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127 Ultimate Fitness Super-Tips

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127 Ultimate Fitness Super-Tips



**“Discover Valuable Secrets to Weight Loss
That Continue to Work!”**

By Michael D. Hill

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Table Of Contents

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Table of Contents

Introduction

Workout Tips

Gym Tips

The Gym Insider

Nutrition Tips

Good To-Do Nutrition Tips

Common Myths & Answers

Bonus Tips - Selecting A Good Gym

Conclusion

Introduction

The lifestyle of health and fitness can be quite confusing and cumbersome. Amidst all the "hype" and so called miracle quick-fix solutions lies the truth to your weight loss success.

Obesity and overweight problems are becoming a real epidemic in North America.

According to the Surgeon General of the United States obesity has reached epidemic proportions and is on the rise.

An estimated 61% of adults and 13% of children and adolescents were overweight in 1999.

Today there are nearly twice the amount of overweight children and almost three times as many overweight adolescents and adults as there were in 1980.

Approximately 300,000 deaths every year are associated with overweight and obesity. If we don't deal with the causes and start doing something about our own health, overweight and obesity may soon be responsible for as much preventable deaths as cigarette smoke.

By looking through and reading this book you'll be able to uncover easy-to-do tips that will propel you to significant, and lasting weight loss.

Good Luck, God Bless, and have a Wonderful Journey!

Michael Hill

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Workout Tips

- 1.** Make a detailed list of every daily task and decide how much time you will spend training. This will help find extra time in your day to include your workouts.
- 2.** Set realistic goals and start with goals you know you can accomplish in a relatively short period of time to gain confidence and momentum to continue training.
- 3.** Do some research on the internet and various fitness magazines to come up with a training plan that's right for you.
- 4.** Set long term goals. Create a one year plan on specifically how much weight you're going to lose, how much muscle you will gain, and other things you want to achieve. Then plan a strategy of how you are going to reach your goals outlined in your plan with the use of smaller goals.
- 5.** Increase your self-discipline, from selecting the [right kinds of foods](#) to making a commitment to a regular fitness program.
- 6.** Use a diary/journal during your workouts. Record how much weight you lifted, pushed, or pulled in each exercise. Write down how many sets and reps you did and summarize how you felt during that particular exercise. Did you train with intensity or do you have to put forth a little more effort next time?

- 7.** Be proud that you train! Your friends and family will soon notice that you are changing. Use this as an opportunity to talk about your training strategies.

- 8.** Instead of putting a time limit on your training program, think of it as a lifestyle. I'm sure after all that hard work and months of training to finally reach your goals, you're not just going to up and quit.

- 9.** Think positive! Your success depends on your positive outlook. Sure you will have bad days and days when you feel like not training. But if you can break the barriers, get through the tougher times there will be less and less of them. A positive attitude will carry you a long way.

Gym Tips

- 10.** Prioritize your weaker muscles in your workouts. After a few workouts you'll notice some muscles are in fact weaker than others. For example, your right bicep might be stronger than your left. Keep this in mind when you are training that muscle and even complete a few extra reps with the weaker muscle.

- 11.** To gain maximum benefit and optimal weight loss you must do some form of cardiovascular exercise. Aerobics is a great place to start - even for men.

- 12.** Get a good personal trainer. Ask if he/she is qualified and with what organization. In Canada you don't have to be certified to hold yourself out as a personal trainer.

- 13.** Stretch before, during and after your weight training exercise. Stretch all the muscles in your body, not just the one's your working out.

- 14.** Don't forget to breath while training. A lot of people tend to hold their breath when they exert energy. Exhale as you are lifting and breath as you are lowering.

- 15.** Try different training routines as you progress. You will get to know you body and where it's lacking. Adjust your workouts for variety and to target those weaker areas.

16. Learn how to concentrate on the specific muscle you are training. As you are exerting yourself, envision that particular muscle doing all the work. At the peak of the exercise tense that muscle for a second, then release.

17. Watch out for injuries. If you feel unusual pain in your joints, a tearing sensation or a pulled muscle you must stop right away. You will cut down on injuries considerably by using proper form.

18. Look after your health. This means a [balanced nutrition program](#), proper sleep, and adequate training time.

19. To lose weight effectively you must train with intensity. This will also give your heart and lungs a great workout as well.

20. Once you get more knowledgeable about your body and individual muscles you will be able to determine which exercises work best for each muscle group. You will also be able to determine different angles to train your muscles for maximum benefits.

21. Don't over-train. You must give yourself the proper recovery periods for each muscle. If your muscles are constantly stiff and aching then you are over-training. You will be stiff at the beginning of your training program because your muscles aren't familiar with what your doing. Start gradually and take lots of time between workouts for proper recuperation.

22. Rest at least 72 hours for each muscle that you train. You can still go to the gym the next day and continue your program, just don't train the muscles you did the night before.

23. Don't forget to rest between sets and each exercise. A good rule of thumb to keep the intensity going is to rest 1 minute between sets and 2 minutes between exercises.

24. Use good quality supplements like protein powder, creatine and glutamine. You should do some research on these supplements, but the long and the short of it is that your body will use these supplements to recuperate faster.

25. Drink water while training. It is important to drink water throughout your workout to keep up your fluid levels. It won't replace the water you are losing right away, but will help your body cool down.

26. Stay healthy! This is so important and might seem obvious but you must do the little things right to stay consistently healthy. There are things you can do each day to help like getting proper rest, letting your muscles recuperate, drink lots of water and select proper nutrition.

27. Don't try to train like the pros! This is a big mistake that most beginners make. They go to the gym, read a few magazines and start taking advice from a professional bodybuilder who spends all day training, takes muscle enhancing drugs and sometimes gets surgery to improve a body part. The professionals aren't really that healthy, they just want to win!

28. Don't become tempted to take steroids. A lot of young adults fall for the trap of easy, quick gains. However they don't seem to realize that by taking steroids you are putting yourself at risk of heart failure, disease, overdosing, acne, gyno, and a whole myriad of other side effects. It's simply not worth it, be proud that you can do it without using illegal drugs.

29. Rest and/or stop training if you feel dizzy, faint, ill or pain and consult a health professional right away. You must listen to what your body is telling you and you can avoid injury or serious health risks.

30. Visualization is key to reaching your set goals quickly. You must first see yourself getting in better shape, looking a certain way in order to fully succeed to your greatest potential.

31. Use correct and strict form. Form is more important than the amount of weight you can lift. It will help prevent overstraining your muscles, reduce injuries and help you to accomplish your goals faster.

32. Ensure that you have a good set of running shoes or weight lifting shoes. You must have comfortable fitting shoes to give you a good grip, and stable platform.

33. Dress for working out. Lose fitting clothes, shorts, tank-top or t-shirt. Remember, your there to workout - your not at a fashion show. Dress comfortably!

34. Take off all jewellery. This is especially important of necklaces and bracelets. You don't want to get them caught in the equipment. It's a good idea to take off your rings so that you won't bend or scratch them.

35. Use extreme caution if training alone. Never try to train with more than you can lift comfortably. You don't want to end up in a situation where there isn't anyone near-by to help you.

36. Don't compare yourself to others in the gym. This will only discourage you from ever coming back. Some of these people have been training for years, others are taking muscle enhancing drugs.

37. Vary your routine. Train different muscle groups on back-to-back training days and vary the amounts of weight you use during each set.

38. Stretch your entire body, not just the muscles you are training that day. This will help reduce injuries and you'll keep your flexibility. Spend about 10 minutes stretching on a floor mat before and after your workout. This is also a great way to relax.

39. Stretch slowly and deliberately. Hold each stretch for 1 to 3 minutes. Take the time to stretch and you will reduce injuries and muscle soreness.

40. Don't stretch until you can't stand the pain. Stretching should never be painful, if it is, consult a health professional, you might have pulled or torn ligaments/tissue.

41. Don't forget to stretch after your done training. Take 10 to 15 minutes after your workout and slowly stretch all your muscles and joints. This will greatly reduce muscle soreness and stiffness latter on.

42. Never just stop after high-intensity training. Give yourself a cool down period of about 5 minutes. For example, after your finished running, slow down and walk for 5 minutes or more.

The Gym Insider

- 43.** Use bar/wrist straps for a better grip and a weight belt when training your back muscles to help prevent injury.
- 44.** Stagger your training days between heavy weight days and light weight days. Heavy days are for building, lighter days are for sculpting. On heavy days increase the weight and cut back on reps. On lighter days cut back on the amount of weight, and increase sets and reps.
- 45.** Use a power belt when doing heavy exercises like dead lifts, squats, good-mornings etc.
- 46.** Raise and lower the weights under control. You must have complete control of the weights at all times even when you have a spotter. If you don't you could experience torn tissue, inflamed muscles and even more severe injuries.
- 47.** Use proper fitting weight gloves, wrist straps or small sponges for a better grip. Your wrists will tend to get weak while working out, until your wrists get stronger.
- 48.** If your not sure about a specific piece of equipment or not sure your doing the exercise correctly, ask someone.
- 49.** For heavier weights or if you are fatigued and need some help, ask someone close by to spot you, they won't mind lending you a helping hand.

50. Never use heavier weights than you can handle. This doesn't mean not challenging yourself but don't go straight to the 100 pound dumbbells if you can only lift 50 pounds.

51. Don't ever feel embarrassed by the small amount of weight you use. Everyone in the gym is at different levels and stages of progression. You are likely to raise some smart remarks from people who see you lifting heavier weights than you can handle, incorrectly. Remember to concentrate on form.

52. Never drop or slam the weights. Not only are the weights expensive and by dropping them could very well result in damaging them but you could also hurt yourself or someone around you. If you drop the weights, someone is bound to let you know to use them properly.

53. Don't lock-out your joints as this causes undo stress on your joints and could result in serious injury.

54. Don't do small jerky repetitions. Use a full range of motion for maximum benefit. It does no good to lift 90 percent of what you can handle through 3 percent of the range of motion.

55. Don't bounce the weight off your chest when doing bench presses or incline presses. This will only result in serious injury.

56. If you have trouble running on a treadmill, use a stationary bike as this creates less impact on your knee and back joints.

57. A stepper is another good aerobic exercise and also works the buttocks and thighs. But don't lean on the hand rails.

58. Don't bounce while stretching. This can result in pulled or torn ligaments. Instead stretch slow and steady.

59. It is important to rest between each set for about 1 to 1½ minutes and 2 minutes between exercises.

60. Men, the easiest way to get rid of chest hair is to simply shave it off with shaving cream and a razor. If you have sensitive skin get an electric beard trimmer and shave your chest hair before you shave. This will reduce razor burn by 90%.

61. When you start using a tanning bed ensure that you use a good tanning bed lotion. This will reduce skin irritation and help you to tan quicker. Also ensure that your wearing the proper eye protectors.

62. When using a tanning bed, it is recommended that you flip occasionally. Otherwise you'll get two white circles on your shoulder blades.

63. When using a tanning bed start out on your stomach. Then flip over to your back after about 35% of your tanning time has elapsed. This will prevent uneven tanning.

64. If you tan under the sun ensure that you use a good sun-block. This will NOT prevent you from getting a tan but will help block out some of the more harmful UV rays.

Nutrition Tips

65. Balance your calorie intake by eating smaller meals more frequently.

66. Eat slower, it takes about 15 minutes for your body to realize it's had enough. When you start to feel like you've had enough stop - even if there is still food on your plate!

67. Remove temptations from the fridge and the cupboards. Throw out all those chocolates, chips, cookies, etc.

68. Use "Free Days" as a reward but only buy what you will eat that day. Set aside one day a week for satisfying all your cravings. Eat anything you want, and as much as you want -- this is your day to let your hair down.

69. Eat all the nutritive substances at the same time for maximum absorption.

70. Fill your fridge with [healthy foods](#). When you have a craving for "junk food" go to the fridge and curb your cravings with a healthier choice. Your cravings for unhealthy food will soon subside when you realize that healthy food is readily available.

71. Try to train and eat at regular intervals.

72. Everyone requires a different amount of calories depending on your current body weight, level of fitness and frequency of activity. You will need more calories through out the day to give your body the right amount of energy it needs.

73. [Vary your diet](#). There are lots of things you can eat, you just have to be a little creative sometimes.

74. Keep your fat calorie intake to 30 percent of total calories consumed daily. Your body still requires a certain amount of fats.

75. Plan your meals ahead of time. This will avoid those last minute, poor choice menu's. Try to plan an entire week's meals or at least plan the night before, what you'll be eating for the entire day.

76. Consume balanced meals of protein, carbohydrates and fibrous vegetables.

77. When planning your meals, take the time to sit down with a foods category guide and select portions of protein, carbs, and vegetables. Don't try to guess which foods fit into each category.

78. Before you go grocery shopping prepare a list to be sure you are getting the right kinds of foods with lots of nutrients. The biggest mistake most of us make is going to the grocery store unprepared and end-up making a lot of un-healthy food choices.

79. Eat more low calorie, high nutrient foods. But watch out for "low-fat" labelled foods that might have unrealistic portions or lots of carbohydrate fillers to replace sugars.

80. Read the labels for nutritional value and ensure you know what your buying. Don't just assume by the product name ie. low-fat cookies.

81. [Educate yourself on nutrition](#). Healthy eating is a way of life, not just a seasonal thing. Start living by taking care of your body - this isn't a trial run!

Good To-Do Nutrition Tips

82. Eat healthier snacks like fruits, vegetables, dried bananas or raisins. By having these snacks ready and on-hand you will prevent your quick dash for a bag of chips or cookies.

83. If you drink alcohol try using low-calorie cola, diet tonic, or lemonade.

84. Eat small portions of fiber daily to ensure proper bodily functions. Baked potatoes, brown rice, wheat germ, raisins, pears, kidney beans, apples, and nuts are all good sources of fiber.

85. Eat 5 to 6 smaller meals a day. This will give your body the nutrients it needs on a more consistent basis.

86. Try to eat every 2½ to 3 hours in order to fit all 5 or 6 of your meals in throughout the day.

87. [Always eat a good breakfast.](#) Your body has been in a fasting state all night, which has lowered your metabolism. By eating a good healthy breakfast your giving your body the energy to start a new day and increasing the rate of your metabolism now that it has the energy to burn more efficient.

88. Drink lots of water. You should be drinking a minimum of 8 eight ounce glasses of water every day. If you exercise and when it's hot outside you must drink more water to ensure proper hydration and optimal fat burning.

- 89.** Avoid refined sugars and salts.
- 90.** Eat lots of fruits, vegetables and grain products. These are good quick sources for snacks.
- 91.** Sugar-Free doesn't mean calorie-free. These types of foods will have lots of carbohydrates to replace sugar. In essence, if carbohydrates aren't used by your body as energy, it will be stored as fat.
- 92.** Soups may be low in fat but they are extremely high in sodium. Your best choices are vegetable, bean, or tomato based soups which are all low in fat and calories.
- 93.** Drink water and other unsweetened drinks with your meals like orange and apple juice. It's important to note that if you're drinking water with your meals, this doesn't count towards your daily intake of water.
- 94.** Consider adding a multi-vitamin to your daily nutrition strategy. This way you'll ensure you're getting all the proper vitamins, vital to creating a better you.

Common Myths & Answers

95. If I stop exercising will my newly gained muscle turn to fat? Your muscles will relax and shrink in size if you stop training for a long period of time. But they will never turn to fat.

96. No Pain... No Gain! If you are training so hard that you feel like "dieing" or are feeling pain, then how likely will you be to go back to the gym and do it again? Break into working out slowly, stretch often during your workouts and if you feel pain stop immediately. It is natural to feel stiff and sore the next couple of days when first starting out or when you have changed your program.

97. If I'm not sore the next day, I didn't work out hard enough. You will be sore for the first few days when starting a new program or routine, because your muscles aren't used to the activity. In fact, if you exercise consistently, feeling sore means you've overextended yourself. You've gone above and beyond where you needed to go, and it makes sense to take a day or two off.

98. If I drink water when I exercise, I'll get cramps. It is important to drink water through out your exercise. If you don't replenish the water you are losing, you run the risk of dehydration. It is also important to drink lots of water the night before a workout or exercise session for proper hydration.

99. Training with weights will make me big and bulky. Plain and simple, women do not have enough of the necessary genes to get big and bulky. Weight training is one of the best

ways to get and stay slim because muscle burns fat. The more muscle you have the more fat you'll burn faster. You'll also have the added benefit of burning calories after your workout. For every pound of muscle you add, you'll be burning an extra 35 to 50 calories a day. Muscle takes up less space than fat, so by gaining muscle you will look more trim, burn calories faster, and have a fit firm body. This is why women should be more concerned about not having enough muscle, rather than too much.

100. Skipping breakfast will help me get leaner. Skipping breakfast will actually make you fatter. Your body requires calories for energy after being in a state of fasting while you slept. Starving your body by not eating breakfast will cause your metabolism to slow down and you will also lose lean muscle tissue. Skipping breakfast will most likely make you overeat during lunch, making you fatter in the long run.

101. Excessive sweating while exercising means your not fit. Actually the more fit you are, the more you'll sweat. Sweating is a way for the body to cool itself, as you get in better shape your body learns to cool itself more efficiently.

102. Weight training doesn't give you a cardiovascular workout. Training with weights will give you a great cardiovascular workout and make your heart and lungs stronger.

103. You can burn more fat by exercising longer, at a lower intensity. The higher your exercise intensity, the more calories you'll burn per minute. However, people just starting to exercise are encouraged to exercise at a lower intensity because there is less risk of injury, and high intensity exercise is difficult to sustain.

Selecting A Good Gym

104. The first question you should be answering is Gym location. If the gym is too far away you likely won't go when feeling unmotivated.

105. Is the gym open 24 hours seven days a week or are there set hours? If there are set hours, find out what they are, and see if this can accommodate your schedule.

106. What is the reputation of the facility? Ask some of your friends or co-workers about the gym's ability to solve customer issues and the overall reputation.

107. Is the staff friendly and courteous? Talking with the staff, would you find them approachable with questions you might have about your health, nutrition and fitness programs.

108. Are you asked about any health problems or back and joint problems? This is important information for them to know so that they can recommend a fitness program that will be a good start for your situation.

109. Are you given a fitness assessment at the beginning of your membership? This will help you to determine what fitness program that best suits your goals and objectives.

110. Do they keep record cards of your progress?

- 111.** Does the facility have trained and qualified personal trainers and instructors?

- 112.** Will there always be a qualified trainer or instructor at the facility day and night?

- 113.** Are the employees qualified in first aid and CPR?

- 114.** Is there an emergency plan for anyone sustaining injuries?

- 115.** Are you shown how to use the equipment properly?

- 116.** Will the staff give you a tour of the facility before you buy a membership?

- 117.** Does the gym have a sauna, pool or hot tub/whirl pool?

- 118.** What types of equipment do they offer?

- 119.** Is the condition of the equipment adequate?

- 120.** Is the facility air-conditioned?

- 121.** What are the rules and policies of the gym?

122. Do they offer tanning beds? If so, what are the rates?

123. Do they have a "juice bar"?

124. Do they have a pro shop? If so, are their prices reasonable and what items do they offer?

125. Do they have aerobics classes? If so, how much are they and how frequent do they run?

126. Do they offer babysitting in the facility?

127. Is there a free water source?

128. Are the locker rooms organized, clean and of adequate size?

129. Do they have music playing? If so, is it too loud?

130. Do they have television in the aerobics area?

131. How many current members are there?

132. When are their busy times?

133. Do they offer discounts on supplements?

- 134.** Which kinds of supplements do they offer?
- 135.** Is there currently membership specials?
- 136.** Ask for a 1 or 2 week trial membership.
- 137.** Are the memberships transferable? If so, does it cost extra to transfer to someone else?
- 138.** Can you put a hold on your membership if you'll be away for an extended period of time?
- 139.** Is there a discount on renewing my membership?
- 140.** Are you getting good value for your money?
- 141.** What was your overall impression of the facility?

Conclusion

Congratulations, you have made it to the end of this report!

You would be surprised how many people never reach the end of this or any other forms of helpful information. But then again you are significantly different than those other people.

It is obvious that you are serious about wanting to get in better shape, whether it be to lose weight, gain muscle, or tone your body. By your sheer determination to read through this entire book has given you the advantage over others who are so desperately trying to find an answer to their problems.

What you have just read will help you in more ways than you could ever imagine. You may not realize it now, but once you begin your transformation you will find yourself using these tips and discovering better results from not making the same mistakes so many other people make.

If losing weight was your motivation for taking a look at this ebook or if you know of someone who is so desperately trying to lose weight but is having no success point them in the direction of this fabulous new resource that is now available.

[Fat Burning Recipes Revealed](#) is a new resource designed to give you super easy to prepare recipes and exclusive information on how to lose weight and optimize your bodies full potential.

This new ebook is a valuable resource and will soon become a #1 best-seller and a referred to guide in the industry.

It has a “No-Hype”, “No-B.S.” approach to sensible, continued weight loss, body fitness and successful work out plans based on optimal nutrition.

If you have tried everything and found nothing that kept the weight off permanently, without starving yourself then I encourage you to check out this fabulous new ebook that could certainly change your life, forever!

You can find **Fat Burning Recipes Revealed** at www.fat-burning-recipes.com