

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) 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.

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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If You Know These 5 Wealth Secrets Then You Are Probably Already A Millionaire

Wealth Secret 1 - Decide Your Outcome Right Now.

Unless you are incredibly lucky you will not be successful straight away. In fact you will inevitably face many challenges which will test your character. One way of overcoming these challenges is to know what you are striving for. If you don't have a clear outcome then you may give up at the first setback.

If instead you imagine yourself with \$1 million in the bank, a Ferrari on your driveway etc. etc. then these crystal clear images will help you overcome adversity and spur you on.

Wealth Secret 2 - Commit To Growing (Your Brain).

Spend some money on some products that will help you learn new things. There are some amazing books out there that will inspire and motivate you in your quest for personal wealth. You need to look upon this as an investment not as money going out the door.

You cannot just keep doing things the way you always have been because nothing will change that way. Learn from people who have been more successful than you. Take inspiration from them. Most of the successful people in the world today devour new products, ideas and teaching even though they are already successful.

Wealth Secret 3 - The Most Successful People Have Often Been The Biggest Losers.

It is said that the inventor of the light bulb, Thomas Edison, tried 10,000 attempts until he struck success. That meant he failed 9,999 times! Most people try something once before giving up, can you imagine most people even trying 50 times, I can't.

Wealth Secret 4 - Failure Doesn't have To Exist.

If something doesn't work out the way you wanted then you have found one way which you can discard, you are closer to success. Now take that knowledge and try again but in a different way - and keep trying and trying until it does.

Wealth Secret 5 - Provide Some Value (Do Something!).

It's easy for many people to try take shortcuts to success by doing little or even trying 'scams'. You can't expect people to pay you vast sums for not doing anything or not offering some value or improvement to their lives. If you can save people time they will gladly pay you vast sums. If you can write a great book people will pay you vast sums. If you can save people money they will pay you vast sums. If you don't provide anything of value - then you won't get anywhere.

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About the Author: Mark is the publisher of <http://www.Choosewealth.com> The site that provides you with the techniques and strategies used by millionaires together with loads of business ideas to help you get started.

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Strength Training 101

Much has been written about the benefits of cardiovascular training. Until recently, however, little attention has been given to strength training, an important component of a balanced fitness program. You do not need to be a body builder to benefit from strength training. A well designed strength-training program can provide the following benefits:

Increased strength of bones, muscles and connective tissue (the tendons and ligaments), decreasing the risk of injury.

Increased muscle mass. Most adults lose about one-half pound of muscle per year after the age of 20. This is largely due to decreased activity. Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate or BMR). As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight.

Enhanced quality of life. As general strength increases, the effort required to perform daily routines (carrying groceries, working in the garden) will be less taxing.

THE CORE CURRICULUM

The box below includes exercises to work all the major muscle groups. Neglecting certain groups can lead to strength imbalances and postural difficulties. You may wish to consult with a certified fitness professional, such as www.gavinwalsh.co.uk to learn safe technique before beginning a strength training program. One set of 8-12 repetitions, working the muscle to the point of fatigue, is usually sufficient. Breathe normally lower the resistance with a slow, controlled cadence throughout the full range of motion.

Lifting the weight to a count of two and lowering it to a count of three or four is effective. When you are able to perform 12 repetitions of an exercise correctly (without cheating), increase the amount of resistance by 5 percent to 10 percent to continue safe progress. Exercise Muscle Group
Leg Press quadriceps, gluteals
Leg Curl hamstrings
Chest Press pectorals
Lat Pull Down latissimus dorsi
Lateral Raise deltoid
Triceps Press triceps
Biceps Curl biceps
Curl-up abdominals
Back Extension erector spinae

STAYING MOTIVATED

An encouraging aspect of strength training is the fact that you'll likely experience rapid improvements in strength and muscle tone right from the start of your program. Don't be discouraged, however, if visible improvements begin to taper off after a few weeks.

It's only natural that, as your fitness level improves, improvements in strength and appearance will follow at a slightly slower pace. To help keep your motivation up, find a partner to train with you or hire a personal trainer (www.G-Fitness.com). Aim to exercise each muscle group at least two times per week, with a minimum of two days of rest between workouts. Training more frequently or adding more sets may lead to slightly greater gains, but the small added benefit may not be worth the extra time and effort (not to mention the added risk of injury).

VARY YOUR PROGRAM

Machines and free weights are effective tools for strength training, and a combination of the two is generally recommended. Utilizing both machines and free weights provides exercise variety, which is important for both psychological and physiological reasons. Variety not only reduces boredom, but also provides subtle exercise differences that will enhance progress. The benefits of strength training are no longer in question. Research continues to demonstrate that strength training increases both muscle and bone strength and reduces the risk of osteoporosis. A safe

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strength-training program combined with cardiovascular and flexibility training will give you the benefits of a total fitness program.

About The Author

Gavin Walsh is a fitness expert based in London, UK. For more fitness related info visit www.gavinwalsh.co.uk.

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Strength Training FAQ's

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Do you need some beginner's strength training 'how to' information? I know you must have tons of questions. I will try my best to cover most of the beginner questions with this article. Just remember, above all else have fun and train safe!

How many reps and sets should I do?

How many reps and sets you do is completely dependent upon your goals and strength training method of choice. For example- if your goal is to lose weight and tone up your muscles, then you should consider doing 3 sets of 12 reps. If your goal is to increase muscle size, you will want to continually increase your weight size and consider a pyramid method for reps and sets.

How fast should I lift weights?

When you first learn about strength training, learn about proper speed. I see a lot of people lifting weights way to fast. A good speed is somewhere between 2-4 seconds on the lift and 3-4 seconds on the lowering phase. Your muscles aren't really doing the work if you move faster than that. Momentum is.

Should I workout everyday?

How often you choose to workout is up to you. I always advise beginners to start slowly. A very important rule is to allow your muscles at least 24 hours of rest before lifting weights again. So for example, if you work your biceps today, let them rest tomorrow. I know you will be eager to strength train everyday, but those muscle fibers need time to relax and repair. Strength training beginners must rest just like the pros! A good program will include several days of strength training, several days of rest, and proper exercises for each major muscle group.

About the author:

Lynn VanDyke is the owner of <http://strength-training-woman.com> She is certified in personal training, nutrition and yoga. Don't miss out on her ezine- No Limits. It is jam-packed with powerful strength training advice and quickly becoming the must-read for all things strength training.

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Think of Wealth and Become Wealthy

Our thoughts are magnetic ! Like a magnet we attract circumstances and opportunities. We literally attract the life we want with our powerful magnetic thought !

You might say : " But Michel i have been thinking about wealth all my life and the only thing i got is 5 cents in the banks !"

Do you think about wealth or the lack of wealth ? This is different my friend. When you think about not having enough money what do you attract ? Not enough money of course !

This is a spiritual law ! It's the law of attraction or sameness or harmony. You cannot have, what you don't think you can have. Like attracts like. Like criminals with criminals and saints with saints.

We join a group because they share the same ideas as ours (the law of sameness). We won't join people who doesn't think the same as us ! Like attracts like - you get the point ! I'm sure you do now.

We have to replace our old thinking if we want to succeed. Think about success and wealth and not: " Not enough money " or " I cannot succeed " . Replace this with : " I will succeed little by little, day by day " .

Our action follows our thinking. If we don't believe we can start a business we won't start a business. Period.

But if we believe we can start a business here is what happen : First our thought will attract information on how to start a business. So we first learn how to start and grow a business.

After that we start taking action like maybe getting a loan, finding a location (if we have a physical business). After that finding good employee, good marketing, good products etc.

We do what we think. Everything we do comes from our thought. Our thought form our belief. We have to believe to succeed. We act from our belief.

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It's not difficult to believe in wealth ! Look at all the people who succeed and have succeeded. There are not different from you. There are flesh and bones and not some space alien !

To become wealthy you have to think like them. Learn from them. If they have done it. You can do it too.

You don't need to have come from a rich family or to be a crook to be wealthy. The crook will one day get caught.

The simple formula to succeed is this. The ultimate truth of all ages and all the universe is : THOUGHT.

Taught your way to success.

Think and act. Act and think. Use your creative thought to create wealth or anything you like in your life. What you like you attract easily. Remember like attract like.

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Using Natural Health Remedies to Target Your Health Through

Health remedies are among the most important things you can utilize to gain full control of your health. Those that are natural are even better for you than others. Your health is all you have and you need to care for it in any way you can. Health remedies are available to help you to do this.

You have heard the saying, "Your health is all you have". Well, it's true. Without your health, you couldn't do the things you normally like to do. Without your health, your days seem numbered, not unlimited. It is important to take care of your health in any way you can. Optimizing your health should be a main concern of yours. But, there are ways to doing this that are not so bad. The way we live our lives shows much we value our health. Think of it like this. Once you damage your brand new car, no matter how much fixing and repairing you do to it, it will never be the same new car. The same goes for your health. No amount of health remedies can replace the health you once had. So, instead of wasting away your life with illness and improper care of your health, you should invest the time to get the information you need to have a healthy, full life! If you are sick, you probably take a trip to see the doctor. But, what if the way you are living is what is causing your health to drop? Do you eat the right way? Do you exercise regularly? While many people have good intentions of doing these things, we often take a step sideways when it comes to convenience and knowing what the best course of action actually is. What you need is information. You need information about how to eat correctly. You need someone to tell you what exercises you need to do and how often. But, where can you find this information? Sure, you can sell your soul to a trainer and have them handle it for you, or you can find the information online. Let's say that you are sick and you do go to the doctor. Do you feel comfortable taking the drugs that the doctor prescribed? Many of us do not know any different than just taking them. But, there are side effects to most drugs. In some cases, the side effects can do damage to your body in the long run. But, there are other options available to you. One way to improve your health is through the use of natural health remedies. You can find natural health remedies available for many of the common ailments that you suffer from. While it is not easy to admit that most of us need help in managing our health, we have to do it. Health is what keeps us working each day. Health is what keeps us enjoying the things we love. Health remedies can be a great way to enhance your health, but you need the information about them to truly have them help you. Finding this information does not have to be difficult though. You can find it throughout the internet.

ABOUT THE AUTHOR

Ken Austin

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Using Your Mind to Create Wealth

The first step to the realization of lasting wealth is to know what wealth means to you. What is it that you are searching for? Remember that happiness is not a destination but a way of traveling through life's journey. happiness is not an oasis that lies at the edge of the desert, a place that you reach only when you are prosperous. Study many of the greatest success stories of our time and they will say that they were happiest when they were starting to build their massive fortunes. They were happiest when they were working against the odds and had the raging fire of ambition and determination burning in their bellies. Determine to be happy now, not later. This requires nothing more than a conscious choice on your part. Once you've figured out very clearly what wealth means to you and what your key destination, is the next step is to develop what is know as a prosperity consciousness. To be wealth, you must think wealthy. As with all success, everything begins with the mind since your outer world reflects your inner world. Recognize that the mind is a treasure house of power to bring you all the richness you seek. It will soon come as surely as the night follows day.

Every man and woman in this world was born to succeed, be wealthy and be prosperous. The potential for prosperity is one of your most essential human qualities, whether you realize it or not. If there is not an abundance of all that you desire in your life, do something about it and do something this very day. It all begins by tapping the hidden and magical powers of that part of your mind: your subconscious mind.

Before you can do wonders in the outside world, you must first raise your standards about what you can do in your inner world. Every thought concentrated in the direction of your dreams is like a little nugget of gold, advancing you confidently in the direction of lasting life wealth. When your every thought is in the direction of where you want to go in your life, your actions follow and become productive ones. Everything is created twice: once as a blueprint in the mind's eye and later in your reality. The process is very similar to the work of an architect who first drafts a sketch and plan of the way things will look in the building and then methodically follows this blueprint to create the structure. Thoughts truly do become things. You are developing that state of magical thinking known as prosperity conciousness. You will start attracting tremendous opportunities and gifts that you never thought possible. What are you creating today?

About The Author

Daniel MacDougall is an writer, speaker, and artist. He and partner Marie, make their living online teaching people how to manifest their dreams. Go to <http://attracting-wealth.com> and learn more about how you can have all the wealth and abundance you desire in life. Free newsletter available. daniel@redrobotproductions.com

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