

Ultimate Guide to Fitness

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Whether you're looking to drop a few pounds, tone up or maintain the current figure you've already worked so hard for, this is your ultimate guide to fitness. Discover the basic vital knowledge you need to get started and learn more about goal-setting, how to stay motivated and what to do when life gets in the way of your health and fitness aspirations. Once you're ready to make the first step, find out how much you should be working out, what you should be doing and how hard you should be working to get the body you're after.

A healthy workout regimen includes cardio, strength-training, flexibility and balance but find out how to divvy up your time between all of these areas of fitness and why each is so important. Of course, to lose or maintain weight is impossible without addressing diet so make sense of some diet basics and, finally, figure out what food labels mean and how to navigate the restaurant scene so you can actually avoid 'dieting' all together.

In addition to diet and exercise, learn how to address other areas of your life so that you not only get slimmer and trimmer but healthier and happier to ensure lasting results. Last but not least, discover everything you've ever wanted to know about maintaining your results once you've reached your goals to stay motivated and avoid backsliding into yo-yo dieting and other previous poor lifestyle habits so you can enjoy those results for years to come.

Motivation

The ACE (American Council on Exercise) Transtheoretical Model (TTM) of Behavioral Change refers to initial motivation as the 'Contemplation' stage. In this stage, you're considering new healthy lifestyle changes including starting a new exercise plan and/or diet. Although you haven't taken action at this point, this stage is just as important as the rest. If you find yourself losing motivation or slipping back into the 'Precontemplation' stage, here are a few fun ways to get *and stay* motivated:



Create a Vision Board

You can keep things fresh with a Pinterest board or go old school and get out the crafting supplies including glue stick, scissors, a big piece of cardboard and a stack of magazines. Make sure you are pulling pictures that drum up emotions related to the why behind getting healthy and not just images of fit bodies. Keep the board somewhere you'll see it each and every day so you can't forget about your goals.

Goal-Setting

While goal-setting isn't a sure fire way to success (you still have to put in the grunt work), it does give you a leg up on the competition. Whether you're looking to drop a few pounds, tone up or maintain the current figure you've already worked so hard for, this is your ultimate guide to fitness. Discover the basic vital knowledge you need to get started and learn more about goal-setting, how to stay motivated and what to do when life gets in the way of your health and fitness aspirations. Once you're ready to make the first step, find out how much you should be working out, what you should be doing and how hard you should be working to get the body you're after.

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reached your goals to stay motivated and avoid backsliding into yo-yo dieting and other previous poor lifestyle habits so you can enjoy those results for years to come. To get more specific strategies go to [The Ultimate Guide To Fitness](#).

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