

## **TEN FIT TIPS**

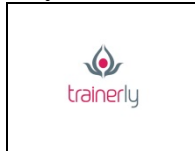
Throughout the year, and especially during hot summer months, thorough hydration is an essential aspect of quality health. The standard advice of six to eight 8 ounce glasses of water per day is a general guideline for adequate hydration. However, depending upon your activity level your body may require additional water intake. Water is necessary for our bodies' operation of cellular and digestive functions. When exercising generates internal heat, water is effective as a cooling agent as well as aiding in muscular contractions. If consuming large amounts of water is difficult for you, try sipping a water bottle throughout the day to ensure adequate hydration. Recognize that although cold or icy water may feel most refreshing, your body manages cool water near 69 to 74 degrees most effectively. Whether in the gym or in the great outdoors remember your water bottle wherever you go!

- 1 . When performing weight lifting exercises or strength training exercises a spotter is valuable to minimize your risk of injury. Have your spotter in place and ready to respond especially when you are working with heavy weights or when you are increasing your weights.
2. For most effective muscular strength development, control the weights you are lifting to minimize the aid of momentum. Your muscles are trained to become stronger when they are responsible for the entire weight maneuvers. This tip does not refer to explosive or power lifting techniques.
- 3 . Strength training systems may seem intimidating at first glance, but consulting a certified Personal Trainer is an efficient approach to these machines. Training sessions will provide you with correct form, weight guidance, and exercise routine outlines; necessary information for effective strength training programs.
4. Cardiovascular exercise is one component of complete health. Weight loss and the reduction of body fat is most effectively achieved through regular and prescribed cardiovascular exercise. The intensity level and duration of such exercise are factors which determine the presence or absence of weight loss. Speaking with a certified Personal Trainer will allow you the assess your current cardiovascular level and prescribe an training level to achieve weight loss results!
5. Exercise routines are complemented well with adequate rest and muscle recovery. Sleep and relaxation are important for muscle development and cardiovascular fitness. Forty-eight hours, or two days of rest between heavily taxing a muscle group with strength training is essential for maximal strength gains.
6. Stretching and flexibility exercises are components of a healthy lifestyle. When muscles are warm, for example just after a cardiovascular warm-up or exercise session, the flexibility gains may be greatest. To achieve increased flexibility, stretching exercises must be performed safely on a regular basis. Gently advancing the stretch and holding in place (rather than bouncing) is the safest method for flexibility training.
7. Body composition refers to percentage of body fat in relation to muscle and other tissues. Measuring and recording body fat is one method of assessing personal health. Certified Personal Trainers have resources to measure your body composition and offer techniques for reducing body fat content. To control your body fat consult a certified Personal Trainer soon!

8. Cardiovascular exercises offer many health benefits including heart conditioning, and muscular strength, coordination, and endurance. Blood flow increases and the immune system becomes more efficient with regular cardiovascular exercise. Activities that are considered cardiovascular include biking, jogging, running, swimming, walking, and any sport combinations that require these movements.
9. Utilizing low-fat and non-fat food items is an effective method for reducing fat intake. Shopping for low-fat and non-fat products is easy if you walk the perimeter of food stores. Many of the items you desire are found on the outer isles and produce sections of markets. Try some new items and you may be surprised at the quality of flavor in low-fat and non-fat selections!
10. Following any intensive cardiovascular exercise with an elevated heart rate, a cool down is important for allowing your heart rate to stabilize. To cool down reduce your speed or decrease the level of intensity for five to eight minutes. Once your heart rate has stabilized near 120 beats per minute you may safely conclude your exercise session.

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