



Helping You Make The RIGHT Choices For Better Health

HEALTHY

LIVING GUIDE

WWW.LIVEYOURHEALTHYLIFESTYLE.COM

Thank you for downloading your copy of our 'Healthy Living Guide'

We hope you enjoy the information we've presented here and look forward to sending lots more healthy living tips, articles and lifestyle news to help you live a healthier lifestyle.

Once again, welcome to our FAMILY !

- 5 Steps to Begin A Weight Loss Program
- Are Diet Supplements Good And Safe To Use
- Can I Lose Weight Without Exercise
- Discover Why Weight Training Is Crucial For Weight Loss
- HIIT Is It Right For Me ?

<http://www.liveyourhealthylifestyle.com/>

5 Steps to Begin a Weight Loss Program

Getting started on a weight loss program is often exciting and scary at the same time. On the one hand, it feels like a brand new beginning and on the other, you may feel overwhelmed that there is so much to do and you don't know where to start.

This article will give you 5 crucial steps that you absolutely must have in place before embarking on a weight loss program. Getting these right will make all the difference between success and failure.

The hard truth is that the majority of people give up on their weight loss goal once the initial excitement starts to wane and the going gets tough. To prevent this from happening, the first step that you need to take will be to define your why.

1. Writing down your 'why'

There must be a reason that you've decided to lose weight and the reason is almost always an emotional one. Maybe you want to look good for your partner. Maybe you're attending a high school reunion and want to turn heads at the event. Or you could have young children and you want to stay healthy for them.

Whatever the case may be, there is a reason somewhere deep down in your heart. Your job is to discover what it is and write it down. This may seem like an insignificant step... but it's the MOST important one.

During times when you're feeling down and the results are not coming fast enough, you will be able to look at your 'why' and keep going. The juice must be worth the squeeze and if your why is strong enough... you will stay the course.

2. Tracking your progress

This is another important step. Weigh yourself on a scale and write down your weight. You should also take photos of yourself before embarking on a weight loss program. Use a measuring tape to measure the circumference of your arms, thighs, waist, etc.

All these will be very useful when tracking your future progress. Sometime the numbers on the scale may not tell the truth because while you may have lost fat, your body may have gained muscle. In times like these, the photos you take will serve as a good indicator of your progress.

3. Plan your training program

You will need a mix of strength training and cardio in your workouts. You may also wish to include some flexibility training and meditation. Plan out when you will do the different exercises and what you'll be doing.

It'll be a good idea to plan it all a week in advance so that when the day comes, you go to the gym with a plan to execute. You do not want to be walking around the gym aimlessly just using whatever machines are available.

4. Cleaning up your diet

Over 80 percent of your efforts should be spent on watching your diet. You want to eat clean food that has all the nutrients that your body craves. Most people become overweight because of poor food choices.

It will be good to start a food journal to see where you're slipping. Slowly and surely eliminate all these negative food choices and aim to eat clean. It will be an uphill task. In fact, this is the most difficult part of losing weight.

Changing your eating habits is imperative to losing the excess pounds and keeping them off.

5. Motivating yourself

Last but not least, do watch weight loss motivational videos or read motivational books. You can find these videos on YouTube. Look at body transformation pictures, etc. Follow fitness personalities such as Shaun T, on Facebook.

Constantly exposing yourself to positive information will keep you interested and on track. It is inevitable to lose motivation every now and then. This step will help you keep going even when you're running on fumes.

Implement these 5 steps and your weight loss program will be successful and you will reap the rewards.

Are Diet Supplements Good & Safe to Use?

Diet supplements are a million dollar industry. They have been sold for years and their popularity shows no signs of waning. You'd have seen the ads on late night infomercials. You'd have seen the bold claims on fitness magazines. You'd have even seen celebrities promoting them. So the question now is... Are they beneficial for you and do you need them?

The answer is a resounding NO!

Most people gain weight because of poor food choices, binge eating and leading a sedentary lifestyle. It only makes sense that in order to lose the weight, you'll need to reverse the order of things.

You'll need to eat less. You'll need to eat healthier and you'll have to move more. This is the ONLY way to lose weight successfully and keep it off.

Diet supplements will not help you and the few that do will not keep the weight off in the long run. Most people do not even know the ingredients that go into these supplements. Some are downright unsafe.

There have been cases where weight loss supplements were banned because the ingredients such as the ephedrine alkaloids were causing heart palpitations and even death.

Many of these diet supplements try to boost your body's metabolism by increasing its heart rate artificially through the use of stimulants. Common sense will indicate that you absolutely do not want to mess about with your heart in this manner.

Yet, thousands of people buy these supplements and use them without realizing just how detrimental they are. Common sense goes out the window because of the emotional element involved.

People want to lose weight fast and without any effort or sacrifice. They're willing to throw hard earned money on diet supplements that make bold unsubstantiated claims.

The hard truth is that you need to exercise if you want to lose weight. If you want to boost your metabolism, you need cardio training. If you want to accelerate fat loss, you need strength training so that you have more muscle mass to burn calories while at rest.

No diet supplement can ever strengthen your heart and cardiovascular system the way exercise can. The hype you see on the packaging and infomercials is just a means to an end... which is to get you to part with your money.

You may have noticed that new weight loss supplements keep hitting the market with 'new improved formulas' or 'secret ingredients' that were supposedly used by some tribe in the Amazonian jungles.

As always, this is just sales hogwash. Weight loss companies realize that their diet supplements just don't work. They also know that it's just a matter of time before people wise up and stop buying. So, they come up with new products that are given new names, new looks and new hype. Once again people believe it all and rush to buy the latest weight loss supplement that promises the world.

This vicious cycle never ends for many people who just get disappointed over and over. You cannot lose weight by eating something else... not even if it's a diet pill. Some pills may claim to suppress your hunger or block starches. While this may be true to a certain extent, you can't be on these pills forever.

Once you stop, you will regain your lost appetite and eat more than you used to before. The starches will cause your body to release insulin and cause fat storage. It's inevitable to go back to the way you once were, if you even lost any weight in the first place.

You do not have to eat less. You just need to eat right and remember that food is fuel and not therapy

The only way to lose weight successfully is to watch your diet closely. You want to eat clean and healthy foods and do away with the poor food choices. It may take you time to completely eradicate your bad habits but once they're gone, you will be lean and healthy for as long as you stay on track.

You'll not have to waste money on diet supplements that do nothing for you or may even cause you harm. There are no 'lightning in a bottle' solutions for weight loss. You have to eat right and exercise. Your sweat is your fat crying... and the harder you train and stay focused, the faster you'll reach your weight loss goal.

The truth is not pretty or sexy... but it's the only thing that matters.

<http://www.liveyourhealthylifestyle.com/>

Can I Lose Weight Without Exercise?

This is an extremely common question because many people dread exercise. The idea of panting and gasping as they pound on the treadmills for hours is a most unpleasant thought for many folks who are used to leading a sedentary lifestyle.

Resistance training is more torture because of the muscular aches and pains that will follow the next day. Because exercise involves expending effort, many people express disdain towards it. To answer the question as to whether one can lose weight without exercise, the answer is yes. One can definitely become skin and bone if they starve themselves long enough.

However, there are several negative repercussions from losing weight through a restrictive diet alone. In this article we'll look at some of the benefits of exercise and what you can expect if you try to lose weight without working out.

*** You'll not have a well-toned body**

There is a term in the fitness industry known as 'skinny fat.' Basically, what this means is that a person is slim yet most of their body consists of fat. This is one of the results of eating little and not exercising.

Your body will not have muscle tone because you're not exercising. This is definitely not healthy and while you may be skinny, it's not a good state of health to be in.

*** Low metabolism**

Exercise boosts your metabolic rate. If you do not exercise, your body will have a low metabolic rate. That will mean that the moment you eat more than you usually do, you will gain weight. It also means that as you age and your metabolic rate drops further, you will gain weight even if you eat the same amount. Your slower metabolic rate will not burn the same amount of calories as it once used to. The inevitable result is weight gain.

*** Muscle atrophy**

As we age, we will lose muscle mass unless we constantly work our muscles. There is a reason why Stallone has more muscle at 70 than most men in their twenties. He never stopped working out. If you do not exercise, you will lose muscle mass as you age. The more muscle you have in your body, the more calories you burn while at rest. The reverse holds true too.

When you have less muscle, your tendency to gain weight is much higher. The only way to prevent weight gain as you age is to engage in resistance training.

*** Prevents diseases**

Your body needs exercise to stay strong. Lack of exercise can lead to cardiovascular disease. Other health issues like diabetes, blood pressure problems, osteoporosis, etc. will be able to take root in a body that is weak.

Exercise isn't just about aesthetics. There is a very real and serious implication to not exercising enough. Your health and life is at stake here.

<http://www.liveyourhealthylifestyle.com/>

When you move more, your body stays limber and flexible. You become stronger and tougher. This will mean that as you age, you will be a healthier and more physically capable individual.

You may have seen many older people unable to get around without assistance or they need walking canes and other aids. In the majority of these cases, you will notice that they've led highly sedentary lifestyles and their lack of exercise has come back to haunt them. You really do not want to end up in such a situation.

To conclude, while you can lose weight without exercise, you still should engage in exercise. It will tone your body and you will look great. A lean body that's achieved with a good diet and exercise is a lot more attractive than one that is just skinny due to a highly restrictive diet.

Exercise often. Find a few activities you enjoy doing and be active. Exercise can be fun. It doesn't have to be torturous. Good things come to those who sweat.

Discover Why Strength Training is Crucial for Weight Loss

It's very common for most people to immediately associate weight loss with cardio training.

Whenever people think of exercising to lose weight, they visualize themselves jogging at the park, walking or pounding the treadmill for hours.

In the past, moderate or slow cardio done for hours was seen as the panacea for all weight loss problems. Strength training was viewed as just something extra and not necessarily a requirement to lose weight.

However, latest studies have shown that strength training is extremely important for weight loss. While cardio is good, when combined with an effective strength training program, the fat will melt off much faster leaving you looking toned and ripped like a Greek God.

Let's look at some of the benefits of strength training.

**** Preserves muscle mass***

This is probably the biggest benefit of strength training. Strength training will prevent you from losing too much muscle while you're trying to shed the fat. Losing some muscle is part and parcel of weight loss. However, your goal should be to keep the muscle loss at a minimum.

The only way to do this will be to mix up resistance training in your workout program. You could have 3 days of cardio and 3 days of resistance training. This will ensure that you have a well-rounded training program.

*** Boosts metabolic rate**

Strength training boosts your metabolic rate. This means that your workout will help to burn more calories over a longer period of time. The trend these days is towards full body workouts.

<http://www.liveyourhealthylifestyle.com/>

Usually, these are strength training moves done with minimal rest between sets. When done at this speed, the strength training workout takes on a cardio nature because you'll be panting and gasping to keep up.

As a result, you'll create a situation in your body known as excess post-exercise oxygen consumption. What this does is that it puts your body in fat burning mode for hours long after the workout is over. Conventional cardio only burns calories during the workout... and the calorie burning tapers off after the workout is done.

Full-body workouts keep you in calorie burning state for 12 to 14 hours after the workout is done.

*** More attractive results**

If you've seen marathon runners, you'd have noticed that they're often scrawny and don't exactly look muscular.

This is a result of excessive cardio training which results in muscle that is 'burnt off.' Most people do not want this look. The majority of men want a body that is muscular and looks good in a t-shirt. Women want toned legs that look good in a bikini or well-sculpted shoulders that look awesome in an off-shoulder dress.

The only way to get a body that is sexy and turns heads is through resistance training. You will be lithe, lean and awesome to look at. Since most people exercise to look good, strength training will help you lose the excess pounds and also sculpt a body that will turn heads.

*** Improves your cardio performance**

If you're a runner, swimmer, cyclist, etc. with strength training you can strengthen the muscles used in these activities. For example, a runner who does barbell squats, lunges, etc. will have stronger legs and be able to run faster and further without his legs getting tired too fast.

As a result of this better performance, more calories will be burned and weight loss will be accelerated.

*** Better sleep**

Strength training has been shown to promote better sleep and get rid of insomnia. If you're trying to lose weight, getting enough sleep is very important so that your body recovers from all the exercise and dieting.

If your body is stressed out from lack of sleep, it will release the hormone cortisol which leads to weight gain. Strength training will leave you craving for a good night's sleep and you will wake up each day feeling refreshed and also leaner.

These are just a few of the many benefits of strength training. Everybody can benefit from strength training and you have nothing to lose and everything to gain from being as strong as you can. Make strength training a part of your life.

<http://www.liveyourhealthylifestyle.com/>

HIIT. Is it Right for Me?

High intensity interval training also known as HIIT is without a doubt, the MOST effective weight loss training method on the planet at the moment. In the past, people believed that the best way to lose weight was to spend hours running at a slow or moderate rate.

Over the past few years, studies have shown that short intense bursts of exercise are far more effective for weight loss than long durations of steady state cardio.

An example of a HIIT session could be 45 seconds of sprinting followed by 1 minute of rest. This is done about 8 or 10 times. By the last round, you'll be drained and exhausted.

The key to successfully using HIIT is that you must give it your all. Maximum effort is required. You should not be saving on your energy. There should be no gas left in your tank at the end of the HIIT session.

This method of training is hardcore and not fun at all. You will be digging deep within yourself to push and keep going when every muscle and bone in your body wants to give up.

Unlike lifting weights in a gym where you can pose and preen after every set of bicep curls, with HIIT you barely have time to catch your breath before it's time to exert again. It's go go go from the get go till the workout ends in 15 or 20 minutes.

When you finish a HIIT session, you'd have created an excess post-exercise oxygen consumption situation in your body. It's like an oxygen deficit because you were training so hard that your body feels like it lacked oxygen. To make up for this, it will be at an accelerated metabolic rate for hours. Most people stay in calorie burning mode for 8 to 12 hours after the workout. Because of this, you will lose weight much faster since your body is burning calories round the clock. You will lose the most amount of fat during a given period of time if you adopt HIIT as your training protocol. Which brings us to an important question... Is it right for you?

The answer is - It depends.

HIIT is NOT for everyone. This is not a training method someone should immediately jump into after years of living a sedentary lifestyle.

Your body needs at least 3 to 4 weeks of conditioning before you even try HIIT. If you embark on a HIIT program but your body is ill-equipped to handle the demands of the workout, you may strain a muscle, sprain a joint or experience immense muscular pain the following few days after the workout.

This will be counterproductive because you will need time to recover. Spend 3 to 4 weeks doing moderate cardio and strength training first. Allow your body some time to get used to the extra movement. Your joints will be more limber and your stamina will improve in these few weeks.

When you do start on HIIT workouts, keep them short. One good style of training is the Tabata protocol. It is only 4 minutes long but it sure packs a punch. It will give you a taste of how HIIT workouts feel like and you can go all out because it's only 4 minutes long.

<http://www.liveyourhealthylifestyle.com/>

As you progress, you may wish to do longer HIIT sessions. Only do as much as your body can handle. Even overweight people can do HIIT workouts as long as they have some conditioning prior to it. If you're overweight, you may struggle to complete each set of activity... but you may stop if you can't go on.

The goal is to make slow and steady progress. With time you'll see that you're getting strong and fitter. HIIT is perfect for people who do not have much time to exercise but still want fast results. Ideally you should do about 2 or 3 HIIT sessions a week. You do not need to do them daily because you'll just stress out your body's central nervous system. These workouts are so powerful that thrice a week will suffice.

Assess your physical condition and incorporate HIIT into your training regimen when you're ready for it. You may wish to speak to a doctor to get the all clear too. HIIT is not for everybody... but if you can do it, it's the most powerful tool at your disposal for melting the stubborn fat.

<http://www.liveyourhealthylifestyle.com/>

