

7 EASY TIPS ON BODY IMPROVEMENT

You are not a gym rat but you would still like to improve some things on your body? For those of you with busy schedules who cannot make it to the gym, here are some things even you may be able to do:

1. **Get Your Diet Straight**

You are what you eat. About 60% - 70% of whether we are able to reach or maintain any fitness goal will be from nutrition. Here are some things to consider:

- Eat something small every 3-4 hours, hungry or not.
- Fast Food is off-limits.
- Get enough water – 3 pints a day. If you are far from this, up your water intake gradually.
- Read the nutritional facts and stay away from foods which are high in sugar (not more than 20% of Total Carbohydrates).
- Take a multivitamin that is tailored to your age group and gender.

2. **Leave The Car In The Garage**

One of the most important things in our sedentary society is to get enough cardiovascular exercise. The surgeon general's recommendation is to get 30 minutes of exercise every day. You can easily get some exercise in by simply walking to run errands instead of using the car.

The grocery store is a couple of blocks away from your home? Perfect! Walk there, shop what you need and walk back home. It can get a little tough carrying two one-gallon-bottles of water but consider the nice extra work you are getting while running errands without even hitting the gym. Remember though to walk upright and pull those abs in. When setting down all your shopping, squat down with your knees above your ankles.

3. **Bike To Work**

We recommend more cardiovascular exercise because you need to burn 3,500 calories to drop 1 lbs of body fat. Biking is especially good for all those people with jobs that require extended hours of sitting or those of you with knee problems.

4. **At Work, Get On The Ball**

Another tip for those of you who work in an office environment: Exchange your chair with a stability ball. Sitting on a ball will not only help you to sit in a more upright position but also train your entire core throughout the entire day.

Try this: While you are sitting on the ball, lift up one leg at a time and hold it up for a couple of seconds. Feel how you are using those abs? Overtime, hold up your leg longer.

5. **Good Morning Stretch**

No doubt, sleeping is tough on our bodies because over night, we are stiffening up. So, get up with a couple of stretches. Here are two:

- Lie on your back, raise one leg up, straighten out this leg, hold it with your hands. This is the straight leg hamstring stretch. Hamstrings are usually shortened if you are sitting for an extended period of time.
- For the spine twist, lie on you back, bend knees, arms straight in the air, roll over to your left side. The knees are on top of each other. Now, the left hand holds down the right knee while the right arm rolls back to the right side. Feel the nice stretch in your lower back and your chest? Now, move over to the other side.

6. Lunge Upstairs

The stairs are your friend. The elevator will not help you getting your behind in shape. So try this: Lunge upstairs, take two or three steps at a time. At another time walk the stairs sideways and feel how this not only works your glutes but also the outside of your legs.

7. Make It A Habit

The key thing with exercise is really to be consistent. Once you have started implementing a more healthier lifestyle, you may actually want to check out a health club near you.

Do not let all the machines and fit people intimidate you. Instead, hire a personal trainer for a couple of private training sessions. He or she can design a work out routine that is exactly tailored to your fitness goals and physical needs and also show you how to do the exercises correctly.

So, stay well and enjoy life!