

ULTIMATE BODY SHAPE GUIDE TO FITNESS



supershape
trim and tone centre

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CHAPTER 1

EAT FIRST



1. EAT FIRST

Being fit and healthy is a matter of self-discipline. The ability to be patient in all areas of fitness, whether training for strength, endurance or flexibility. Most health enthusiasts admit that it's hard to focus on training as it requires both time and effort, which most of the population doesn't have as they're preoccupied with jobs, family and life in general.

However, there are ways, simple ways to achieve a healthy and fit body; it may take up to 3 hours per week, but it is easily achievable. This ultimate body shape guide to fitness offers simple ways to be healthy. It's called general fitness; it's the combination of four different aspects of exercise: Strength, Endurance, Flexibility and Cardio.

Most of the health-conscious population prefers this combined exercise because it enables them to participate in a regular workout without compromising their regular daily schedule. Furthermore, it enhances time management skill as you'll have to adhere to a specific time frame in order to follow the exercise schedule.

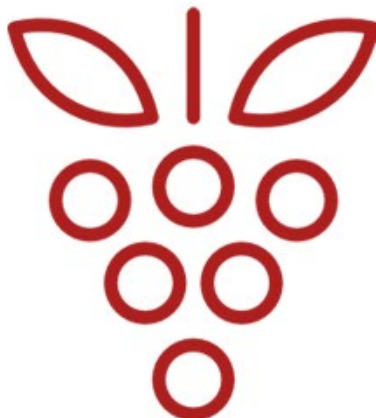


When planning a fitness program you must consider these following four steps. Firstly, your eating habits as your exercise goals can be derailed if a healthy diet plan is not followed. Secondly, is the exercise program itself. Step three is refuelling after exercise, you need to replenish lost energy; and lastly taking a little "R&R", to allow the body to recuperate after an activity is essential.

Experts say that before any physical activity or prior to participation in strenuous exercise, a person must have energy. This means eating prior to exercising. Most fitness programs require a person to eat every two to 3 hours during the program. It's important to refuel your body to replace lost nutrients during the exercise. However, it's not advisable to eat heavily before the exercise program as your body won't be able to function properly, as it'll be busy digesting food rather than concentrating on the exercises.

Eating small meals will ultimately benefit anyone on an exercise program, as this provides a constant flow of nutrients to automatically restore lost energy. You can have a regular breakfast, a snack before lunch, lunch, afternoon tea and dinner. A piece of fruit is also encouraged thirty minutes before exercising.

Eating fruit quickly converts to energy and is essential to ensure that the body won't be depleting its muscle mass. Having a good understanding on how to fuel and refuel the body is significant in any fitness program to ensure that the body is full of energy and is ready to undergo physical activity.



CHAPTER 2

EXERCISE



2. EXERCISE

Exercise, losing weight and being fit go together. Combining all aspects of exercise provides a holistic approach to achieving a healthy and fit body.

Begin the exercise routine with stretching, using the full range of motion of the body, from the head to the toes and all points in-between. Stretching prior to lifting weights is important as it loosens up tight areas of the body, specifically joints to avoid injuries like muscle tears or bone fractures.

After stretching, you can commence the general fitness program, starting with lifting weights. Now (at the start of your exercising) is the best time to lift weights. It's also important to know your weight limit – it's not beneficial to lift weights too heavy for your body. To begin with, start using light weights to warm up on each exercise, then follow this with lifting progressively heavier weights for 3 sets on each exercise..

When you are used to this weight and comfortable with it, gradually increase the number of repetitions up to as many as 20; then increase the weight you're using. Finally complete the cardio section of your workout. It's important to build your routines slowly so that your body and heart are able to withstand the increasing intensity.



CHAPTER 3

**EAT WITHIN
45 MINUTES**



3. EAT WITHIN 45 MINUTES

The importance of eating within 45 minutes in a fitness program is as important as the exercise program itself. The energy that is used up during a workout must be replaced immediately, or the body will use your own muscle tissue to replace the lost energy and to repair the muscle tissue broken down with the exercise program.

The body needs to recover and to recover the energy lost, it needs nutrients. So, a protein supplement with quick acting carbohydrates is very important to drink immediately after working out, because it enters the blood stream quickly and doesn't need to undergo the process of digestion. So in a sense, you are putting water, protein, and carbohydrates back into the body and this aids your recovery. Then within three quarters an hour you should resume your normal eating habits.



CHAPTER 4

REST AND RECOVER



4. REST AND RECOVER

If you are doing an overall body parts circuit training, you should do the resistance training every other day with cardio work on another day too. If you wish to separate your exercises, complete your cardio workout in the morning and your weight training in the evening; or swap these around if you prefer.

Rest and recovery is more important with weight training than cardio training. For example if a student is studying, playing basketball and other sports, and lifting weights without adequate rest they may get sick as they've exhausted their body with too many activities overall. Remember working out without enough rest and recovery time is a problem for everyone, not just students.

So before deciding on your workout routine, look at your lifestyle, field of work (manual labor or a desk job), activities being done, and then decide on the best workout for you or preferably contact a personal trainer to help.



**IF YOU NEED MORE INFORMATION ABOUT
HOW TO STAY FIT AND HEALTHY, THEN
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