



## **Total Body Fitness!**

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# Introduction

What does the word fitness mean to you? To many it's a word that brings on the cringe of pain, of doing something they simply hate and even something they will avoid at all possible costs. But, that's not necessary for most people.

In fact, fitness can be enjoyable if you know how to make it be just that. Through this e-book, I will teach you several key elements to keeping yourself fit. Each tip and tool given is something that you can do easily, without much help and with the ability to see benefits.

You won't lose a magical 100 pounds in the first three months. In many ways, fitness can be fun and I'll show you how to make it just that, healthily. Instead of a gimmick diet, another useless fad and any type of crazy health food that costs more than all of the meals from your family, this is a simple, no nonsense approach to overall fitness that simply makes sense.

You'll learn something and you'll be able to implement these tools today to start seeing success. Really, it can be that simple to be healthy. Let's make fitness fun, then.

# Where You Stand Right Now

Fitness is a term that is used to help define the ability to stay in the best physical shape.

For most, it is a matter of staying healthy as long as possible. Your body is designed to work as a machine. When each part of the machine is cared for, the entire machine works at its peak. When the machine is neglected it won't run well, eventually it won't run at all.

If a car, for example, is well maintained for many years, it will last for many years to come. If you neglect your car, i.e: - you don't change the oil, you cut several years off its life. That's costly to you, but when you look at this as your body, you are shaving away days, weeks, and even years off of your life. Taking care of your body is the ultimate solution.

Fitness is something that you can get into the habit of doing which makes it easy.

The first weeks of learning to be fit and staying healthy will be the hardest. You'll probably dread it. In fact, if you have the will power to save your life by sacrificing for just a few weeks, you'll see that fitness can be easily mastered by you.

My first goal is to determine where you stand right now. Don't worry, this is painless, but it may hurt your ego a bit to do it. Nevertheless, it's an important first step.

## Where Are You Now?

Take a look at yourself right now. What do you see? Are you unhappy about any part of your body?

Here are some questions to ask yourself to determine where you stand right now.

- ✚ Do you have aches and pains in parts of your body that are not from an injury?
- ✚ Do you have clothing that doesn't fit parts of your body well?
- ✚ Do you struggle to do physical activities? Do you avoid them because you know you can't do them?

- ✚ Are you unhappy with the way that your body looks? Do you avoid looking in the mirror?
- ✚ Have you been told by your doctor, your family or others that you need to consider your fitness?

If so, then you need to begin by understanding that change needs to happen. There are several free tools listed in this book that you need to use to determine your health level currently.

[BMI Calculator](#)  
[Weight Converter](#)

**Blood Pressure:** Your blood pressure needs to be in a certain range to be healthy. For adults, this is generally 120 to 139/80 to 89. Ask your doctor where your blood pressure is.

**Body Mass Index:** Your BMI is a measure of the percentage of fat on your body. The higher this number is, the more prone to health risks you are.

**Ideal Weight:** In comparison to your height and body structure, your ideal weight is the weight that you should be, ideally.

These three things are critical elements for you to take into consideration to determine where you stand right now.

One thing you need to do besides getting the above information is to grab a tape measure and measure your waist.

Your waist is important indication of your potential health risk. Those that have a larger midsection are most prone to health risks.

The fat collected around your waist will push into your body, causing difficulties for each organ. Your kidneys, lungs and even your heart are suppressed. In effect, the fat here is likely to be what kills you, if you are overweight.

## **What to Start With**

Start by getting through these basic first steps.

Meet with your doctor to talk about your overall health. Ask him to measure your blood pressure, heart rate as well as any other important factors he may be interested in you improving.

Determine that you are healthy enough physically to begin improving through diet and exercise.

Take a note of your weight, weigh yourself at home on accurate scales first thing in the morning after you've gone to the bathroom but before you have anything to eat or drink.

**Calculate your BMI.** You need this to see just how unhealthy you are currently. It's going to come down and that will be quite rewarding!

**Set your goals.** Determine what's important for you to maintain, to improve on, and to work on first. Write them down and post them in several locations in your home.

Cool you have followed the steps so far now we can begin to improve your health. I'll help you throughout the process!

# Fitness is Not Just about Weight Loss.

Although many people start looking into fitness to lose weight, fitness is **NOT** just about losing weight. By understanding where you stand on the above factors, you can begin to improve your overall wellness and increase your lifespan as well as the quality of life that you are currently living.

If you don't believe that you need to lose weight, that's great! You are one step closer to being healthy. Many people are still at risk from high blood pressure, high cholesterol as well as other concerns even though they aren't technically overweight. Therefore, you need to take into consideration the fact that overall health is important to improve.

Throughout this book, I'll point you in the direction of improving your overall health. For many that will mean losing weight. For others, that will mean improving other qualities of life.

I will be concentrating on helping you to: -

- ✚ Improve your body fitness
- ✚ Improve your diet fitness
- ✚ Improve your mind fitness
- ✚ Improve your lifestyle fitness

Each of the above aspects are very important. While your body must be maintained as much as possible for health, it doesn't do much good if you don't eat the right foods. Losing weight, for example, isn't enough if you aren't eating the right foods even if you are losing weight.

I'll teach you how to improve your life through easy, and even fun, ways. Because each plays a role in your overall health, I'll help you to understand where you are and then help you to reach the goals.

Since your body is likely to be your largest factor impacting your life, we will need to start there. Remember, each aspect is just as important as the next!

# **Body Fitness:**

## **The Effect it has on Your Life.**

Remember in the beginning I referred to your body as a machine? Well, the time has come to improve the way your machine is working physically. Every part of your body functions well because of the support that other organs play.

Your heart pumps oxygen rich blood to each cell in your body, delivering fuel to it so that it can perform its duties. Your lungs supply your heart with that necessary oxygen. Your brain keeps everything working, even those things that you don't think about doing like your heart beating and breathing.

Your job is to give your body what it needs to continue to perform correctly. While your diet is something for the next chapter, we need to address your body's ability to do what it needs to through being physically capable.

What some people don't realize is why their body has developed as it has. Back in the time of the cave man, our bodies had to do what was needed in order to stay alive. It would store food as fat so when there wasn't enough food available, these fat reserves could be used.

Your muscles are necessary for functioning but they have been built to be used. Your body is used to providing your muscles with the fuel needed to work hard. If you don't work hard, your body can't maintain healthy muscle mass.

## **What is Healthy?**

As mentioned earlier, to know what level of fitness your body is in, you need to take into consideration the measurements we've already taken your weight, blood pressure and your body mass index these results give you a good indication of your overall health.

Yet, it goes further than this. You should also understand how well your body is working.

- ✚ Do you have any physical limitations? If you physically can't lift things for fear of hurting your back, this could be a potential problem that needs to be considered.
- ✚ Do you have problems with your legs, neck, your arms or anything else; you should address these specific concerns. The best place to start is to work with your doctor to determine why you aren't physically fit in those areas. This will enable you to improve your overall health and your situation by knowing how to.

Talking to your doctor is a great place to start when it comes to determining your overall health. You shouldn't skip this step. If you are overweight, chances are your heart has been affected by it. You may not physically be able to exercise to a certain level. We won't even include that level of exercise here because your doctor must tell you what's okay and what is too much.

If you don't have any physical limitations, pains or weight problems, that's a great sign. Now, take a look at your body determine what parts you can improve on.

### **Exercise**

Exercise is something that some people actually hate, but remember your body is built to be used, not to sit in a chair or at a desk all day. It is estimated that most people don't get the exercise they need which leads to all types of health problems.

Again, even if you aren't overweight, chances are good that you aren't getting enough exercise and fitness into your life anyway. Using your muscles and strengthening them are vital to improving your health and fitness.

### **Aerobic Training**

Aerobic training is the best way to improve your overall exercise tolerance and therefore to improve your muscle mass. Aerobic training helps to increase your heart's ability to pump oxygenated blood throughout your body. In this type of training, your body will work to improve its function by improving how much work your heart can do.

Here are some tips for you to get in aerobic training.

- ✚ Start with basic aerobics and work up as your tolerance increases. Walking is a great place to start.
- ✚ Increase your resistance by taking trails that offer hills or speeding up your walk as you improve.

Move on to more aerobic style exercises. Swimming, bike riding, playing your favorite sport, running, elliptical machines, and other physical activities are perfect for aerobics.

Your goal is to start with 10 minutes of continuous aerobics three times a week. You should try to increase this to 30 minutes three times per week, though, as soon as your body adjusts to it.

### **Strength Training**

Along with aerobic training, you also need to consider adding strength training to your workout to develop lean muscles that are strong and healthy. Strength training is essential because it allows you to improve the way that your body works.

If you are trying to lose some weight, strength training will enable your body to turn flabby muscles and fat into lean muscles. Muscle burns through fat faster, which will enable you to lose weight faster.

Here are some tips for exercising through strength training.

- ✚ Work with a low amount of weight first.
- ✚ Consider working with a physical trainer. This small investment of time and money will allow you to improve your overall muscle mass faster, and more effectively.
- ✚ With strength training, you should add in ten minutes per day three times per week at least.
- ✚ Gradually work up to 30 minutes per day three times per week. Remember to include ten minutes before and after your workouts for warm up and cool downs!

# Your Overall Body Fitness Plan

To improve the physical fitness of your body, you need to give it the physical movement that it needs. This means feeding it the right regimen of movements.

Start by working in exercise through aerobics and strength training into your day. You can exercise in the comfort of your own home, which will make the process easier and even more enjoyable.

Exercise with a friend or partner. You are 80 percent more likely to be successful if you don't try to go it alone!

After dinner, take a walk with your spouse for a few minutes.

Set up an exercise bike and peddle away in front of your favorite show, you get the exercise you need and the time will fly by.

Concentrate on sports and other physical activities you enjoy. Swimming, playing a game with the kids and even joining a sports team is the best way to exercise without it feeling like it's a chore.

Your overall body fitness means exercise and movement. When you begin to add these into your day you will notice improvements. For many exercise is a great stress relief, it can also be a lot of fun. Make it your goal to actually put together a workout that you will enjoy. It will make a huge difference in how effective it is for you.

# Diet Fitness:-

## You Are What You Eat! Really?

“Diet” is a word that is only second to that of exercise when it comes to hatred by many people. But, here, we aren’t talking about a diet to lose weight. We aren’t talking about a diet that you will go on to lose weight and then come off later.

What you need to accomplish through a diet is to train your body to eat healthily. You need a diet that is actually a healthy way of eating, not a temporary thing but a permanent thing.

Although that sounds even worse, dieting is something that is simple to do healthily even if you can’t live without certain foods.

Don’t think about a diet that’s taxing, troublesome, limiting or boring. Think of your diet as being free, open, full of taste and adventure, with all of the comfort that you want and need.

If you don’t give your body quality food, it won’t perform at its peak. Have you ever gone to put gas into your car and the fuel was a low standard? What happens? It slows your car down. You don’t get your normal mileage, using cheaper grades of fuel you will find yourself performing more maintenance on your car, which will cost you more in the long run.

The same applies to your body, healthy food is important. If you consume the wrong foods **all of the time**, your body will not be able to perform as well as if you gave it the highest quality foods.

Without nutrition, your body can become ill faster and with greater intensity.

- ✚ You will find that your body does not heal as quickly from injury.
- ✚ Your blood pressure rises, your heart rate increases to unhealthy levels.
- ✚ You are more prone to limitations physically as well as mentally.

All sorts of problems arise from not eating a healthy diet. Foods in their natural state are Quality foods!

Fresh vegetables are nutrient rich foods. They provide antioxidants to a high level that helps the healing process, improve your physical fitness from the inside to the out; they are also very low in calories, you can fill yourself up on these kinds of foods.

Fruits are sweet so they can solve the sweet tooth. They also provide you with antioxidants and all types of nutrients that give your body the fuel it needs.

Whole grains are also an important product of a healthy diet. They don't cause you to gain weight like others. Choosing simple differences from bread to pasta to potatoes allows you to get the tastes that you love but without the added calories, fats, and sugars that can cause you health issues.

Water intake is **VERY** important, people who do not drink enough fluids end up with the problem of water retention. The body goes into dehydration mode, which causes your body to hold on to all the water it can.

Incorporate Lean into your diet, your body needs protein, by eating lean meats you will also be cutting down on your intake of cholesterol, which will ultimately clog your heart minimizing blood flow to the rest of your body.

If you don't do anything else, improving these five areas you will notice the results. The good news is that you don't often need to do a lot of work to make them happen.

# Dieting To Lose Weight

Finally, if you need to lose weight, you first need to closely look at the foods you are consuming at present.

- ✚ What do you eat for breakfast?
- ✚ What do you eat for lunch?
- ✚ What do you eat for dinner?
- ✚ How much water do you drink on a daily basis?
- ✚ How many vegetables and fruits are you consuming per day?

By taking note of the foods that you consume will give you a clearer picture of what's happening to your health. Here are some steps to follow to find out how healthy your diet actually is and how healthy it isn't!

Spend three or four days recording the foods that you eat on an average day. All foods and drinks should be noted!

Look at your list of foods and see how many of them are high in Tran saturated fats, sugars and calories in general.

- ✚ How many servings of vegetables and fruits are you getting?
- ✚ How many servings of protein has been lean protein?
- ✚ Did you get in any whole grains?
- ✚ How much soda did you drink (which puts pounds on your waist each time?)
- ✚ How often did you eat without actually being hungry?
- ✚ How often did you eat due to being: -
  - ✚ Bored
  - ✚ Anxious
  - ✚ Stressed or otherwise emotionally impaired?

By inspecting your lists you will clearly see where the problems lie. For most people this is as simple as tracking what they eat over the period of a few days to a week.

Seeing exactly what you consume on a weekly basis will help you to see where you can implement a healthier diet.

Figure out which unhealthy snacks can be substituted for healthy ones.



Get Fit After Kids is a complete guide for anyone trying to lose weight healthily by making a few simple changes to your eating habits.

"[Get Fit After Kids](#)" provides you with all the steps necessary to start losing weight Today!

- ✚ No exotic foods to purchase.
- ✚ No calorie counting.
- ✚ No difficult meal plans to follow.
- ✚ No foods are eliminated.

By making small changes to any recipe you can get all of the flavor and texture that you want without causing yourself to become a victim of high fats and sugars that really do a number on your entire system.

Limiting how often you get the treats means that you don't have to give them up but that you don't consume nearly as much of it, and therefore you can improve your health overall.

One limit to this is when the food itself is detrimental to your health condition. If you are a diabetic, you simply should not eat foods that are overall sweet because they can cause your blood sugar level to rise so fast that you can cause serious damage to your brain and your heart through the consumption of just some foods.

Okay, here it comes in black and white. The awful, sickening facts of a limiting diet that's going to make your taste buds go permanently bland is up next, right?

NO! You don't have to be limited by what you eat because most food is available in its natural state is just fine for you! In fact, if you give it a try you may find that you like these foods better than you do the high fat, high cholesterol foods that you currently are eating.

Certain foods play a huge part in the fact that some people are unhealthy and therefore it is a mandatory part of improving your health to improve your diet.

Most of the damage is done through eating the wrong foods, don't worry it can be reversed by eating a healthy diet. That's exactly what you need to strive for here.

Here are several key areas to make changes and exactly how you should make them. Don't fret about the foods you love, remember moderation is the key factor in real diet fitness health.

### **Heart Health**

Make small changes gradually; replace saturated fats and oils with unsaturated fats and oils.

Garlic is a great antioxidant for your heart. Instead of using salt, try other flavor additions to your dishes.

Consume more fish. You should try to consume at least 2 to 3 servings of fish per week. Or take a supplement of fish oil.

Eat unrefined whole grains as they add fiber to your diet which reduces your cholesterol and keeps you feeling full.

### **Antioxidants**

Antioxidants can help to transform your health, repair damage to cells throughout your body and thereby make you look and feel younger. Antioxidants help to unclog your heart's arteries from cholesterol; they also remove toxins from your body which means a reduction in risks of cancer.

By eating fruits and vegetables rich in antioxidants will improve your health! While you can get many of them through supplements, you should instead consider getting them from whole foods as they are richer as well as tastier that way!

A good way test if the foods you are eating are high in antioxidants is to look at the color of the food. The darker, richer and brighter the color is, the more antioxidants are in it.

## **Eat Whole Foods**

Many foods that are pre-made contain high amounts of preservatives. Some of these preservatives clog up your heart, leading to increased health risks for cancer; they also affect your weight.

When you visit your grocery store try walking around the outside aisles as much as possible. Stay away from boxed dinners, frozen entrees. The produce section is your friend filled with nutrient rich foods. Meats, milks, eggs and other fresh products usually line the walls of the building.

# Overall Diet Fitness Plan

To many this may look like a lot of work? Don't worry; we'll make it simpler for you. Here are the tips that you need to get your diet fitness plan off the ground and allowing you to improve your health considerably!

- ✚ Eat more fruits and vegetables. Visit your favorite recipe sites on the web and look for vegetable recipes that aren't rich with sauces, butter or creams. Add one new recipe to your diet each week.
- ✚ Start looking for leaner cuts of meat. Remember, meats that are high in saturated fat are clogging your heart.
- ✚ Eat more fish, chicken and pork over beef.
- ✚ Reduce portion sizes. When eating protein it should be roughly the size of your palm.
- ✚ Visit the following websites and search Google for "healthy heart recipes"
- ✚ [Healthy Heart Foundation](#)
- ✚ [Heart Foundation](#)
- ✚ Try their recipes you don't have to go on a health search and buy every recipe book on the shelf.
- ✚ Replace butters, salts, unhealthy snacks with foods and snacks that are better for you.
- ✚ Replace white rice and pasta with whole grain. Replace white bread with whole grain bread.
- ✚ Remove soda from your diet. This single change alone will improve your health considerably.
- ✚ Read all the food labels be aware of exactly what is in the foods you eat. Reduce the amount of fat, cholesterol, and sugars in the foods that you eat.

Eating healthy isn't an option if you wish to increase your lifespan and your health. While you may love food, learning to make healthier choices shouldn't be something you put on the back burner because you are too busy.

Food is a requirement to living; a healthy diet is an essential part of living a long life. Don't make sacrifices here for speed, convenience or habit. Remember; while making changes at first may seem like a challenge, it will gradually become second nature and you will love the differences you have made, guaranteed!

# **Mind Fitness:**

## **Are you Emotionally Fit?**

There are many ways that your mind's fitness may not be the right level that it should be. In fact, for many people living in today's hectic lifestyle, it's anything but easy to make it through the day without dealing with some type of stress or pressure.

The mind's health is an important aspect; believe it or not, it plays a significant role in the quality of life and the longevity that you have in your life. When you are emotionally or mentally unfit, your body's health is directly related.

Although you may be wondering just how you can control your mind's fitness, the good news is that this can be one of the easier steps to take in total health and wellness if you allow it to be.

First, you need to be fully capable of thinking clearly; performing mental tasks and you need to be able to conquer problems effectively. In addition, you need to tame those other things that happen throughout your life that limit you or otherwise affect the quality of your mind and lifestyle.

## **Emotional Health**

Another aspect that you probably don't want to talk about is that of emotional well being. The way that you handle problems that arise is critical in maintaining a healthy life. For example, should something emotionally troubling happen to you, such as a death or deception, you need to be able to effectively deal with it and then to move on.

Emotional health is an important battle that everyone must strive to improve. There are many various ways that you can improve your emotional state by learning how to react to critical situations. Indeed, the right social activity is one way to improve your emotional health.

## **Stress Management**

Yet another factor that plays a significant role in the well being of your mind is that of stress. Not only does it pull you down through causing large amounts of emotional trauma, but it also causes all types of physical problems for those struggling with it. It can also lead to various health issues.

While you can't take away everything in your life that causes stress, learning to effectively manage stress is important. It can help you to tackle even challenging tasks with more ease and with success. Sometimes it may be important to remove the stressors from your life, but that's not a common occurrence.

### **How mentally fit are you?**

When it comes to determining how mentally fit you are, you may think that you have nothing to worry about. After all, you do all that you need to do and there's nothing limiting you. But, have you actually reached the highest level that you can?

Usually people struggle with this aspect because of the vast number of misbeliefs about mental and emotional well being. Believe it or not, most people go through stages of depression, mental turmoil and even times when they are so stressed that they can not function properly. During these times, you consider them, mentally unstable and unfit.

Yes, it hurts to hear but just like your body goes through illness; your mind can be struggling at the same time, although you may not realize it.

To determine where you stand in mind fitness, ask yourself these questions. Be honest, now, there's nothing for you to be embarrassed about but a lot to be gained when you can improve your mind's fitness.

- ✚ Do you have physical pain that is not the result of an injury? This could be stress related!
- ✚ Do you struggle with remembering things from one moment to the next?
- ✚ Do you find yourself struggling to remember why you walked into a room?
- ✚ Do you struggle to make the goals that you set for yourself?
- ✚ Do you feel anxiety, stress and angry often? What does it feel like and how intense does it get?
- ✚ Do you hate the life that you are leading, are you unhappy with your lifestyle or do you have regrets about your life?

All of the above play a role in how mentally fit you are. While you may not want to do this, you should schedule a meeting with a psychologist just to talk through some of the feelings that you have. For the most part, working through these issues can be the best way for you to overcome your problems and to find overall benefit in your life.

### **Emotional Eating**

For many millions of people, this is one of the prime reasons that they are overweight or unhealthy in their diets. While food never used to be so readily available, today it's easy to have a pantry full of food and a refrigerator that's stocked to the brim. It's easy to turn to food to get the satisfaction that you need.

You will find yourself in a dangerous situation. Those that use food to fight their emotional instability are most likely to fall deeper into a path of self destruction.

For example, consider this scenario that happens over time.

You begin by getting stressed at work. You find yourself reaching for a candy bar to get the extra rush that you need to get through the tasks at hand.

You then find yourself dealing with pressure from the boss; you didn't complete the job right. You decide you need a big, fatty lunch. Soon, the pounds are creeping onto your hips.

There's no time to exercise and to meet deadlines you increase the amount of bad foods you are eating. Soon, your clothes are getting too tight. You become upset at yourself, your self esteem drops.

As your self esteem drops, you find yourself with even more problems. Now, you hate your job so much that the only thing that makes you feel better is eating something that is bad for you.

In fact, you almost purposely make the situation worse by eating unhealthy foods. Negative thoughts go through your mind, "You aren't any good", "You are a failure", "You can't make the right decisions".

Just look at you....these are all things that people end up saying to themselves when they are emotionally depleted.

Emotional eating is one of the hardest cycles to break, yet if left intact, it's also one of the worst things you can do for both your physical and your mental health state.

The first step in fighting the way that food makes you feel is to recognize that there is a connection between the way that you feel and the way that you eat. Realizing this makes a large difference in improving both your physical fitness and your mind's fitness.

There are many great ways to improve your emotional and mental fitness through fun methods.

Each aspect is unique in itself and in the way that it will help to improve both your physical fitness and your quality of life. Incorporate as many of these things into your life as you can, and you'll see differences in the way that you feel and the way that you see the world.

### **Your Self Esteem**

Let's tackle the hardest to improve right from the beginning: your self esteem. A healthy self esteem is one that's confident but not overly macho. You should be able to feel confident in the decisions you make and in the way that your life is moving.

Confidence is built on many things including the fact that you have to realize that you do have weaknesses and you do have limits to your abilities. Accept those, work on improving them if you can and then do the best job that you can overall.

Learn how to accept compliments and to take criticism. Getting down on yourself because someone doesn't like the job you did isn't okay.

Although challenging, you need to be able to say, "Hey, I did a good job!" You also need to recognize when it wasn't your best work and realize that it's okay not to be perfect 100 percent of the time.

Learn to take criticism positively. If your boss says that the job wasn't good enough, ask what you could have improved on for next time. Then, you set yourself up for success rather than a pint of ice cream!

One way to improve the way that you look and feel about yourself is to take care of your outward appearance. Just putting on a beautiful outfit can make you feel good about yourself.

## **Build A Social Network**

A social network is a very important to your well being, both physically and mentally. Those that have people around them to support them do well in many more aspects of their lives. Let's face, its fun to have people around too! But, how can you build a social network of people that you can rely on?

Make time for those you already have. Don't assume that they will always be there when you need them, especially when you don't pay attention to them. You should always strive for a lifestyle that's positive with those in your family and your friends. That means taking on the challenges that come up between people, work through the problems and then let them go.

## **Managing Stress**

Its not easy job, but you have to do it! Stress is one of the largest problems in health today. Stress affects your ability to function properly. It hinders you throughout your life by causing unhealthy living situations, physical risks and puts your entire well being at risk for emotional breakdown.

For starters, find an outlet. You need to find something that you love to do. A hobby, any kind of physical activity, something you really enjoy doing, even after a long and stressful day it can offer you improvement in your health and well being, by relieving stress.

If you deal with a huge amount of stress in your day to day life, it is important for you to find solutions to those problems. You need an effective manor for relieving stress and if you can't do so by solving the problem or by letting go of the stress you need to remove yourself from such situations. Stress that is ongoing without any real stopping is a large health risk!

## **Brain Power!**

For starters, always keep yourself learning. Learning new things keeps the mind active which contributes to your health. Someone that is learning new things that interests them is likely to continue to having a mental state that's positive and motivated.

You should also use challenges to help power you through your day and your life. Giving yourself the ability to overcome challenges from puzzles to problems in life (yours or others) can help to keep your brain working. Asking questions, getting the answers and

working at it will help to improve the brain's function, allowing you to fend off Alzheimer's and other conditions like it.

# Your Overall Mental Fitness Plan

So, now you have it! You know what to do to improve your lifestyle through these changes. Here's a quick look at the changes that you can make today that will increase your mind's power later and throughout your life.

- ✚ Improve your stress levels and see physical, mental and emotional benefits right away.
- ✚ Improve your social network to reduce stress and to improve your quality of life. It also helps to make it through difficult times when you have someone by your side.
- ✚ Improve your brain's fitness by challenging it through new adventures, continuous learning and through challenges of all types.
- ✚ Do things that are enjoyable to you. If you can't think of anything, learn something new. New adventures coupled with doing them with those that you love make life better and help to improve your mental fitness.
- ✚ Keep your self esteem positive. Working on this is hard, but feeling good about yourself is a must for overall health.

The good news is that you can change the outcome of your day by just making the right decisions on the way to look at challenges during the day. Make changes like these today and see results today.

# Lifestyle Fitness:

## You Are What You Do.

Your lifestyle is the way that you live your life. Although each of the other elements already mentioned are very important parts of your lifestyle, they are not everything.

### Smoking, Drinking and Drugs

Three habits that are detrimental to your health are: smoking, drinking and drugs. You already know the risks of what these things can do to your life, but you may not realize the extent at which it takes to improve them.

For example, smoking will eat away at your lungs and will cause cancer. There are no ifs or buts' about it. It **will** cause cancer eventually.

Smoking is something that you can stop, even if it is one of the hardest things you will have to do. To improve your fitness, find a method to stop smoking and do it. You will find that your health increases, your energy increases, your stress levels **DO** go down and you can feel better about the life you are living.

When you quit early enough, your body can repair the damage that you have done to your lungs. This can only happen if you stop soon enough, though.

Drinking and drugs are just as bad. Each time that you consume too much alcohol that makes you drunk or you take illegal drugs, you destroy your body slowly and methodically. You kill brain cells, you put your life at risk and you destroy the organs in your body. Some damage can be fixed through healing over time, others can't.

To improve your lifestyle and to extend your life, you need to remove these problems from it. Smoking and drugs are definitely a NO NO!.

# How important is Sleep?



[Sleep Insomnia](#).....Do you sleep? Do you wake up rested? If not, then you aren't getting the right amount of sleep for health. Your lifestyle fitness requires that you get quality sleep each night.

Why is sleep so important? There are actually several reasons. For one, sleep is the body's time to relax and to recoup what it's done all day. You need this time for your mind to. It's the way that your mind works through problems. It's the time that your body heals from the exertions of the day.

Those that don't get enough sleep are not capable of performing at their best physical or mental level. They aren't able to improve the level at which they can function and they make bad mistakes. Stress hurts more, physical ailments hinder you more when you don't get enough sleep.

If you are having problems with sleeping, there are many ways that you can overcome them: -

- ✚ Reducing stress levels during the day is helpful as is working out the stresses that you can't get rid of.
- ✚ Try to go to sleep at the same time everyday and give yourself as much time as necessary to feel rested.
- ✚ Don't do stimulating things before bed such as watching television or working on a project.
- ✚ Don't eat before bed, at least two hours beforehand.
- ✚ If you are facing problems with insomnia or are struggling to get to sleep, talk to your doctor about it. There may be an underlying medical condition that could be causing it.

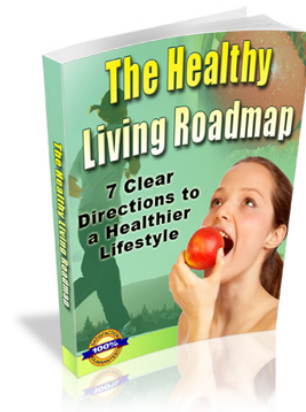
While it used to be that there were only sleeping medications that were addicting, today there are many that are not like that which

can offer you a night's rest. Don't use these unless your doctor has Okayed them for you, though!

## Supplements

Today's foods often do not contain enough of the nutrients that your body needs to be in your best physical shape. While a diet that's full of nutrient rich food should not be replaced, it sometimes needs additional supplementation to take it to the best level it can be at.

Multi vitamins are a good starting point because they provide a decent dose of supplements that just about everyone needs. Multi vitamins give you what your food doesn't and they are affordable solutions to your needs.



### [The Healthy Living Roadmap](#)

Is a total step by step guide that explains in simple terms what is necessary to be completely healthy, the hurdles that might interfere with your total wellbeing as well as providing you with solutions to each and every one of them.

# Conclusion

The process of improving your life takes time and dedication. Improving your body, diet, your mind and your lifestyle is a complex process. Expect to find yourself stumbling along the way.

Concentrate on one aspect first such as your diet and then later incorporate your body fitness, your mind fitness and your lifestyle fitness goals.

Your first goal is to make your own goals.

- ✚ What do you want to improve in your health and well being first?
- ✚ Write down your goals and keep them with you and place it throughout the house.
- ✚ Recruit a family member or friend to work with you, too.
- ✚ Improve your life one step, one healthy change at a time and you'll reach your goals.

The reward is health, a happy life, one that's full of fitness of your body and your mind and one that's rewarding to you and to the rest of your family. It a process worth working for, and soon you will see that isn't anything worse than brushing your teeth and putting your clothes on each day!

To your fitness!

*Tara Digalma*