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CHAPTER ONE

REASONS TO TRIM THAT TUMMY

You can't see your feet beyond your waistline. And yes, it hurts to know that you have added 15 lbs in the last five years. Your worst nightmare would be facing a flight of stairs and reaching the second floor all out of breath. If you are out of shape, and have poor eating habits, then this will be one of the most important books you ever read. You are about to learn a step by step formula to get in shape, tone your muscles, improve energy levels and improve your eating habits. The benefits will be significant and long lasting.



They say the first step to solving a problem is to recognize that you do have one. So congratulations, you took that first big step the moment you started reading this ebook. This is going to be an interesting journey, and you will learn to improve your exercise and nutrition habits along the way. We are just getting started, and once again, I commend you for reading this far. Don't stop yet because below are the top ten reasons why it's time to trim that tummy!

Exercise makes you look and FEEL younger!

Think BOTOX,[®] liposuction, anti-wrinkle creams, endless sessions with the dermatologist... these are the usual, painfully expensive ways to avoid looking ancient. But there's a better idea lurking about, especially if you throw a few punches and some jogs around the block; you just might find the perfect solution once you sweat it all out... the stress, the worries, the years off your face!

Exercise makes you look and feel younger, LONGER!

No use trying to look fabulous when you have only a few years left to enjoy it right? But seriously, you go to extreme lengths to project a youthful image outside. You invest in saving the few inches left of your hairline, maintaining that svelte figure by nip-tucking and injecting things to get the crow's-feet off your face. But inside, your organs are rotting away...the toxins are building up; your heart can't even stand that trot from the mall to the parking lot. It doesn't make sense putting out that nice facade when the inside isn't as lovely, right? So, if you want to look younger and feel younger... then do it the right way, by exercising! Then, you will be able to enjoy the look and the wonderful feeling longer by adding more years to your life!

Exercise benefits you economy-wise!

Good health is an investment. Remember, the best form of cure for every possible sickness from tooth ache to cancer is PREVENTION. So why anticipate dying young with some preventable disease when you can start over and lead a healthier lifestyle, right? Then you can save thousands of dollars on health care, maintenance medications, check-ups and rehabilitation. So work up a sweat!

"Fit" is always in style!

When you have curves all over instead of in the right places, you probably spend an entire hour figuring out what to wear. You have so many things to consider, like covering your thickening tummy, hiding those flabby arms or finding the

right shade of gray to make you look thinner. Imagine if you were two sizes smaller. Imagine if you can maintain that weight too. Then you'd have fewer wardrobe fluctuations (yes dear, fad diets won't get you anywhere). So you'd get to keep wearing classic pieces for a longer period of time. Now I'm not saying you should be waif-like or reed-thin, OK? Being fit and healthy is having the right weight recommended for your height and age and having the energy to do the activities you enjoy. Besides, fitness will never be out of fashion!

When you're fit you can do more and achieve more!

Let's face it, when you're several pounds lighter it's easier to run around and be all that you want to be. There are other things in life that matter just as importantly as making dollars on a chair at your office desk. Joining activities that pique your interests (sports, community projects, fund raisers) or offer a sense of relaxation can be just as rewarding. When you take care of your health and maintain a level of fitness that suits your lifestyle then you end up getting more out of life! Think about it. You will be able to enjoy those long walks on the beach with your wife, summer outings with friends or running after your grandchildren. Who knows? You might even be fit enough for bungee jumping at the age of fifty three!

Being fit cures your craving for confidence...

Get to stand taller wearing that gorgeous gown you've been gawking at the mall's display window. Now you will have all the guts you will ever need. I know it takes more than just a perfect-ten-figure to exude that aura of confidence that turns a pretty girl into a stunning woman. But when you become comfortable in your own body by making sure you eat right and exercise well, then you'll be surprised at how easy it is to move that confidence level up a few notches! Chin up girl!

Exercise energizes the brain cells!

Now you will have fewer episodes of memory loss or brain freezing. Studies show that exercise improves mental function. It enhances your ability to think

clearly, to creatively produce solutions to a problem and to offer productive ideas. When you exercise, your energy levels increase. This in turn develops more serotonin in your brain helping to improve your mental faculties. So you see? Even neurons need to exercise!

Fitness leaves little room for stress in your life!

When you exercise, your body produces endorphines, or feel-good substances that instantly improve your mood. It also helps you combat depression. So the thought of working out shouldn't cause you too much worry. When you get started being fit, you will be a more adjusted and happier individual. As a bonus point, your relationship with others will improve (since you will be less irritable most of the time). You will also experience an increase in your ability to deal with everyday problems good-naturedly.

Exercise can foster potential social encounters!

I'm sure, like most individuals, your idea of socializing would be going out for a drink with your buddies after work. How about if you spend time with your significant others (your spouse, friends or family members) doing something active instead? Why not trade a lunch date with your best friend for a game of tennis or an afternoon swim at the pool? Exercise is more enjoyable when you do it in the company of people close to you. For your exercise or fitness regimen to work, you would need ample social support. You can have the support you need by simply involving others!

Be fit because YOU CAN!

Is it probable that you're getting used to being Mr. Chubby just because you feel that you can no longer go back to being that strapping young athlete in high school? Well, I'm here to remind you that it's not yet too late. I know your most common excuse would be not having enough time to spend on an exercise plan. But do you know that all you need is 30 minutes a day to exercise? No two-hour gym sessions, none of that fuss. All you need is to recreate your day.

Budget your time; use it wisely. Think of activities that can be potential workouts (I will suggest plenty of that in this ebook so don't worry). It's only a matter of harnessing whatever time, equipment or setting you have available in order to produce an activity-filled day.

Keep three things in mind: One - you don't have to live with lard all your life. 2 - You should get fit simply because YOU CAN! And 3 - You can, because I'm here to help you!

It's time to get started. So fasten your seat belt over that bulging belly because you're going to miss bumping on it the moment you give my super suggestions a try!

CHAPTER TWO

THE COUCH POTATO WORKOUT

Now, you may wonder why I presented this “sedentary topic” right after my little lecture about the everlasting benefits of fitness. Yes, we often picture a couch-potato person as somebody who forms pressure ulcers by sitting on the sofa and getting the most out of cable television. Well, that's about to stop. The great thing about this idea is the fact that we're going to turn a bad habit into something really beneficial. If you



can't go without spending several hours in front of the TV set, why not make

use of it then? Let's manipulate couch quality time into a workout activity that produces gym-worthy results.

I'm going to teach you some tricks in making channel-surfing the ultimate hassle-free exercise! Scroll down to find out exactly how...

- Keep it comfy by wearing clothes conducive to movement. Remember, don't treat this as a serious workout just yet. You're at home, trying to relax while watching your favorite TV shows. That doesn't have to change just because we're on a secret mission to lose a few pounds. So go ahead and wear your favorite sweat shirt and those fluffy bed room slippers. Today, the tummy trimming begins!
- Don't starve yourself. There's nothing half as enjoyable as nibbling on something in between channels right? So don't worry, this topic doesn't deny you the right to gobble up! There's a catch though (Hmm, were you almost jumping for joy?). We have to substitute your chips and dips for something healthier, yet just as tasty. Here are some fitness-friendly suggestions:
- Wrap up something raw. Now, if the only vegetable you are acquainted with is potato (and only when it's fried), then it's time to refresh your memory and your diet. Chop up some carrots, celery, tomatoes, cucumber, even peppers! To make it crunchier, make sure you store it in the refrigerator for a few hours first. If you choose fresh vegetables you will hardly miss the dips and dressings.
- Please skip the Pepsi...or any other cola for that matter. Drinks like these contain caffeine, a substance that retains water in your body, making you feel bloated most of the time. Instead, opt for water. That's right, plain old water is the key



to weight management. However, if you're not a fan of plain iced water you can add a hint of lemon or honey to make the taste more appealing.

- Are you screaming for sweets? You'd better put those candy bars down, or that thick slice of chocolate cake. Now, I know it sounds so great but don't let a moment of sinful sweetness on your lips lead to a lifetime of lard on your hips. And no, watching TV isn't a "special occasion" to excuse yourself. To satisfy that sweet tooth of yours why not binge on fruits instead? A big plate of fresh pineapple, strawberries, mangoes, anything in season. Not too eager about that idea? How about a fruit shake using non-fat milk? If you don't like it fresh you can also try dried fruit like raisins or dried mangoes. Fruits are rich in fiber which helps get rid of waste from the body. In no time at all, this simple switch will do wonders for your waistline.
- Include some spice in your snacks. If you feel like having tacos or tortilla chips, get some calories burning by adding some red pepper to your taco dip. Cayenne pepper has thermogenic properties that will help improve your body's metabolism. Isn't this a tasty way to being "hot"?
- Get your butt off the couch for the right reasons. Now, to accomplish this one you have to fend for yourself. If you need something from the kitchen or from another room in the house, hold the urge to ask someone to get it for you. I'm sure your wife, daughter or household help will appreciate it too. In this manner, you will be able to move around during commercial breaks. By doing so, you'll get to burn some fat during that jog between the kitchen and the living room. Remember, you can't miss the next scene from the show so you have to walk at a fast speed in order to get back on time. Great sweat strategy, huh?
- Do things one at a time. This means you have to be off the sofa on most commercial breaks. For example, you've prepared a variety of snacks in the



kitchen. What I want you to do is to take time going into and out of the kitchen by bringing the bowls or trays of snack one by one. That's right, forget things on purpose! I know it may seem tiresome and not at all the "lazy way to getting lean", but hey, you can't get any lazier when you're putting off errands right? Well consider the bowl-lifting an errand then, and be on your way to that next trip through the kitchen!

- I know most of you like game shows, there's just something about them that keeps people glued to their seats and outwitting other family members by guessing at the questions. So here's the double deal. While getting those neurons at work, why not give your muscles a workout just as well? OK, imagine you're a contestant in a game show like Wheel of Fortune or Who Wants to be a Millionaire; you are in a mild stage of anxiety and adrenaline is pumping through your body just thinking about the big pot of money. When you guess correctly at the next question, you become so happy you need to jump up and do a little victory dance! Go ahead, bust some moves! Don't worry; you won't end up looking like a complete idiot, you're just so happy that's all. So move those arms, shake those hips and throw some punches in the air!
- Now this piece of advice would do well if you're a guy who is a big sports fan. Let's say you're watching football or basketball with your buddies or your younger son. It's the last two minutes of the game and your team is about to lose, but by a stroke of impossible luck, your team shoots a three pointer and you just can't help but whoop for joy! So yes, get out of that seat and do another victory dance again! This time incorporate some shooting moves. Act as if you're about to score that last free throw or something, or show some football action as well. Hey, no problem here right? There's nothing weird about it at all. But secretly, you're making sure you give your body a bit of a workout just by being your couch-potato self. Not that bad so far, huh?
- Let's say you got so over-excited you spilled your drink or that hot salsa dipping you made for the tortilla chips. What do you do? Do you ask your wife to clean it up or holler for a wet towel from your daughter? Oh no, couch potato; you get up, go to the kitchen, grab that towel or mop, and clean up that mess

by yourself! It's your fault so you had better do something about it. By doing so, I got you off that couch again didn't I? And its perfectly excusable. If you are embarrassed by the fact that you've become weight-conscious, then they won't have to realize that you're actually on an exercise plan. Remember, any movement no matter how small is better than no movement at all.

- Here is another technique. Make sure the coffee table where you are putting those snacks and drinks is at least a good two feet away from you. That way you will have to get up and reach for whatever it is you need. Also, do remember to put the glass back down after you're done drinking. In this manner, you will have no choice but to get up and go over the routine again every time you need another sip of that drink. Do the same with your snack too. Do not grab some chips and pile them on one hand while sitting down. One at a time, grab just a mouthful so that you'll have to do it all over again.
- Chew your food well. That's right; aid your digestive system by making sure you chew your food 20-30 times before it goes down your throat. So go ahead and munch on those carrot sticks! YUM!
- Do not forget to have some water in between the juice and the celery. Keep yourself hydrated. Also, thirst can be mistaken for hunger, so you might want to sip some water first before thinking of getting another bite. Besides, when you are drinking lots of fluids you will have lots of reasons to go to the bathroom. Hmm...see? I got you off the couch yet again!
- If it is possible, be sure your phone or computer is located further away from the living room. That way, you will have no other option but to walk from the couch to the phone to make a call or to check your email. While on the phone, stand up instead of sitting down. At least limit your calls to five minutes or less, OK? Don't fret;



you can always make another call later. Another productive walk from the couch to the phone, right?

- Get ideas from movies! That's right, get yourself motivated. I do not know about you but each time I see Sandra Bullock or Jessica Alba's famous abs it gets me really, really jealous. The solution? Work it out! OK, let's say you just tuned in to fashion TV, you see all the gorgeous swimwear they're parading for the summer season. Doesn't it make you wish you were a size smaller? Why not use that rage you have for size zero models. Get even by getting fit!

Well, are you thankful for being a couch-lover? It does not always have to be a disadvantage to your workout plan, you know. All you have to do is to make a few modifications so that channel-surfing can work to your advantage. You do not have to give up an activity you enjoy very much just because you have decided to uncover the healthier, leaner and younger you! Ready for more tips? Read on...

CHAPTER THREE

THE DESK DOES WONDERS



If you are a hard-working office person then you will find this part greatly useful. I know you probably spend eight hours a day, five days a week in front of the computer working your brains off. Eight hours of butt-numbing inactivity save for your fingers on that keyboard and the typical chit-chat with your officemates while the printer is running. That is about to change. But first, here are some tips to making your office environment, workout-friendly!

- 1) Clear the clutter from your desk. There is nothing more stress-inducing than seeing a desk full of papers, pens and all sorts of stuff. One look at it and you get the feeling of being thoroughly busy most of the time. It is as if you have a mountain of things to do. Sort out the trash from the important things. Arrange paperwork by order of urgency. Prioritize. Keep pens and other writing materials in one place. That way you will not have to search high and low for them every time you need to jot something down.
- 2) Open those drawers. I'm sure you have a bar of Hershey's or a packet of M&M's hidden somewhere, especially when you need that boost of energy to make up for a missed lunch. Hmm, not a very good idea. I am already counting the calories inside your desk drawer. Give it away. Give away those extra pounds. Give away those extra inches. Anything extra should be shared, I say.
- 3) Every office has its own water dispenser. Now, I already mentioned the importance of water in your fitness plan. So to remind yourself to constantly be hydrated, make sure you have a cup or glass or a bottle to put your water in right on your desk. This way you will think about drinking more the moment you get a glance of that glass!
- 4) If you have the habit of hitting the gym after work, make sure you bring an extra pair of gym clothes or rubber shoes. Keep these under your desk to remind you to stick to your workout. This way you'll have no excuse for missing gym class just because you forgot your sweats.
- 5) To combat the need for snacks at work, opt for healthier options instead of chocolate, cola and sweets. Instead, be certain you have some dried fruit, yogurt, nuts and juice drinks to get you through the day. Bear in mind that this diet plan doesn't mean you should deprive yourself. It means you get the same nourishment your body needs in proportion to the activities you do. No excess.



- 6) If you have dumbbells or weights, you can keep these in your office too. Hide them in a corner in your cubicle. That way, they will be accessible to you when you have a few minutes to spare.
- 7) Once you have cleared your desk of those snacks, promise yourself that no matter what; you will never eat on that office chair. During afternoon breaks, grab a handful of nuts or raisins and get out of that seat. Wander off to your office mate's desk or walk outside for a breath of fresh air.

Now your office space is almost ready for your lazy workout plan. These simple ways to recreate your lifestyle may be just what you need in order to stay in shape minus all the fuss!

1) Be creative. Think of ways to move around the office.

- Take the stairs if you need to go one or two floors up. Never underestimate the benefits of a good climb up the stairs. Give the elevator a break! Test the theory that those boots are made for walking.
- If you need to talk to somebody in the other department, why not go there yourself instead of making a phone call? As long as you are not too hectic and you have a few minutes to spare, go the extra steps and talk to him/her in person. The telephone may save time but that healthy trot through the hallway may add some more years to your life as well!
- Park several blocks away from the office. (or any other establishment for that matter, like the mall or your school) It will give you some quality brisk walking. Only do so when you're early enough before an important appointment or meeting, OK? We do not want you panting like a pig before a major presentation.
- I know it feels good to act bossy sometimes. Why bother making photocopies when you can ask a trainee to do it for you? OOPS! Earth to reader, this is a fitness plan remember? Get those legs moving, run that errand yourself. That poor trainee will be very thankful, and so will your muscles!
- Other errands you can do alone can be potential activities to keep you fit!

Like getting supplies from the basement (or wherever it is that you keep office supplies like paper, glue, staples, etc.), rearranging office furniture, getting documents from the other departments and the like. Jump on any opportunity you can!

2) Who says you can never be fit when you are glued to an office desk all the time? Below, I have listed some exercises you can perform while sitting at the office. Do not stress yourself too much. Have a “breather” in between tasks. That’s right, your body deserves a good stretch after all the hard work it has been doing for you. But before starting, remember these points:



- Do not force it. Muscles may become really stiff especially if they’ve been stuck in the same position for a long time. Avoid forcing your body to stretch.
- Get started slowly. Make sure you progress with careful movement until you feel that your body is ready for a more intense stretch.
- Tension is OK. Just make sure you are not feeling any pain. Pain during stretching signals you that something bad is going on. So watch out for it.
- Continue a stretch that feels good. Do not hold it if it is already getting too uncomfortable. Start slow, remember?

Now here are a few exercises you can do while sitting down. The best part is they’re so easy you can even do them while attending a meeting, sitting down with a client or listening to a presentation...and nobody will find out! Isn’t that wonderful? Ready? Let us sit tight then...

1) Point the toes of your feet forward. Bring them further away from your body until you begin to experience some form of tension. Remain in this position for 20-30 seconds. You can do this using one leg at a time. Then, progress to two legs once you get warmed up. You need not be self-conscious.

Your legs will be under the table or under your desk! Your office mates need not know about it at all!

- 2) With your heel resting on the floor, pull your toes as well as your feet carefully towards the body. Continue this position for about 20-30 seconds.
- 3) In a circular motion, turn your feet clockwise a few times. Then go the other way. You can do both feet together or one at a time.
- 4) Have some fun and trace your name or phone numbers with your toes. You can even make sentences if you like! This way you get to stretch your ankles and your entire foot.
- 5) Get a towel, if you have one lying around in the office. Rest one foot over the towel while you are extending your leg. Now slowly push out with your foot while pulling on the towel with your arms.
- 6) You can do this one if you have enough space. First, all you need to do is to extend your leg right in front of you. Then, you try holding on to this pose for 20-30 seconds or until your leg starts to shake. After that, do the same to the other leg. Once you improve your muscle strength, you can proceed to stretching both legs out in front at the same time!

Whew! Give those leg muscles the benefit of a good stretching session once in a while. In the office you can often get too caught up with deadlines and paperwork piling up. The solution? Make a simple note to yourself. Grab some Post-its and scribble down a reminder. Pin it up on your bulletin board where you can see it all the time!



Now, let's say you work in an office where you have a closed cubicle all to yourself, one that allows you some privacy. We are going to use that to your advantage. There are more exercises you can do in your office provided you have the benefit of a much larger space. Here are some of them.

- 1) “The Wall Squat” – Stand with your back against the wall. Then, slowly ease yourself to a sitting position, your thighs should be forming a right angle with your legs. Make sure your thighs are parallel to the floor. Hold this position. Remain this way until your knees begin to quiver. Record the time; this will be your baseline. Do this several times a week; you will begin to feel your buttocks and thigh muscles tighten. You may increase your time to 3-5 seconds longer than the baseline. But as I’ve mentioned before, be careful of straining your muscles too much. Increase your time slowly. Never force it.
- 2) “The Tummy Tuck” – whatever position you are in, whether it’s sitting down or standing up, remind yourself continually to always tuck your tummy. It’s like consciously putting that tummy where it really belongs, tucked in, that is. Once you get used to this, it will gradually tighten your abdominal muscles, making it easier to get those fabulous abs! Tuck it in!
- 3) “The Chair Sit-ups” – this is just like your typical sit-up, except that in this sitting position you get to work with your lower body as well as your tummy. As a bonus, it doesn’t hurt your back as much. First, get comfy on your favorite chair or couch (whichever is more comfortable and available to you). Sit at the edge of the seat, with half of your buttocks on the seat and the other half not touching it at all. Next, keep your hands under your head (as in doing sit ups). Then start lifting your legs and buttocks towards your body while bending your upper body towards your waist as well. As I said, this will feel like your typical sit ups only with your legs off the floor. Do this for sixteen counts then rest for 5 counts and do it again. In no time you will shed inches off of your waistline!
- 4) “The Wall Push”- If you want to work on those arms without breaking into too much sweat, then the four walls of your office just might be the best equipment for you. Start by facing the wall, approximately a foot’s length away. Then, brace your hands over the wall. This position is the same for doing push ups on the floor. Simply pretend you’re upside down. Ready for the pushing? Now do the push ups with your hands against the wall, your weight on your arms. Do this for sixteen counts, pause for a few seconds and breathe slowly. Then do another sixteen. You can do as many cycles as you

like but for beginners it would be safer to do about 2–4 cycles. You won't want to strain those muscles when you still have a few typing jobs at the table.

- 5) If you have the kind of desk that's cluttered with all kinds of paper weights then I have just the job for you. Paper weights can come in the form of marble, glass or wood. They are quite heavy in order to hold down all those pieces of office memos, letters, bills and the like. Get two of those paper weights. Pick the ones that weigh almost the same. Then start your workout. Imagine they're real weights you use at the gym, your very own office dumbbells! Play a lively tune or use your computer's media player. If you have an mp3 or Ipod you can listen to your favorite songs and get working on those biceps!
- 6) "The Desk Squat"- this will work best if you have a sturdy desk, one that's made of strong material. To begin, remove your shoes if they're not comfortable enough to support some movement. Next, position yourself in front of your desk, possibly twelve inches away. Rest your hands on the edge of the desk and stand straight. Then, slowly and carefully assume a squatting position with your thighs becoming parallel to the floor. Afterwards, slowly rise up again until you return to a standing position. When you feel your thighs tighten, it means you're doing the workout the right way! Congratulations!
- 7) "Sits and Stands"- OK, lets pretend you're a person who can never sit still. Alternate sitting down and standing up without the help of your hands. After trying for a few times you will realize what a workout it can be! It challenges your calf and leg muscles to do all the work since your hands can't support you. The best thing about this exercise is that you can do it while talking to your boss on the phone, or printing out paperwork. You are free to do something else with your hands. Now that's multitasking in style.
- 8) "The EXERCISE BALL"- I'm sure you have seen this one at the mall or being advertised on TV. Well, do you know that this piece of equipment can substitute for your comfy office chair? What is great about it is the fact that you make use of almost all your muscle groups. Staying on this ball requires balance. Your butt, your thighs, your back...you will have them all working together to keep you seated and balanced as you do your office responsibilities.

9) “Do some ARM-CIRCLING”– give your tired arms a break. First, extend both arms at your sides with your hands formed into fists. Then make circles in the air. Big circles, then smaller circles. Afterwards, extend your arms in front of you and perform the same procedure. Then, give your hands a good shake for a job well done!

10) “Trunk-twister”– Slowly, take a deep breath. While you exhale, turn towards your left. As you do so, grab the back of the chair with your left hand. Keep your right hand on the arm of the chair. Maintain this position. Then, with your right hand as a support, gradually twist your trunk around. Move it as far as it will go without feeling any pain. Check how far you can go as you peer around the room. When you return to your primary position, be sure to do so carefully. Repeat the steps on the other side of your body. Don’t overdo it. Be sure to recognize your body’s limits. If you weren’t able to go as far as you would have liked, then there’s always room for improvement.

11) “Hug your Legs” – using your office chair, preferably one that doesn’t have wheels, we will do this perfect leg-stretching exercise. First, assume a sitting position with your butt nearly at the edge of your seat. Place your feet flat on the floor together. Then, slowly lean forward until your chest touches your knees. Afterwards, let your arms hang freely until they reach the floor. Release your head and neck. Now, put your hands behind your legs. Make sure you hold this position by grasping your left hand with your right firmly. This will give your back, neck and shoulders a wonderful stretch. Maintain this pose for a few seconds. Then release by untangling your arms again. You may repeat it as many times as you like.



Feeling great already? Who would have ever thought your office desk could be so useful, right? What I want you to bear in mind is; it’s not the intensity of the workout that counts. More often, it’s the regularity and the consistence of the workout routine that really matters. In more tangible terms, focus on having three or four thirty-minute workouts in a week instead of two hours of gym time once a week. Intense exercises that are

not always followed through will do nothing for your endurance and total body strength.

Moving your body whenever you can is like having short, little workouts that don't tend to wear you down too much. Now you have your home couch and office desk as substitutes for gym equipment. No monthly payments and waiting-for-your-turn, no crowding at the gym shower and professional fees for fitness trainers. Cool, right? Easy exercises that are budget-wise and time-saving...way to go, couch-person!

CHAPTER FOUR

GET FIT ON THE GO!

We exist in a race, a marathon of things to do each and every day of our lives. Too bad not all these races involve physical prowess or maintaining fitness. At some point, we get so absorbed by deadlines and have-to's that we neglect our



own body. In case you haven't noticed, you've just turned 30 but you look 40 and retire-able! This busy lifestyle is often the culprit for double chins, expanding waistlines, and a variety of diseases like hypertension and diabetes. I'm not saying you should be knitting and fishing all day though. You can still be on the go while getting fit and doing your responsibilities.

Humans, especially women (sorry guys, but that's what most researches say) have the innate ability to multi-task. It means you can do a multitude of things all at the same time.

For example, you can do the laundry while listening to the morning news and text-messaging. Or you can cook while talking on the phone and washing the dishes. Imagine if we could incorporate workouts and exercises into everyday routines! Wouldn't that be great? It would be like multi-tasking, except that this time you will be getting positive results, a trimmer body and a healthier heart. Here are some e-tips to get fit on the go!

- 1) **Need to shop for groceries?** Here's the deal. You may already know where the milk is or where the soap is located. Well, for a better workout at the supermarket, try to walk through all the aisles. That's right, walk through each and every aisle and pick out the items that you need. Who knows? You might discover a new brand of cereal or a better bargain when you take the time to explore each aisle. Make sure those shoes are made for shopping, and lots and lots of walking!
- 2) **Done with the groceries?** Next, drop the notion of using a cart to wheel your purchase through the parking lot. Instead, do some weightlifting by carrying the load yourself. As long as you don't have close to ten bags of groceries, then you're safe. But kidding aside, this advice will only work if you have possibly two to three bags that you can manage alone. If it is necessary to get a cart, then hold on to those two bags and give your other bags a ride.
- 3) **Household chores are great opportunities to get fit.** Here are some of them:
 - **Mow the lawn.** Do this early in the morning or late in the afternoon. Spice it up by listening to some lively music. If you're a sports maniac, then listen to a game on the radio so you'll have something to get you through the entire ordeal. If it's an unusually hot afternoon, have a glass of water or lemonade to cool down with. Hydration equals fitness. Fitness equals quality-life. All that and a well-manicured lawn!
 - **Dusting and cleaning.** The vacuum cleaner can be just as handy in thinning-out fat. The to and fro motion you do while operating it almost seems like a little dance. Want some more inspiration? Turn the radio on and scan it for your favorite tunes!

- **Wash the dishes**. Putting the dishes back in their shelves involves stretching. Maximize this activity and in no time at all, you will be more flexible. Remember, flexible muscles make it easier to do more intense exercise routines. It also saves you from having strains and sprains. So stretch it again!
- **Help your spouse do the laundry**. Even if you're a guy and your wife's the home-maker, you will get a lot of benefit from a few extra movements now and then. Plus, it allows you to spend some quality time with your wife as well. Isn't that sweet of you?
- **Gardening! Yup, that's right**. Water the petunias, weed the lawn, go ahead and do some squats while planting some more flowers in your front or backyard. When you water the plants, DO use a watering can, not a hose! It will give you a lot more to do because then you will be going back and forth refilling it again and again. And guess what? It saves your water supply too, it saves the earth and it saves you!
- **Baby-sit the kids**. Now I know this may seem to be like no other household chore. But then again it involves a lot of work too, especially if you have toddlers or pre-schoolers. Kids during these ages have the tendency to explore the environment a lot. Believe me, you will be sweating like a bull while scouring the house for them and making sure they don't get into any trouble. It is a good way to stretch your patience too! OOPs! What if you don't have children of your own? Easy! You may have neighbors who have kids, right? Why not do a good deed by offering to look after them when your neighbors have to run an errand? Or how about spending some time with your grandchildren? Running after them will make one heck of a workout. That's for sure. If you have nieces and nephews, how about volunteering to host their birthday party or spending time with them in the park? It's just a matter of widening your imagination for possibilities. Besides, family time is quality time. No minutes wasted! With the benefits of a healthy heart too!

- **Ironing clothes.** That's right, get rid of those wrinkled linens. Get your butt off the couch and tell your wife to have a break. A good idea? Why not bring the ironing board to the living room where you can iron while watching your favorite baseball game? Just as long as you don't get anything burnt, OK? It will be a terrific workout for those flabby arms! So what are you waiting for?
- **Clean up the car.** No, don't ask the kids to do it. Don't even think about a drive-through car wash. Get yourself a pail and some soap. Remember, say no to the hose! Then, begin another workout strategy by washing your car! In no time it will be shiny and polished and you have yourself to thank for it! And yes, those jeans aren't as snug as they used to be, right? Way to go!



- **Wash the windows.** Want to have a better view of the world while the world has a better view of a slimmer you? Get some wet towels and some soap and start polishing up those glass windows!
- **Scrub the bathroom floor.** Ooh, this will be like a major workout. Believe me, you will be enjoying intense arm exercises while getting those bathroom tiles whiter and cleaner. The best part? You can have a long, luxurious shower right afterwards!

- **Re-arrange your furniture**. Are you bored by the way your whole living room looks? Why not transfer the piano to the other side or place the TV set at the center? This will be good for those sedentary days when you are bored and at home with a bag of chocolate chip cookies. Before you grab another bite, test your muscles and start pushing and pulling at furniture.
- **Give your automobile a rest**. When you have to go somewhere, try using your bike instead, especially if it's only a few blocks away. It will help you save on the gas while preserving your car for several more years. So save your car the wear and tear while saving your pocket and possibly your health.
- **When was the last time you played tag or hide and seek with the kids?** Or even backyard football? When was the last time you spent the afternoon playing basketball with your sons or swimming with your spouse? Family time means spending a few hours to catch up with what is going on in their lives. Spend it wisely. Do something fun together.
- **Do you have some carpentry to do?** Why don't you try fixing the closet by yourself then? Instead of asking somebody else to do it, get some hands-on experience in repairing things in your home. As long as its not that complicated, why pay good money for jobs you can do on your own?
- **When you are on vacation with your family, be sure you do something active and enjoyable**. Instead of a week in Las Vegas why not opt for a cottage near the beach instead? The ocean provides lots of activities that will get you off that sand castle. Try swimming, surfing, snorkeling and other water sports you can avail of. Here are other vacation ideas that will guarantee good bonding time with the family without killing your workout routine:
 - **hiking** (get a glimpse of nature's beauty while enjoying lots of fresh air)
 - **Boating** (nothing beats a good exercise for those biceps)
 - **Beach Volleyball or Frisbee** (if you feel you've had enough of the ocean, that is)

- **Stuck in China**? Learn the basics of Tai Chi...
- **Going on a trip to Spain**? Why not sample some ballroom dancing?
- **Heading for the Alps**? Then get those skis ready and hit the slopes!
- **Touring Texas**? Try horseback riding!
- **Scouring Asia**? Seek some yoga classes or martial arts moves. You can incorporate these in your workouts.

Different cultures have different ideas to keep fit. When you visit a certain place, don't just sample the local cuisine. Find some time to explore their practices with regards to fitness as well. If you're bored with the treadmill at your gym, then by all means use your travels to appreciate other forms of physical activity that will get you a step higher in the fitness scale.

4) **Have you noticed** how you spend several minutes to a few hours each day being stuck in a line of some sort to transact business or get something? Lining up can be the most tiresome, boring, time-consuming experience humanity has ever conjured. But then, it gives some order to a certain situation and is certainly better than fighting your way through a crowd, right? I've thought about the most common lines we find ourselves in everyday...

- at the cafeteria to get lunch or dinner
- at telephone booths to make a call
- at the bank
- being inside a long line of cars during traffic
- waiting to get served in a restaurant
- waiting for your turn in the doctor's clinic or the dentist's
- at the bus stop
- at the post office
- at the mall, to pay the cashier for your purchase

And the list goes on and on. Now what if you could use those valuable twenty minutes doing something useful? Here are some stretching exercises to ward off the stress... Oh, and a good, upbeat song can help you with this too...

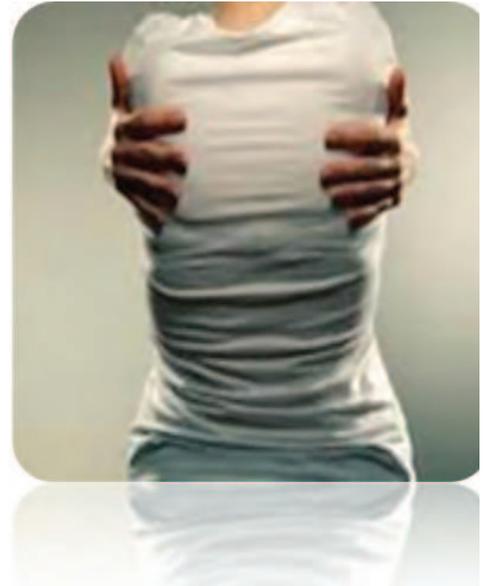
- **“The Shoulder Lift”** – Lift your shoulders to the point where they level with your ears. Hold it. Then release the tension and drop your shoulders. All the while be sure you are inhaling and exhaling deeply. Take a deep breath while lifting your shoulders and exhale once you let them drop. No sweat, right? Now, repeat the steps three more times. If you like, you can perform this exercise using alternate left shoulder, right shoulder and then both shoulders.
- **“The Neck Twister”** – Now its time to get rid of the tension from your neck. Do this by pretending that somebody is asking you some questions. You can only nod to say “yes” or shake your head to say “no”. If you feel like amusing yourself, ask a couple of silly questions like, “Is your math professor an idiot?” or, “Do you think the granny in front of you is a bank robber”? You might find yourself smiling while you nod and shake that tension off your neck.
- **“Finger-pointing”** – No, I’m not suggesting you go ahead and blame somebody for the long line or the delayed service at McDonald’s. This exercise will make your hands and fingers feel refreshed after a day of typing at the office.

First, you need to stretch your right hand while pointing your fingers down towards the ground. Use the left hand to further stretch your fingers, one by one. After that, do the same steps with your left hand, with the right hand assisting you.

Next, stretch out your right hand in front of you; bend your wrist while pointing your fingers towards the sky. Then, use the other hand to stretch your fingers towards you. Do the same procedure with your other hand.

- **“Hug Yourself”** – Put your left hand over your right shoulder and your right hand over your left shoulder. Breathe well. Inhale deeply, and exhale as you release the hug. It’s like comforting yourself while waiting for the long line to end! Mental note? I love myself! Oh, and by the way, you might want to

take time doing this. Hug all those flabby parts, because you are going to miss them once you start getting leaner! Aren't you excited?



- **“Arm Stretch”** – Put your right arm in front of you, as if pretending to punch that person in the line before you. Using your left hand, grab your outstretched arm, as if trying to stop yourself. Then pull your right hand across your chest. This will benefit your shoulders and back muscles. Hold this pose. Stop and slowly release the tension. Then, do it all over again with your left arm.

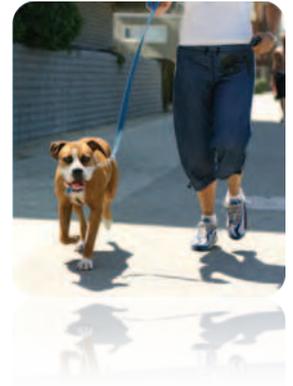
- **“Stand Tall”** – Stretch out your arms as if you were reaching for the sky. Then, put your hands together and link the fingers of your hands. Turn your hands over so that your palms are facing skyward as well. Then, lift your face towards the ceiling, tilt your head and arch your back! Feel all the tension fall off. Breathe slowly and gradually return to your previous position.

You will be so busy giving your body a much needed boost that before you know it, it's your turn at the front of the line! Those powerful twenty minutes of stretching will get you through another errand, another deadline or another meeting without all the stress! So, the next time you see that everlasting line in front of you, hold the urge to cuss and instead get ready for a body-building, mentally relaxing, “waiting workout”.

5) **Walk More**. If you're not a big fan of running marathons to add more years to your life then walking would be a better idea to get more blood pumping through your veins. I don't mean those leisurely walks you take along the beach during a summer date. For walking to be an effective tool in getting a lean body you have to do it in a certain pace. It's called brisk walking, a cross between a jog and a typical walk. This way you're giving your legs a proper workout just by taking time out from the bus or the car. Here are some great tips you can use daily.



- It's your turn to walk the dog! Spend time with man's best friend while you walk through the park or even hike towards the grocery store. If you don't own a dog, then offer to walk your neighbor's dog. Whatever you do, only make sure you're not allergic to animal dander; or else you'll be sneezing and wheezing all the way to the Emergency Room.



- If you walk home from school try going on a different route. Albeit a much longer one, it will give you additional minutes to sweat it out on the road. Besides, you might see interesting things along the way. You might discover a unique store, pass by historical landmarks or enjoy a scenic view. Things you would never have witnessed if you had taken the short and easy route home. Be certain though, that you live in a safe neighborhood and that you aren't going home late in the evening. In that case arriving at your house in one piece is much better than being five pounds thinner. Put your safety first before anything else.
- If you take the bus every day, then I have just the tip. Get off a block or two away from your house or your office. Of course you need not try this if you're already late. Wake up early, catch a bus and brisk-walk the remaining meters to your house, office or school. This way you have the privilege of enjoying a good walk before starting or ending your work day!
- If you go to school with other kids on your block, you can enjoy the walk better if you have company. So go ahead and ask them to walk with you!
- Have a walking partner. Be it your spouse or your best buddy. You can schedule your walks together and arrange it so that it doesn't conflict with any of your own schedules. This way you won't be tempted to skip your walking appointments because then you would be letting your partner down. It will improve the level of commitment you have for your fitness routine.
- Invest in good walking shoes. The most prescribed are those with rubber soles. Comfort is the main concern you should take into consideration when you choose shoes.

- Carry a bottle of water along with you at all times. When you are walking or jogging in warm weather, you might get dehydrated quickly. It's important that you replenish all those lost fluids fast. Also, there are other fluids that contain electrolytes as well. Look into energy drinks because sometimes plain water will not be enough to replace electrolyte losses when you sweat it out under the sun. But do read the ingredients first - some of them are more filled with hype than with healthy ingredients.
- Another tip for your safety would be to be careful to avoid sunburn. This does not mean you have to use lotions that often contain harmful chemicals, and that block out vitamin D. Instead, cover yourself appropriately, and use sun blockers only as needed.
- Before walking the dog, make sure your clothing is appropriate. No tight spandex shorts and high heels. Cotton sweats work best because they still allow your skin to breathe. Bring along a towel if you feel you will need one.
- Buy a pedometer. It is a device that measures how many steps you have taken during your entire walk. When you see the number right in front of you, you get to appreciate the hard work you've put into your workout. It will motivate you to aim for more steps the next time around. You will witness your improvement every time you check your pedometer! Hurray!
- Since your feet have been doing all the work to get you looking slim and sexy, there would be nothing nicer than splurging on a little surprise for your two exercise buddies. As a reward to yourself, treat your feet to a very well-deserved manicure or even a foot spa! It would be nice to see your feet get pampered after a long walk. You can almost feel your feet giggling with joy!

CHAPTER FIVE

TYPES OF EXERCISES

Each person has a unique physical make-up. The exercises that work for you may or may not necessarily reap the same great results with somebody else. The secret to a good fitness program is to explore your options. There are various types of exercises that you can try out just until you find the perfect one. Or, you may utilize different types so that you won't get bored by the same routines easily. The ultimate material is your determination to pursue that healthier lifestyle!

Flexibility Training



This is the exercise most often used by gymnasts. I'm not teaching you this so that you will be able to perform the perfect "cart-wheel", though. The benefits of flexibility exercises stem from the knowledge that flexible muscles have less tendency for injury. Picture yourself trying to bend and pick up something from the floor when suddenly you hear that unmistakable "crunch". The only way to avoid this is to make sure that your muscles are flexible at all times.

Before you begin any major workout, do some stretching first. Warm muscles equals less strain and sprain. Cold muscles used without the benefit of a good stretch will be sore and aching in no time at all.

Lots of activities can help you improve your flexibility. Martial arts like taekwondo, karate, aikido, and tapondo provide great training for flexing those muscles. Those flying kicks you've seen on Jackie Chan and Jet Li movies are results of flexibility training.

Other activities that work just as well include pilates, ballet and yoga.

Having great muscular flexibility will greatly enhance your performance in sports such as soccer as well as all types of dancing.

If you are interested in any of these activities, then turn them into potential fitness programs for yourself!

Aerobic Exercises

Aside from working on getting movie-star muscles, also remember that like the abs and the biceps, the heart is also a muscle organ that needs the same amount of star treatment from you. Since the heart has the job of pumping blood and oxygen to the different parts of the body, then we cannot do without it. That's why we have aerobic exercises!

Aerobic exercises or simply called “aerobics” provide a good workout by increasing the strength of your heart. It does so by enhancing the pumping capacity of the heart and quickening your breathing.

There are lots of aerobic activities to choose from. These include brisk-walking, running, swimming, biking, skating, skiing, and hiking.

Team sports like basketball, volleyball, football, hockey, tennis and soccer will also boost your heart's pumping ability. So sign up for the team!

The recommended dose of aerobic workout is 60 minutes to one hour of mild to moderate exercise. If you are having time constraints, then an intense thirty-minute activity will solve your heart's needs for the day!

Strength Training

Above, we have learned how to boost your heart's pumping powers and how to avoid straining your muscles. Now, we're going to find out how we can make sure our other muscles have enough strength to tolerate intense physical activity.

Strength training enhances your body's performance by ensuring that you won't get tired or worn out easily for a longer period of time.

When you are in a period of inactivity, muscles work better at burning more energy as compared to fat. Having efficient muscles means burning calories better!

Since you have different muscle groups, specific exercises are recommended for specific parts of the body. Here are some useful suggestions:

- For the legs and thighs, your muscles will benefit a lot from walking, running, rowing, biking and skiing. If you don't have time for a jog, use a jump rope instead. Thirty minutes of jump rope is equivalent to an hour of brisk-walking. The intensity makes up for the time you spend on a workout. Squatting, wall or rock-climbing as well as leg raising can be effective activities as well.
- To tighten those abdominal muscles, try yoga, crunches, pilates or rowing. Also, don't forget what I told you about tucking them in where they belong. Some dancing will also benefit those abs, especially those that involve hip hop music.
- For your arms, build those muscles with constant push ups. Also, try doing some rowing, skiing and sports such as volleyball and tennis.

These three basic types of exercises will help you master the road to getting lean the lazy way! When I say lazy, I don't necessarily mean that you won't have to lift a single muscle. It means "lazy" in the sense that we will be recreating your workout plan so that it is incorporated into your daily routine. When we do this, you will feel as if you are not working out at all. You are simply modifying your usual activities so that they produce more complex movement. And movement means mobility. Mobility then translates to achieving a fitter body that withstands stress and delivers a gym-worthy performance every single day!

CHAPTER SIX

WHAT TO DO FOR A HEALTHIER YOU!

- **DO drink as much water as you can.** When you are thirsty, you may feel like you are hungry too. Before getting a bite to eat, go for some beverage first. Who knows? A glass of water may just be all you need to stop that grumbling stomach.



- **DO cut back on the things you can live without.** Moderation is always the safest way to lead a healthier life. Want something sweet? Have half of that chocolate cake, half of that éclair and half a scoop of ice cream. Not the whole tier of cake, the whole mouthful of éclair and certainly not the whole pint of ice cream! It will be enough to satisfy your craving. Same with wine, beer or soda; have a sip. Tastes great? Good, now return to your own bottle of flavored water. A toast to better dining!
- **DO limit your intake of fat, sugar and salt.** OK, let us simply admit the fact that we can't all be vegetarians. If you cannot eliminate pork from your diet, then have it once a week or for special occasions. You may want to limit those so-called "special occasions" too. By this, I regret to inform you that no, you

cannot celebrate everybody else's birthday with beer and pizza without them knowing it!

- **DO treat yourself to a relaxing day at the spa.** Being healthy means being stress-free. While reaping the rewards of a leaner YOU, get pampered as well. Be able to relax and enjoy the benefits of a great work week!
- **DO bring your own snacks or meals to work.** Don't get swayed by the constant lure of fast food. Especially if your office mates have the habit of treating hamburgers as the complete comfort food for office stress... make it a point to prepare your lunch ahead of time. This way, you can be in control of what you take in. So wrap up a healthy sandwich before you head out the door!
- **DO order ahead of the gang.** If you are dining out with friends or colleagues, make it a point to place your order first. By doing this, you won't be tempted by what they will be ordering. Never mind if it's a sinfully delicious choice, dripping with calories! If you choose first, you won't have a chance to change your mind about that salad. So make it a point to be first in line!
- **DO invest in sports!** Having jump ropes, Frisbees, badminton and tennis rackets, basketballs, baseball bats and swimming gear around can make it more convenient for you to engage in sports. You will have no more excuses for not playing a game with your kids or giving in to a tennis match with your friends. Time to do some shopping!
- **DO monitor your progress.** If you know that you are heading in the right direction and you see the visible results of your hard work, you will have more motivation to stay on track. Keep a special diary for this purpose. Or, use your Internet account by having a "blog" dedicated to your workout plan. Keep yourself stimulated to achieve more!

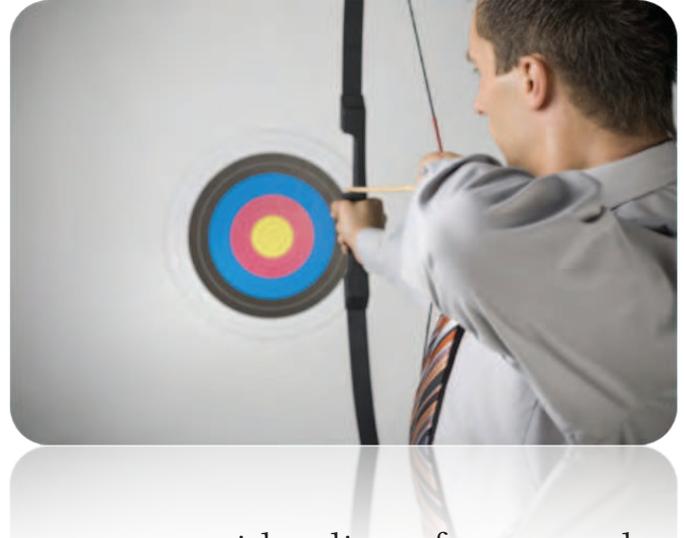


- **DO assume responsibility for self-discipline**. Planning is only the beginning. I believe that getting fit and staying fit is a life-long process; it is a lifestyle in itself! Discipline is an utmost necessity in making sure your plan works. The goal here is not simply to lose weight but to be able to lead a healthier life! Health should always be a priority.
- **DO remind yourself of the benefits of exercise!** Anytime you feel like straying, keep your focus by recalling all the worthwhile benefits of becoming healthy. There are lots of them remember? Don't give up yet!
- **DO have a support person or support system**. They will help you through this workout plan. It's nice to have somebody you can share your sentiments and successes with! Somebody you can trust whole-heartedly, an individual who can help you achieve your goals just by being there for you all the way.
- **DO set goals that are within reach**. Good goals are those that are measurable, specific, attainable, time-bound and result-oriented. An example of a good goal would be "to jump rope 600 times in 30 minutes, three times a week". Keep it simple. Progress gradually. Don't push yourself too hard.
- **DO get involved with a variety of activities**. Boredom kills your workout. Find new and creative ways to stay physically fit. A good idea would be to turn to activities that genuinely interest you. That motivation is in you! Go ahead and make it work!

CHAPTER SEVEN

WHAT TO DUMP TO BE THE LEANER YOU!

- **DUMP those negative thoughts!** The first step to fitness is believing you can achieve it. Don't get pulled down by pessimism. Every time you feel like giving up, BLOCK those thoughts and instead remind yourself that YES WORLD, I CAN! By the way, you can create your own mantra...your own self-help statement!



- **DUMP those excuses!** Humankind has come up with a line of excuses that often lead to sedentary confinement seven days a week. It may range from not having time, to being too tired. Whatever your excuses are, they are not worth mentioning if health is your priority. So zip up and work it out!
- **DUMP the chit-chat!** Let's say you enjoy the benefits of a subscription at a gym. Make the most of it. If you can't stand to lose your focus, then stay away from the TV set. Also, limit your rest periods. Chances are, you might catch yourself wasting a valuable amount of time chatting with your buddies or flirting with that sexy blonde on the treadmill. If you say you barely have enough time to exercise, then you'd better make every second count. You might spend two whole hours at the gym but do you spend the entire amount of that time sweating out?
- **DUMP the yo-yo diet!** Some of us think that we should just cut down on our food intake and neglect exercise. We assume that eating less is simply enough. The worst part is when you only go on a diet when there is a special occasion coming up. For example, you have been bingeing on junk food for a week when suddenly you get invited to a wedding? But how are you supposed to fit

in that red tube dress when you have become a size bigger and the wedding is two weeks away? What do you do then? Yes, that's right, you stop eating all of a sudden...but only until after the wedding. When it's over, you go back to eating as much as you want. Hmm... a familiar occurrence?

Do you know that by having regular exercise you can eat anything and everything because you will develop better metabolism? So why starve?

- **DUMP the once a week workout!** No, two hours of working out in a week isn't good enough. Experts say frequency beats time. Opt for thirty minutes of running or brisk-walking every day, instead of two hours of gym time once a week. You will greatly improve your muscle strength and your endurance if you exercise constantly.
- **DUMP those myths about FITNESS!** Often times we become victims of half-truths. Some myths about fitness simply carry us away from the truths that would eventually spell out our success in being healthier individuals. Before you believe everything an advertisement says, check on their sources first...here are some of them by the way...
 - **“If there's no pain, then you will gain nothing”**- it is possible to get some discomfort while exercising, especially if it's your first time. But you have to be wary of pain because it signals you that something wrong might be going on. It may be as simple as a muscle strain or as serious as a torn ligament. Start on your exercise plan gradually. Progress to more intense workouts as you go along; be sensitive to your body's needs!
 - **“Drinking water may result to cramping”**- Water is the healthiest drink there is. And no, it doesn't cause cramps. What actually happens is, you get dehydrated and you experience these cramps. So don't bother limiting your fluid intake. Grab a bottle and drink up to ward off dehydration!

- **“If you sweat more, you lessen fat”**- Sorry, but no, the amount of sweat you shed doesn't correlate to the amount of calories you burn in your body. Which means you can't become less of a pig by sweating like one! Just kidding! Sweating is basically the response of your body to regulate your temperature. During exercises, you accumulate heat, your body expels this heat by sweating. Cooling takes place when sweat evaporates.
- **“There is only one best way to work out”**- Because no two individuals are exactly alike, there is no universal exercise plan fit for everybody in this world. Never stick to the same routine. What is safer to do would be to provide variety to your fitness plan. This will assure you that you will have lots of activities to choose from. Find a plan that uniquely works for you!
- **“The only goal of exercise is to lose weight”**- Besides losing weight, there are more important reasons why you should exercise. If you only do this to shed a few inches then you will lose momentum when you reach your desired weight. What else will keep you going then? Nothing, right? So think of the right reasons. Exercise to be healthier! Exercise to be fit!
- **“Weight-lifting will make you appear bulky”**- Don't fret just yet, you don't have to look like a wrestler after your strength training. The three components or types of exercise are all equally important in making sure your body gets a complete workout. Don't neglect the value of having strong muscles!
- **DUMP OLD HABITS!** If you are indeed ready to turn your life 180 degrees into becoming the new and improved YOU, then get ready to shed off a few guilty pleasures like...
 - **Caffeine intake**. It's in your cola, soda, tea and chocolates. Don't withdraw this substance suddenly or else you might find the withdrawal effects unbearable. Taper your intake gradually until you can live without coffee!
 - **Smoking**. If you are keen on running those extra miles or swimming the stress away, then you need to wiggle away from the claws of nicotine.

This substance is a vasoconstrictor, making it harder for you to tolerate physical activities that need maximum lung expansion.

- **Couch Potato time**. The television may be the best invention ever made, but unless you are applying all those tips I mentioned on the couch potato workout, then please, get your butt off that seat and your eyes off that set!



CONCLUSION

So there you go! I hope you picked out a lot of useful tips on how to get lean the lazy way. As I have mentioned before, lazy isn't equivalent to zero effort, OK? All it takes is for you to squeeze exercise and a healthy diet into everyday living. That way, being healthy and getting lean won't be a struggle anymore. It will be a life-long, fun-filled way of mixing routines with exercises... errands with physical activity...and day to day occurrences with creative ideas for getting fit!

Be that lean couch person, or that sexy and slim desk girl...all it takes is a little change, a slight detour from the usual sedentary ways of the busy world. And poof! You will be staring in the mirror at a leaner, healthier, new YOU!