect.

Step ups – if you do this exercise properly, then you're doing a brutal exercise. A bench will do as your equipment, and all you have to do is to step up and down. Just make sure that your head is up at all times and your back is in a straight position. This is also a great cardio exercise.

Chin ups – also called pull ups; use a tree branch or any playground equipment that allows you to pull yourself up and down. You can repeat this exercise as many times as you like.

Uphill sprints – try this exercise only if you can do a 100 meter dash. This is carried out by running uphill. Find a decent-sized hill and run up fast. Then walk right down. Just keep on repeating.

Duck walks – walk like a duck; squat down and stay put, then start walking. Repeat as necessary.

Doing outdoor exercises the right way is hard, but the benefits you can get can't be easily ignored.

Working Out for Extreme Fitness

Many people think about building muscles as abandoning life outside the gym and devoting hours in the gym like a monk in a monastery. Perhaps the only way to chisel the body into a hot muscular physique is by toiling hour by hour over the rusty iron day in, day out and year in, year out.

Although hard work is truly required, extreme fitness demands one to be a slave of the iron weights. Full-body work outs can make you progress and fit easily into your schedule. This is very convenient if you are looking to achieve extreme fitness but find it hard to hold on to a single workout routine.

Genuine full-body work outs make for a maximum muscle contraction using heavy weights. Make room for full recovery so you can actually grow and continue to train hard plus it also prevents burnout which is inevitable due to excess training.

So if you are ready for extreme fitness, here is all there is to know about full body work out:

A full-body work out is a time saver. The biggest plus about having the whole body trained at once is less frequently at the gym; perhaps around two to three times for every seven days would be enough.

Another advantage of working out the entire body all at once is that you need not spend two or more hours of strenuous exercise in the gym for every session; one only spends one hour in the gym for every session. So that's just three to four hours per week in the gym. With full-body work outs, it is all about the quality of exercise you do per session and not the quantity, nor even the amount of time you allot per session.

Full-body work outs boost the cardiovascular system for extreme fitness. You must allot two to four sets for every body part into the one hour session. Jam packed with exercising, each one hour session then gets the heart and the rest of the cardiovascular system pumping and up to speed in a flash.

Now feeling pumped up, next find out what rules do you have to follow when engaging in a full-body work out:

Training commences only once every two to three days. What is great about this is that there is time spared during rest days so that one can indulge in a few cardio exercise sessions instead of depending on cardio exercises one normally does at the end of each work out session which after all, are not at all very effective.

Heavy lifting is strongly advised; contrary to popular belief, especially among athletes. It is not good to get trapped on training to conserve energy for later in the routine. What is true is that you cannot achieve optimal progress if you do not train heavy, no matter which program.

One exercise only per muscle group. This is very easy to follow and is also important. Doing basic exercises which are also intense means you do not have to do another different exercise for that body part.

Keep your work out short. Resistance training affects the natural hormones of the body connected to muscle building. Intense exercising boosts the testosterone levels and long work outs increase those of catabolic cortisol. Sixty minutes of work out allows you to get the best of both worlds.

Now with this convenient and powerful workout regimen, one can now truly experience extreme fitness.

Better Work Out

1. Stop and Go

If you play a sport that requires a full sprint, remember that a full sprint strains the muscles of the lower body. To combat this, do stop-and-go exercises. For example, run 30 meters at about 80 percent of your effort, slow to a jog for 5 to 10 meters, then run again for another 30 meters. Repeat this process five times.

2. On bended knees

Almost 3 out of 4 ACL injuries occur when players are landing or turning. If your knees are bent instead of straight, the risk of injury is greatly reduced according to a report in the JAAOS (Journal of the American Academy of Orthopedic Surgeons).

3. Cool down

Heatstroke is not something that can be easily cured like headaches. To avoid it, stay cool and hydrated. Be sure the combined temp and humidity is less than 160. This is according to Dr. Dave Janda of the IPSM.

4. Get the proper equipment

Badly fitting gears or ill sized equipment can be a cause of training injuries. The extra money spent on proper equipment goes a long way.

5. Do it the right way

Bad technique is just as bad as, bad equipment. Seek advice from pros and trainer, their advice is invaluable to your exercises or training.

6. Go West (or whichever direction)

If you're playing or training in multiple directions, your warm up should also. Move sideways, backward, forward and all the motions you might be doing. This allows your body to be prepared.

7. Have yourself filmed

The camera doesn't lie. Show your video to a person well verse in your training, so he can give a critic of your fitness regimen.

8 .Loosen the shoulders

Even a slightly injured rotator cuff can shut down the function of a shoulder. You might want to include stretching to protect your rotator cuffs.

9. Take an early dip

Schedule your swimming sessions early as there are less people in the pool, and the less of everything in the pool.

10. Protect yourself

Wearing custom-fit mouth guards reduces the risk of injuries by as much as 82 percent, according to a study at UNC at Chapel Hill. Plunk out the cash for a custom-fit mouth guard and it'll last for years including your smile and teeth.

11. Smooth out your tendon

Inquire about ultrasound needle therapy. This procedure is minimally by using ultrasound to guide a needle. The needle smooth's the bone, breaks up calcifications, and fixes scar tissue. 13 out of 20 patients saw improvement, and the session takes only about 15 minutes of your time.

12. Buy your running shoes after work.

Shop in the evening, the feet are swollen after a day of work. It approximates how your feet will be after three miles of running.

13. Do off road running.

If the surface is unstable, it trains the ankles to be stable.

14. Know where you're going.

Whether its biking, or skiing, be sure to have a dry run down any path first. A lot of injuries can be avoided when you're familiar with the route.

15. Train hard.

Anxiety reduces your peripheral vision by three degrees and slows the reaction time by almost 120 milliseconds, according to an article of the Journal of Sports Sciences. When the going gets difficult, the veteran athlete relies on skills they've trained for and practiced. It keeps them cooler under pressure, widening their vision so they can see react much faster.

Choosing the Right Fitness Program for You

Many people today are now getting more and more concerned about their health. With the alarming increase in heart related diseases and diabetes and the United States having been nicknamed as the fattest country in the world, you have every right to be concerned about your body. You have to consider that your body plays a major role on how you live your daily life.

By having a healthy body, you will be able to enjoy life more. You also need to consider that having diabetes and heart related disease will also affect your family's life. So, if you want a healthy body, you have to turn off your TV, get off your comfortable recliner and start exercising. You also need to consider that you have to have a proper diet in order to maintain your body's health and prevent it from acquiring different kinds of diseases.

Today, there are thousands of gyms located all over the United States. You can consider enrolling in one of these gyms in order to get a perfectly healthy body. You have to consider that by exercising, you will not only have a healthy body and a healthy heart, but you will also have a great looking body that you can proudly show off.

All you need to do is find the right fitness program for you. Gyms today have professional fitness experts or fitness trainers that can give you the right fitness program for you. If you just want to maintain a healthy heart and have a well-toned body, the right fitness program for you will concentrate more on cardiovascular exercises plus a diet program that will help you maintain your heart's health.

If you want to have stronger muscles, you have to consider that weight training plus intensive cardiovascular exercises are required in your fitness program. You also need to consider that there are different fitness programs for different kinds of people. Even children have their very own fitness programs and even the elderly have their very own fitness program.

You need to consider that your fitness program will depend on the current state your body is in. If you are too fat or overweight, you will first enter a weight loss fitness program. After you finish your weight loss fitness program and have reached the required weight, you will now enter a different and more advanced fitness program that will concentrate on strength and endurance training. However, if you are too thin, you will enter a weight gain fitness program.

As you can see, there are different kinds of fitness programs available today. You have to consider that the right fitness program for you will depend entirely on your current health status

and your body status. These are some of the things you have to consider when choosing a fitness program for you.

Fitness Training: The Best Way to Get a Great Looking Body plus the Health Benefits

In today's society, many people are now getting more and more concerned about their physical appearance. Besides, having a good looking body means that you can attract more of the opposite sex. This is why many people go through liposuction surgery or experiment with their body by trying out different kinds of diets. Although liposuction surgery can give you a thinner and better looking body, you have to consider that this process won't necessarily develop your body. The process will involve sucking out fats from a specific part of your body and the surgeon will "sculpt" your body to get a better looking figure.

In dieting, you should consider that this can be very dangerous for your body as it can deprive the body of the nutrients it needs. Some diets say that you shouldn't eat carbohydrates, which your body needs in order to have energy. Some diets suggest fasting which also means depriving your body of the essential nutrients it needs. With the proper diet plus fitness training, you will be able to obtain a well-toned body with all the health benefits because fitness training actually keeps your heart pumping, therefore, making it healthy.

There are quite a lot of fitness training methods available today. You have to choose the fitness training method that will suit your needs. If you like body building, you have to concentrate more on cardiovascular exercises and weight lifting. However, if you only want a healthy body and a well-toned one, you can consider fitness training exercises that concentrate more on cardiovascular exercises and a little on weight training.

Fitness training is the most natural way of obtaining a well-toned and healthy body. You have to remember that muscles burn fat. By developing your muscles it will burn fat at the same time. The fat stored in your body is what keeps your muscles working. Think of the fat in your body as the fuel for your muscles. This is why that although dieting alone can give you a slimmer body, it will lack strength because you are depriving your muscles of fat.

You have to consider that the human body needs fat in order for it to work properly. However, you have to use those fats in order for you to not have that "extra padding" or those "love handles". You can try hunting for your own food in the wilderness as what the humans before did that is both an exercise and a necessity. Technology has contributed to obesity and being overweight. The best way that you can use your fat and at the same time develop your body's muscles is through fitness training.

Workout Ideas to Make Fitness Fun

When you ask someone to workout with you, you will usually hear the word "no". Besides, working out is boring. Maybe even you will consider that working out is boring and rather do fun things than spending time at the gym doing some boring workout routines. You have to consider that more and more people are putting up with the boring workout routines because of the alarming increase of heart related diseases and obesity. You have to consider that you have to take care of your body in order to live a happier and more satisfying life.

You and only you are responsible for maintaining your body's health. This is why you have to do fitness workouts in order to keep your body in top working condition. Failing to do so will result in a disease-ridden life where you and your family will suffer. So, while you are still not experiencing diseases because of being overweight, such as diabetes and heart diseases, you have to start doing fitness workout in order to keep your body healthy plus giving you the benefit of having a great looking body that you can show off during summers at the beach.

If you find regular fitness workout routines very boring, there are quite a lot of fitness workouts that you can do to make working out more fun. There are fun activities that you can do where you can definitely enjoy and at the same time, get a great quality fitness workout experience.

Most people consider that fitness workouts are only limited at the gym. However, you have to consider thinking out of the box and start being creative. Active sports such as swimming, golf, tennis, football, and basketball is a fun sport that can give you great quality fitness workout experience. For example, if you like to play tennis, there are quite a lot of tennis schools available that can teach you how to play. You can even include your family in this fun activity and all of you can have fun while at the same time, promote fitness.

If you are not sports minded or you can't think of any sport that can be fun for you, you can also consider dancing as a great fitness workout experience. You can try and enroll in dance classes. Although some people think that dancing is easy, you have to consider that it's not. Dancing is quite difficult and can be very stressful for your body as it will require you to run, walk, and jump around in the dance floor to do those dance moves. Dancing can definitely be a great fitness workout alternative if you find regular gym workouts boring. Dancing is also fun especially if both you and your significant other enroll in the same classes.

These are just some of the examples that can make fitness workout more fun and more enjoyable. There are still quite a lot of activities out there that you can do for fun and at the same time, give you a great quality workout. There are belly dancing activities, there are hiking and camping activities, there are rock climbing activities and a lot more. All you need to do is find one that interests you and be creative.

10 Things You Should Know About Stretching

Before fitness training, it is important to warm-up and do stretching exercises to prevent accidents and enhance the output during the training. There are also a number of precautionary measures and tips to serve as guidelines when doing fitness exercises. Here are some of them.

1. To increase your flexibility and to avoid injuries, stretch before and after workout. Almost everyone knows that stretching before a workout prevents injuries during the exercises, but only few people know that stretching after workout, when muscles are still warm, can increase flexibility.

2. Hold your stretching position for more than 60 seconds to increase flexibility. While holding your position for 20 seconds is enough for warm ups, holding each position for at least 60 seconds will develop the body's flexibility.

3. Do not go into a stretching position then immediately return to the relaxed position, and do it repeatedly. This is more appropriately termed as bouncing while in a position. When stretching, hold that position for several seconds, and then slowly relax. You may do this exercise repeatedly this way. Bouncing or forcing yourself into a position during stretching can strain or damage some joints or muscles.

4. Work slowly in increments instead of immediately prior to doing the hardest exercise or position.

5. Make sure that you have stretched or warmed up all muscle groups. For some people, even if they have strong bodies, they tend to neglect the neck when stretching. Stretching the neck muscles can be as simple as placing the palm of one's hand against the front of the head and pushing it. Then, do the same to the sides and the back of the head.

6. Stretch regularly to continually increase your range of movements and your level of flexibility and strength.
7. Workout considering only your capabilities and not of others. Do not force yourself to do exercises that you are not yet capable of just because there are people who can do it. Increase your limits slowly. Listen to your body. There are days when your body may be too tired that you may have to consider reducing your range of motion.
8. Learn to rest. Rest in between sets and stations to make sure that the body has enough time to recover its energy. Also, it is advisable that you don't work the same muscle groups consecutively for two days. The muscles grow during the period when you rest and not when you are working out.
9. Do aerobic exercises to strengthen your heart. Aerobic exercises are those activities that use much oxygen for fuel. This includes cardiovascular exercises such as skipping rope, running or swimming.
10. Music may help you when you want to train for longer periods or to increase your intensity. You can use mp3 players, CD players or lightweight am radio receivers for this. Just make sure that you brought your headset with you so you wouldn't disturb people who don't prefer music while exercising.

Apart from preventing injuries and increasing one's limit, it is also said that stretching is good for a tired body and also for a stressed mind and spirit.

Body Fitness: Putting It First Into Your Lives

The human body is considered fit if it's mental and physical health are good, it strictly follows proper habits, diets, and exercises, and can handle and deal with everyday stresses.

You should nurture your body with proper nutrition to function well and stay healthy. Important minerals, vitamins, and foods must be provided to achieve overall fitness. Keep in mind that good spiritual, mental, and physical health is the real meaning of fitness. Body fitness occurs if all the processes of the body associated with mental and physical state are functioning at its peak levels. However, this is not only a one day task. It does not necessarily mean going to a gym or simply taking a walk in a park.

There are several factors that must be considered when talking about body fitness. Daily necessities as well as body conditioning are needed.

Physical exercise absolutely helps the body in becoming strong. All parts of your body need to function as a whole. Therefore, the absence of one factor can fail your entire fitness needs. Take for instance; you only focus on maintaining your weight and meeting cardiovascular needs. You forgot that your body is not only composed of your heart. All your other organs should also be functioning well. Body fitness is not only achieving a beautiful figure but replenishing what was depleted from the body due to daily activities. Physical exercises should benefit your entire body.

Available resources must be used wisely. Educating yourself about bodily needs for maintaining a fit body is also important. If you have an unhealthy body, you need to dig deeply for its causes. In fact, becoming fit again is not easy as you could observe that what makes your body unfit is several years of body abuse from bad habits, poor nutrition, and lack of physical exercises.

You should also know the difference between wellness and fitness since some have misconception about it. Being well and being fit is entirely different and have exclusive conditions, but both are essential in maintaining vitality and health. A fitness counselor or licensed fitness

instructor at a fitness club or local gym can test your fitness levels, while wellness is determined by optimum functioning of your immune systems.

The body maintains its balance if both fitness and wellness are in its maximum levels. Generally, nutritional intake affects the ability of the mind, body, and staying well. If this is combined with healthy eating, clean living, and regular exercise, then it will result to total wellness and fitness.

Giving proper attention on the physical needs of every body parts can also result to total body fitness. Never forget that these parts are working in unison with one another. In order for the limbs to function at its peak levels, two hands, two eyes, two feet, and other parts are important.

Your physical body works better compared to any invented machine. It's more powerful and complex, thus it can take more abuse yet continuously operate without meeting its everyday requirements for a few days. If you put body fitness first in your life, then your body can do its work tremendously well.

Fitness Singles: A Great Way to Socialize While Maintaining a Healthy Body

It is a fact that being single and free is a lot of fun. However, you have to realize that you still need to socialize in order for you to meet new people and make new friends or perhaps even meet that special someone you have always been looking for.

Dating and socializing isn't the only thing you should worry about. You also need to consider that you have to maintain a healthy and great looking body in order to enjoy life to the fullest. Today, there are fitness programs available exclusively for singles. You can enjoy life through meeting other singles and making new friends and at the same time, workout for a healthier and better looking body.

There are exercise programs especially made for singles today. By joining these programs, you will be able to have more fun exercising than before. This is because these kinds of programs are integrated with fun activities that you can do with other singles. There are cross country mountain biking, swimming activities and other sports activities.

As you can see, it can be a lot of fun exercising. You have to consider that companies that offer these kinds of activities aren't dating companies. These companies offer fitness activities for singles in order for singles to enjoy working out more. You have to consider that hiking or biking alone can be quite boring. So, what these companies do is that they organize a group of singles to meet and do fitness activities they enjoy together.

First of all, you have to join a company that offers fitness single programs. You have to state your preferences, your sexual orientation, your age, and also state the fitness activity, such as hiking, mountain biking, or any activity that you enjoy doing most. It is the company's responsibility to pair you with a group of singles that also shares your interest in the fitness activity and also pair you within your age group.

Joining fitness single programs can be quite an enjoyable experience. Besides, by joining fitness single programs, you will never have to do your favorite fitness activity alone again. As you can see, it can be quite fun to join these activities. If you enjoy boxing, you will be paired to another single that enjoys boxing too. You can spar and enjoy your favorite activity while socializing and getting a healthier and better looking body. Who knows, maybe in these activities you will meet the man or woman of your dreams. You have to consider that you will already share a common interest to the person you are paired with because you will already do the same activities that they also enjoy. All you need to do is develop the relationship further.

These are some of the things you have to know about the fitness single programs available today. Here, you will have the chance to make new friends or even better, meet the person of your dreams and enjoy doing your activities with him or her forever.

Reaching Your Body's Full Potential

Being fit always brings to mind the idea of bulging muscles, superman strength and a to-die-for athletic built. Fitness more importantly means the body's resistance level and stamina for physical activities. Peak fitness means achieving the fullest and the optimum potential of your strength and stamina in your activities.

Contrary to what most people think that peak fitness is only for the young, any middle-aged individual can still achieve peak fitness given the conditions of his body. Achieving peak fitness does not only mean working on a good body built and having the energy and the muscles to do hard, manual, physical labor. It also means following good health habits designed not only to build and develop your muscles, but to sustain your body with the energy and the requirements needed to performance your tasks to your fullest potential.

Maintain a balanced quantity of calories in your body. Don't stop eating calorie-rich food just because you're trying to cut back on your calories and lose weight. Calories are used in the performance of simple, ordinary tasks. Load up on fiber. It is important for good digestion and bowel movement. Fiber-rich food like wheat bread, unpolished rice, vegetables and fruits give you a feeling of fullness, which reduces the tendency to overeat. Of course, don't forget your greens. Maintaining a daily vegetable and fruit intake provides you with the necessary vitamins and minerals to beef up your stamina and resistance to disease, ultimately leading to your body's peak fitness.

Avoid a sedentary lifestyle. Be mobile. Exercise and be active. Keeping your body used to physical activity and an active lifestyle develops the muscles and strengthens your body's capacity to do certain tasks. Sedate individuals do not only gain more flab in their middle; they are also more prone to injuries and illness. Ten minutes of routine exercise everyday – from something as simple as taking the stairs to stretching and working on the treadmill can help your body maintain its peak fitness level. Of course, remember not to abuse your body. Have moments for lazing around and relaxing those muscles of yours. Too much and too little of anything is bad.

Give yourself enough sleep. Sleep is important as it allows your body to rejuvenate, the tissues to heal, the brain and other organs to slow down in their function. A good night's sleep spells more energy the next day, a more enthusiastic, active you. Enough sleep allows you and your body to function optimally, to your fullest potential. It is the body's means to recharge itself.

The easiest measure to check your peak fitness level is your body's ability to respond to stress. More so, peak fitness is your body's ability to respond to emergencies. A well-oiled machine should be able to function without the 'clicks' and the 'thuds'. Our body should be able to do its work in much the same way.

Wanted: Physical Fitness Trainers

These days, not only movie stars could afford them. No, we're not talking of designer clothes and shoes. We're talking about personal fitness trainers that only movie stars and millionaires could afford in the past. These days, anyone who's a member of a gym can have a personal fitness trainer who creates a routine workout just for them.

Most people who are serious about their fitness plans would insist on the services of a trainer on the grounds that a personal trainer provides the proper guidance and advices the individual of the

needs in their exercises. They can prepare a set of exercises that you can do in the gym and even at home. With a trainer, the individual is more focused on his work-out goals. There is someone who will encourage him/her and help point out the parts of the body that needs work-out and toning.

Sessions may range from a hundred to a thousand dollars, depending on the extent of services to be provided by your trainer. While others may charge a certain fee for a set number of work-outs, others charge for individual sessions. But the market for personal fitness trainers has significantly expanded with the increasing number of fitness buffs and health enthusiasts. As a fitness trainer, your market would be professionals, athletes and people who want to get fit and stay in shape. There's also a potential market for people undergoing therapy, those with high blood pressure and diabetics who needs to have a physically fit body to maintain their health. There are also those who need a trainer or coach for specialized sports related skills like aerobics and karate.

Those thinking of a career as a physical fitness trainer should be equipped with the basics of anatomy, physiology, nutrition, metabolism, design and implementation of fitness plans, health safety and first aid – topics which are taught at fitness training schools. These training schools may also provide specializations in different types of physical activities like yoga, strength training, running etc. There are also lessons on designing programs for people with special health needs and issues – the diabetics, heart disease patients and patients with back injuries.

Trainers can earn as low as \$16,000 to as much as \$80,000, depending on their experience and skills. Of course, personal trainers to prominent personalities like athletes and movie stars earn more.

If you're thinking of making this a career, remember that a physical fitness trainer provides more than just exercise and work-out plans. A physical fitness trainer is sensitive to the needs and conditions of his client. They are good motivators who can effectively encourage and promote healthy living and fitness to their clients. The reason why most solitary fitness buffs fail in their work-outs is because of the lack of motivation from a companion. The fitness trainer fills in this role of motivator – one who will keep them going even when they think the work-out's not working.

With a career as a physical fitness trainer, you get more than just a healthy and fit body. You may get to rub elbows with the stars too!

Fitness Trainer: Boredom Busters

One of the biggest obstacles to staying on track for fitness is losing motivation. People just starting an exercise program can find themselves quickly tired of the same routine. Keeping exercise appealing and maintaining a good fitness perspective is the key to long-term success.

If you have to watch the exact same episode of your favorite television show every day for the rest of your life, you would probably be banging your head against the wall by the end of the week. You would change the channel, pick up a book, or do anything you could to avoid something you once enjoyed.

Yet, many people starting a fitness program feel compelled to follow the same routine, day after day after day, and consequently fall off the exercise wagon due to sheer boredom. That is why most people want the services of a fitness trainer in order to provide them the different portions of the fitness program in a livelier style.

Fitness trainers are experts in analyzing and creating a fitness program that is right for you. They are the ones who will calculate your appropriateness to a certain program with regards to your

“fitness level,” create the program according to your specific needs, and keep you stimulated and inspired by giving you activities that will not bore you. But then again, as with other entities included in the fitness world, not all fitness trainers are created equal. They may vary from the different trainings that they have, the health education they have acquired, and the skills that they have learned. Hence, it is important to consider some factors that will determine if a certain fitness trainer is right for you.

Here is how:

1. Certification

Like any item or product, the quality is sometimes measured and determined through the certification that goes with it. Hence, before you choose your fitness trainer, it is important to verify if the trainer is duly certified by a highly regarded fitness association. It is also best to choose a trainer that has a CPR certification or first aid qualifications.

2. Education/Trainings

Be sure to choose a fitness trainer who had acquired an adequate training and education as far as health and physical fitness is concerned. Even though it is not necessary, trainers who have acquired education connected with health or any other related field will definitely have an edge over the others.

3. Knows how to give the right attention

A good fitness trainer should know how to provide his or her client an undivided attention whenever their session is going on. In this way, the trainer will be able to focus more on the details that needs attention and immediate considerations.

4. Knows how to track development

It is best to choose a fitness trainer that knows how to track his or her client's progress as far as fitness is concerned. In this way, the trainer will be able to generate new activities and trainings designated for a particular result of the client.

5. Good Personality

Since you will be dealing most with your fitness trainer, it is best if you will look for somebody with a pleasing personality, somebody whom you can be comfortable. It is best to hire the services of somebody whom you can easily get along with.

The services of a fitness center and the contributions it can give you while working out on those belly fats are, indeed, one of the best help that you can get from a professional person who knows what he is doing. Hence, it is best to choose the best person who can give you the best services that you need so that you will never get bored again.