

Essential Fitness Tips

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The body is designed to work and play hard. Our modern day sedentary lifestyles are a major contributing factor to the abundance of degenerative diseases that are plaguing our community and affecting our quality of life. It is important to realise that if you have been sedentary for some time, the wrong type of exercise can be life threatening. The following guide lines are written to make exercise safe and enjoyable for everybody.

1. If you are just beginning an exercise routine, it is important to get a **medical clearance** from your doctor particularly if you are overweight; have any pre-existing conditions; concerns or a family history of high blood pressure heart disease, etc; if you have previously had sports injuries or if there is any other reason you believe exercise may put you at risk of sickness or injury. This is not an excuse not to exercise. But being sedentary puts a lot of strain on the body and disease may manifest if it has not been exercising for some time.
2. Choose an activity you enjoy. The time that you will spend exercising is time you can never get back. So, choose an activity you enjoy whether that is playing a particular sport, swimming, surfing, riding a bike, walking, jogging, or other physically challenging activity. If you don't enjoy any exercise at all, the choose walking and maybe listen to music along the way or walk somewhere that is particularly pleasing, e.g. along the beach, in a park or the bush.
3. If you are exercising for the first time in a while, take it easy at first. The old saying "no pain, no gain" is rubbish and has caused a lot of injury, or it makes exercising so hard, that people give up too quickly and put it in the too hard basket. Exercise should be challenging to the point of mild discomfort, but never pain. And if you are particularly de-motivated, start with a gentle stroll for 20 to 30 minutes. Sure you will get much better and quicker results if you elevate the heart rate and breathing, but something is better than nothing and if you can consistently sustain a gentle walk, 4 times a week at first, then start there. There is no point killing yourself and making exercising some horror movie that you can't face each day. But be sure that once you feel you have a routine going that you begin to challenge yourself to get real results.
4. Stretching and warming muscles with gentle exercise before moving into strenuous exercise will help to prevent injuries. A 10 minute warm up and stretch should be sufficient.

5. Combine [aerobic activity and weight training](#). There is sound science behind this advice. Strengthening muscles increases the amount of energy burnt during every day activities and generally increases quality of life. Sustained aerobic exercise (e.g. walking, running, swimming, cycling, etc.) is important as this is most effective at burning excess fat and strengthening the heart muscle.
6. Maintain good posture during exercise. Good posture helps to prevent muscle strain and injury, not only during exercise, but in day to day life.
7. Always include core strength exercises in your routine. Core strength refers to the strength of the core muscles which are located at the very base of the spine, front and back. Maintaining the strength of these muscles will help to prevent the majority of back injuries and even help to alleviate the pain of current back problems. For more information on core exercises see www.healingandabundance.com.
8. Relax! During weight training, focus on exercising the muscle group you are targeting and relaxing other muscles. Keep your chin down and your neck relaxed. Ensuring stomach muscles are strong throughout every exercise will help to prevent injury by maintaining good posture, and release tension in other areas such as the neck.
9. KEEP BREATHING! Muscles require oxygen to move, and even more during exercise. If you stop breathing, you are not only making your training harder, but your blood pressure is likely to rise and cause excessive stress on the major arteries and heart walls which could lead to serious injury. Remember, breath out on the exertion and in on the relaxation phase of the exercise.
10. Drink plenty of water and make sure you have some nearby while exercising. Dehydration can have serious physical consequences so it is extremely important to stay hydrated during exercise.
11. Sports drinks are loaded with sugar. Unless you are participating in extended periods of training for sports and perspiring excessively, stay away from these drinks as they will hamper [weight loss](#) and cause stress on the pancreas which has to produce excessive insulin when the bodies blood sugar levels increase.
12. Eat sensibly. Starving yourself is counterproductive as it causes the body to hold onto fat rather than burn it. This is a natural protection program the body has. By eating a good balanced diet with all your vitamins and minerals, and the right amounts of [protein, low GI carbohydrates and good fats](#), your body will lose weight more easily than if you deny yourself when you are hungry.

Also, being hungry is miserable and life is too short for self-imposed suffering!

13. It is important to listen to your body. Exercise should cause discomfort, but never pain. Any form of new exercise, or new intensity of exercise, will create mild soreness and muscles will become fatigued. But this sensation should not last longer than 2, or even 3 days. If strong pain is experienced, cease exercising immediately and if the pain persists, seek medical advice.

If you follow these simple guidelines, exercise should be enjoyable and create a new quality of life you thought was lost forever. Our bodies are designed to move and being sedentary causes far more problems than regular, moderate exercise. So embrace exercise and look forward to a healthier, happier you.

For the newest and most powerful methods and information for health and healing, go to www.healingandabundance.com and www.soundhealingguaranteed.com for all your healing needs.