

Super Fitness First

Author: Darren O Connell

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Table of Contents

2-Minute Fitness	2
5 Fitness Myths That Are Responsible For Thousands of Fitness Failures	4
Fitness and Exercise and the Older Adult	6
Fitness of the Body	8
Fitness Programs	9
Five Ways to Fit Fitness Into Your Life	11
Looking for the best sourced opinion regarding health and fitness.	13
Reach you,re peak with fitness	15
S.M.A.R.T Goals @ Body Perfect Fitness and Health	17
Total Fitness For The Body You Always Wanted	19

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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](#)

"Guys, do you want to lose that gut and gain rock-Hard muscle, without ever stepping foot in a

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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>

[Win The Fitness Game](#)

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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](#)

"Who Else Wants To Hear A Master Coach And Bodybuilder, Uncensored On Audio As He Cuts Through All The "Weight-Loss" Lies And Total B.S And Reveals Scientifically Proven Ways For You To Easily Burn Fat, And Sculpt The Sexy, Lean Body You Truly Desire?"

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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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Five Ways to Fit Fitness Into Your Life

Everyone is pressed for time these days. It does not have to mean that fitness can't be a part of your life. In as little as 10 minutes a day, you can begin to make positive changes to your body.

People often have an all or nothing idea about exercise. They feel that if they can't fit in an hour of exercise that they will do nothing instead.

Successful exercisers make fitness an important part of their lives. Try scheduling your time to exercise like you would any other appointment.

If you are struggling to fit exercise into your day, try these fitness tips:

1. Tackle one body part per day and perform as many reps as it takes to reach failure. Or set a rep goal for yourself and do as many sets as it takes to reach your goal.
2. Exercise while you watch TV. (Don't just sit there, DO something.) Why not do some crunches, or leg extensions while watching the tube? How about some lunges? Anything you can do in a gym sitting down, you can do at home sitting down in front of the tube.
3. Superset your workouts. Put two exercises together and perform them one after another with no rest in between. You can either do a mixed superset of an upper and lower move combined, or you can choose two opposing muscle groups like chest and back.
4. Combine 2 moves into 1. Any time you perform a lower body exercise and your arms are not involved you miss out on a time-saving opportunity.

Try performing a lunge with a curl, or lateral raise. Or a squat with an overhead press.

You could create an entire workout around this concept and divide up your body parts and exercises so that you keep things fresh.

5. Circuit training. Select a number of exercises for your entire body and perform them as a circuit with little or no rest in between. Repeat as time allows for 2-3 circuits.

People will always find excuses to not exercise. These tips show you how to fit exercise into the busiest of schedules and get the benefits of regular exercise.

It's not about finding the time to exercise, it's about MAKING the time to exercise. No matter how busy you are. It's always better to do something than nothing.

The information contained in this article is strictly for informational purposes and is not intended to provide medical advice. If you are sedentary or over 40 please get clearance from a doctor before starting an exercise program.

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charge, as long as the bylines are included, and remain working hyperlinks. Please send a copy of the URL where you have posted this article.

About the Author

Rick DeToma is a fitness coach, and trainer who specializes in home workouts. Contact Rick for a no obligation telephone fitness assessment at: "

<http://www.tailored-fitness-home-workouts.com/contact.html>"

Get more tips like these by subscribing to Tailored Fitness News

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[Fat to Fit - Diet and Weight loss Workout](#)

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Looking for the best sourced opinion regarding health and fitness.

Looking for the best sourced opinion regarding health and fitness.

Sometimes when you're trying to find superior advice about health and fitness, you'll find it easier said than done separating value-packed advice from inexperienced health and fitness submissions and support so it is wise to know how to qualify the information you are given.

TreadClimber by Bowflex

Why run when you can walk. Burn calories faster and easier. Request your free video or DVD.

Now we'd like to give you some advice which we believe you should use when you are searching for information about health and fitness. You need to understand that everything we are telling you is only appropriate to internet info about health and fitness. We don't offer any guidance or tips if you are receiving information offline.

Professional Fitness Institute

Become a licensed massage therapist or certified personal trainer. At Professional Fitness Institute you can complete your training in just six months. Complete form for info.

A terrific piece of advice you can follow when offered information or advice on a health and fitness web would be to determine who owns the site. This could reveal the people behind the website health and fitness authorizations The easiest way to reveal who owns the health and fitness site is to find the 'about' page.

All respectable sites giving you information on health and fitness, will nearly always have a 'contact', or an 'about', page which will list the people behind the site. The details should divulge some key points about the owner's skill and understanding. You can then decide for yourself about the vendor's qualifications and experience to offer recommendations concerning health and fitness.

About the author:

Heath Macanally is the webmaster for <http://www.health-and-fitness-review.info>

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Reach you, re peak with fitness

Looking for the most up-to-date assistance relating to fitness. When you are in search of top information on fitness, you'll find it's complex separating value-packed advice from foolish fitness submissions and help so it is imperative to know how to qualify the advice you are presented with.

Fitness Fit

Online womens and mens sports and fitness apparel. Tops, tank tops and t-shirts. Skirts, shorts and pants. Bodysuits. Jackets. Tennis dresses. Wholesale opportunities.

Here's several guidelines that we think you should use when you are trying to find information about fitness. Please be aware that any recommendation we present to you is only applicable to internet advice about fitness. We don't really offer any guidance or advice for conducting research offline.

Alpha Fitness Equipment - Multi-Gyms

Find discount prices on multi-function home gyms for overall toning, strengthening, shaping, bodybuilding, and fitness.

A good hint to track when you're presented with help and advice regarding a fitness web site is to ascertain who owns the site. This may divulge who is behind the site fitness authority. The easiest way to reveal who owns the fitness site is to find the 'about' page.

Any worthwhile website providing information on fitness, will almost certainly provide an 'about' webpage which will record the owner's details. The details should tell you some indication concerning the owner's requisite knowledge. This enables you to make an assessment about the webmaster's depth of experience, to advise you on the topic of fitness.

About the author:

hugh campbell is the webmaster for <http://www.fitness-1st.info>

[How To Become A Fitness Model](#)

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S- Specific- Please make sure you know exactly what you are trying to accomplish. Lose 20 pounds, Get body fat % to 16%, etc.

M- Measurable- How are you going to track it. A scale, a tape measure, or a special instrument. Also keep in mind how often as well. Daily, weekly, etc.

A- Acceptable- Does it make sense?

R- Realistic- Can you reach this goal in the time you set in the amount you want. Like losing 20 pounds in a week. Don't set yourself up for failure.

T- Timed- Put it on your calendar. How long is it going to take you. Make sure you do not put to short of a time line on this one either.

So remember keep it S.M.A.R.T and keep it in print, and keep it close and in constant sight and your odds are bound to improve.

[Body Perfect Fitness](#)- The most comprehensive fitness and health resource online, dedicated to helping improve everyone's overall **Body Perfect Fitness and Health!!**

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About the Author

Robert Adams holds an Associates Degree in Culinary Arts from the Culinary Institute of America, is

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[Burn The Fat Feed The Muscle](#)

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Total Fitness For The Body You Always Wanted

Total fitness is more than just strength and conditioning... It is the combination, compromise and fluid interaction between cardiorespiratory endurance, strength, flexibility, power, speed, coordination, agility, balance, accuracy and toughness

Fitness programs are usually split up into two categories... strength and conditioning.

However... Total fitness is oh so much more than that!

Many physical fitness programs work under the assumption that fitness can be broken down into different components and trained separately.

But what happens when sport, work or life challenges you with an activity that requires the combination, compromise and fluid interaction of physical abilities?

Can a body trained in a robotic fashion function as one complete, effective unit when called upon?

Total fitness is the ability to effectively use and integrate different physical abilities into a fluid and successful completion of a task.

So how do you train for total fitness?

By participating in a physical fitness program that trains the body to work as one complete unit and that understands all physical abilities must be trained to complement the others.

By using a wide variety of training methods, stresses and intensities to blur the lines between the training of the different physical abilities... you can create total fitness for the greatest amount of physical activities under the greatest amount of circumstances.

Sometimes physical abilities unrelated to strength and conditioning are neglected from physical training programs or completely absent.

This is a big mistake... because total fitness is what will provide the greatest amount of performance improvement for skills necessary in sport, work and life.

If you are seeking functional strength, superior conditioning and fitness excellence and your workout program is broken down into isolated strength and conditioning sessions... you should look into changing your physical training protocol to include the training of other physical abilities and the interaction of all the abilities.

And for those of you that view physical training as a means to improve appearance... here is a little tip.

There is no faster way to create the body that you want than training for functional strength, superior

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conditioning and fitness excellence.

You cannot trick your body into looking fit without actually being fit... and even if you could, why would you want to?

Train for a body that performs as good as it looks and you will create the body you always wanted...
Train for total fitness.

About the author:

Coach Lomax is a strength, conditioning and fitness coach dedicated to building better humans for sport, work and life. Learn more at Optimum Physical Training or take his FREE Tabata Calisthenics Workout Mini Course.

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Finally. . .A 40-Year Old Fitness Cover Girl Reveals The TRUTH About How To Look Great In A Thong!

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