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## Ten Ways to Live a Healthier Life

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## **Introduction**

Thank You for purchasing Let's Get Healthier. There are 10 chapters that will walk you through step by step on improving your overall health. This book will help you live your live to the fullest.

Are you ready to take the steps to live a healthier life and want to do it the natural way? These days we want to make some positive changes in our life so that we can live healthier and happier lives. This book will guide you in the right track towards making important changes in your physical, mental, and spiritual health so that you will be a better human being altogether.

The following ten categories of lifestyle modification will help you to lead a perfect life. You will feel better physically as well as you will also carry that positive mental health that is so vital in becoming a better human being.

Don't wait for tomorrow when you can start today. We have less time and there are so many things to be done. Listed in this book are some easy ways that you can start right away. It does not depend on your specific health circumstances. Whether you are young or old, your level of of your physical fitness, this book has the answers you would require to improve your health as well as those around you.

## **Chapter One: Add Exercise to Your Life**

Doing some exercises are essential to maintain a healthy lifestyle. There are different types of exercises. Each of them is beneficial to your body in a different way.

### **How exercise benefits the body**

Exercise is nothing but movement of your body parts using certain muscle groups. According to this definition, just about any sort of activity can be regarded as exercise. Muscles require energy to move them and so the energy production system of our body provides it to help the muscles. For instance, the heart pumps faster while we do some exercise. It helps to reach oxygenated blood to the muscles faster. The more you do exercise the muscles and body becomes stronger.

There are many benefits of exercise. You will have more energy, there is reduction of weight and even there is lowering the risk for certain diseases such as Type 2 Diabetes and heart disease. Exercise is very important to all of us, especially when most of the Americans tend to lead a sedentary lifestyle.

You must include exercise in your daily life if you want to lose weight and continue doing so. Exercise burns calories which come from the stored fat. If you are burning more calories a day than you are consuming, you will lose weight. However, if you are starting any exercise regimen, make sure you are still consuming enough calories each day to sustain the normal functions of your body. A healthy and balanced diet combined with a proportionally designed exercise regimen is a dependable formula for effective weight loss and maintenance.

## **Next We Will Discuss Different Types of Exercises**

There are many different types of exercises, such as running, biking, aerobic exercises, yoga, and walking. Many people argue on the best type of exercise. For instance, running may get your heart muscles charged up, but it can also be very tough to your joints. The best strategy for incorporating the benefit of exercise into your lifestyle is to do different types of exercises. A good exercise program will include both aerobic exercises or cardio (biking, swimming, running etc.) and weight training or isometric exercises. Before you start any new exercise program, it is very important to consult your doctor beforehand and get going very slowly. It may take some time for your body constitution to get used to the exercise program. Do not make any hasty attempt for any kind of exercise as and sports injuries are very common. Stretching the muscles or warming up before doing any exercise is a great way to avoid injuries. Warm the muscles up before engaging them in strenuous exercise helps your body muscles to get used to it.

## **Start to Learn about Pilates**

Pilates is a type of exercise that has seen great popularity in recent years. Pilates was designed by Joseph H Pilates in the early 1900s. Initially, Pilates were done using a series of machines that are designed to stretch the body in certain ways. This program can also be done without the help of any machines while using only a floor mat. Pilates mainly focuses on the 'core' muscles which move your midsection. Pilates are intended to tone up and strengthen the muscles without adding muscle mass.

Anyone can practice Pilates since it does not impact hard on your body. Even pregnant women can typically practice some form of Pilates, although it is mandatory that they should do so under strict supervision. Pilates can be done anywhere ranging from an expensive studio with all the equipments to a fitness class using only a floor mat, or even in the convenience of your home. Pilates is

very much flexible. It can be modified to fit into fitness level of everybody.

There are many benefits of doing Pilates since it is such a low impact exercise program. Pilates works to reinforce your muscles, particularly the 'core' ones. These primarily include your abs and back muscles, as well as your legs in some of the movements. Pilates can help to align your body and makes it flexible. Pilates also helps you to learn the knowhow of full breathes and can be very relaxing. It does so despite the intense workout your muscles are undergoing. Regardless of your fitness level, it is important that you take any Pilates instructions very seriously and follow them precisely. Proper form of exercise is very much important in a successful Pilates practice.

If you are doing Pilates for the first time, it is imperative to have a knowledge how it works and what are the benefits you can expect to see. If you have joined a multi-gym or health club for Pilates, they will offer some type of Pilates class or private instructions. Learning Pilates from an experienced trainer is important since the positioning of the body plays a vital role in Pilates. If you prefer to do your Pilates practice at home, there are hundreds of videos you can buy or rent that demonstrate a complete Pilates workout. It is better to start with a beginner Pilates program even if you feel you have a more advanced fitness level as Pilates practice involves muscles that you may not use for other exercise program. Be careful doing exercise and gentle with your body. As it is already said, before beginning any new fitness regimen you must discuss it with your doctor.

## **Making Exercise a Fun Part of Your Life**

Leading a healthy lifestyle means that you are eating right, getting adequate sleep and doing regular exercise. But what you will do if you do not find enough time for a separate exercise program? There are many forms of exercises that you can incorporate into your lifestyle, which brings fun while doing. It will also provide enough workouts that you need to stay fit and healthy.

You can join a sports team to get moving. There are many types of sports activities that you can choose to play depending up on your interests: basketball, soccer, volleyball, or baseball. When you play on a team, you'll find yourself getting the required physical activity that your body and heart needs. For that, you don't have to spend hours each week motivating yourself to make it to the gym.

Exercise in a group is another fun choice. It can easily be done with friends when it comes to getting in your weekly quota of physical fitness. Group exercises are generally organized at any multi-gym. Fitness centers are offering group exercises that are fun to do and a step away from the normal and boring routine of lifting weights regularly.

**Turbulence Training** <~~~~~ Workout's for intense purpose.

Some popular choices of group exercises include belly dancing, kickboxing, hip hop dance, Pilates, and all levels of step classes. When you exercise with a like minded group of people, you're often more motivated to keep going since being part of a team with the similar goal of getting in shape is a powerful incentive. Another way that you can initiate and maintain an optimum level of fitness in your life is to find an activity that you enjoy doing. Don't just join the other people at the multi-gym, only because it's the "in" thing. Do not engage in such things if you hate lifting weights or walking on the treadmill. Find something that you love to do and confident to carry on.

Some outdoor sports activities that you might want to consider for adventure. These include biking, hiking, canoeing, or power walking. All of these fitness activities will give your vital organs the required workout, strengthen your muscles, and get your body mobile. And yet, you will never hate doing them.

If you like to join other people who share your same fitness level and interests, you can think joining a biking or hiking club. Or you may find that you enjoy biking by yourself, using it as the perfect opportunity to become Zen-like and focus on your own thoughts.

No matter how old you are or how you put yourself into fitness, exercise should

become an integral part of your routine. Pregnant women also can stay in shape by modifying their exercise regimen. The regimen should be safe for every stage of pregnancy. Older persons need to keep their bodies and muscles toned up so that it is easier to counter the aging process.

[Top Fat Loss Secrets](#) <~~~~~ Fat loss info you have not even thought about

## **Take Fitness in Small Steps**

One of the dangerous mistakes that many people do when they decide to get into shape is to go for the the entire concept of “fitness” within a short period of time. Incorporating fitness into your life takes time and won’t happen overnight. Mother Nature has created our body in such a way that it can not tolerate any drastic change. It may destroy the homeostasis of our body. You must allow ample time to your body, mind, and spirit adjusting too many changes that will be happening when you start to add exercise in your daily routine. This is why fitness in small steps is so important. It will ensure that you are less likely to quit when you become inundated with the changes in your life.

The first thing that you need to do is start doing exercise for half an hour or so. If you haven’t been active for a while you may start by adding some morning walk. You need to walk for at least 30 minutes each day for 15 days in a row before you start to see positive changes in your level of fitness. It is up to you to continue walking or not when you have reached a certain level of fitness. You may change your decision to start power walking or hiking so that you can raise the fitness level.

Make sure that you invest a little buying in a good pair of walking shoes to keep your feet are well supported and cushioned as you walk. If you slip or break any leg bone, you may want to discontinue your fitness routine. You may buy a pedometer so that you can keep track of how far you walk each day.

[Fat Loss For Idiots](#) <~~~~~ ~~~~~~Self Explained

For the first few weeks, stick to the same walking routine so that you become used to a certain level of fitness. You should measure the distance that you walk, as well

as the time you took each day to walk this distance, so that you have a yardstick against which you can calculate the progress of your fitness. After a couple of weeks, you can walk farther than what you have started so that you're slowly increasing your fitness level each week. This is the way to minimize injury by not attempting to do more than your body is ready for.

Besides your daily walking routine you may do all possible measures to get moving. This means taking the stairs instead of the elevator while going up to 5<sup>th</sup> floor, parking your car farthest possible area in your destination and taking a brisk walk, and leaving your car at home whenever you can and going either by bicycle or by walking. Do not e-mail to your colleagues in the same office, instead meet them personally with a smile. It will help to increase your Personal Relation (PR).

After a couple months of abiding the small steps towards fitness you'll see a significant change in your fitness level. You'll find that you feel better from inside, have more energy, are sleeping more soundly. It will make you happier also.

## **Chinese Forms of Exercise**

There are certain Chinese forms of exercises that you will want to concentrate if you are introducing Chinese medicine into your life. Most common forms of Chinese exercises include:

- T'ai Chi. This form of Chinese exercise which uses movements of certain body parts to achieve an optimum level of peace and harmony in your mind and body.
- Martial arts. Use a variety of marital arts, such as Kung Fu or Karate. Although these forms are exhaustive, they will surely bring your fitness level to the top.
- Qi Gong. This form of Chinese exercise is an amalgamation of mental exercises and breathing exercises to prevent and treat health problems.

The more different types of exercises that you can include in your workout program, the more positive results will be there in your level of physical health. The

rational combination of diet and exercise are crucial parts of Chinese medicine.

[Program Your Mind For Success](#) <~~~~~ Great Reading

## **Your Health and Effectively Treating Arthritis**

Arthritis or pain in the joints is a disease that affects thousands of people each year throughout the world. In most of the cases doctors are prescribing medications that is for the treatment of arthritis and for all other forms of pain. There are many natural, healthy and alternative ways to treat arthritis and the symptoms associated with it.

The first thing that you may consider is looking for objectionable ingredients in your diet and what you are putting into your body. Studies have demonstrated that there may be a direct correlation between your diet and the risk of arthritis. These studies showed that those people who were on a diet that was rich in certain vitamins and antioxidants had a reduced risk of incidence as well as further progression of the disease. The vitamins and antioxidants in question are as follows:

- Vitamin E. Studies have demonstrated that a dietary supplement of Vitamin E helps to reduce inflammation in a case of arthritis.
- Vitamin C. Vitamin C helps to slow all forms of arthritis as well as reduce pain around joints.
- Beta-carotene. Beta-carotene works the same way as Vitamin C in reducing inflammation and slowing down the disease process of arthritis.
- Lutein (antioxidant). Studies have demonstrated that lutein lowers the risk of knee osteoarthritis.
- Lycopene (antioxidant). Lycopene is another antioxidant that is much effective for osteoarthritis of the knee.

Exercise is also very important in the treatment of arthritis, but you must not do any sort of exercise when you are suffering from acute arthritic pain. Many people avoid exercise due to intense pain in different stages of arthritis, but it is important to remain as mobile as possible and to incorporate some form of beneficial effect of

exercise into your daily routine. You can do Tai Chi and Qi Gong even if you are having advanced stage of limb arthritis. Both of these exercise methods put little strain on your muscles and limbs, so that you can continue at least a little bit of exercising.

Living with the chronic pain of any form of arthritis takes a great deal of courage and perseverance. Try to include some of the herbs and supplements that are mentioned into your diet. It will alleviate some of the pain and discomfort arising out of arthritis.

[The Secrets 2 Fat Loss](#) <~~~~~> **Fast Growing Fat Loss Information**

**To Your Health!**

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