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Foreword

There are two things you must consider when you are working for a fitter and healthier body and they are diet and exercise. This is the focus of this health and fitness course, but there are several things that makes it vastly different from other courses. It makes use of Plyometrics fitness adrenaline for optimizing results. Get all the info you need here.



Plyometrics Fitness Adrenaline

Jump Your Way to a Slimmer and Fitter Body

Chapter 1:

Introduction

Synopsis

Surely, you know what adrenaline is. It's a hormone that provides you a boost in energy when you are confronted with a situation that needs vigorous physical action like when you brace yourself for a fight or flight.

The energy produced in situations such as these are often greater than normal times.

Plyometrics on other hand is known as jump training, which means that the whole fitness program is based on jumping exercises that induce your body to secrete just the right amount of adrenaline.

Another important use of adrenaline is it jumpstarts the fat burning process because, of course, energy is produced from this process.

The Basics

Some of jump exercises that help increase adrenaline production are the box jump, explosive squats and double leg butt kicks.

You do not actually need a box for the box jump, stairs will do just fine. The exercise involves jumping from the lower to the next rung. You jump to the higher rung from a squatting position and immediately after landing; you get off it and repeat the movements 8 times.

The explosive squat is not difficult. You start from a regular squatting position with your feet a foot (hip width) apart. With your knees slightly bent, back straight, and butt pushed out, jump the highest you are capable of while straightening your arms upwards, repeat immediately when you land.

To do the double leg butt kicks you contract your muscles then jump high and while you are up in the air touch your butts with your heels. This is done in two sets with 8 reps.

Other Things the Course Offers

Chapter 2 of this course-- Adrenaline and its impact on health - concentrates on providing you with relevant knowledge on what generally adrenaline is and how it affects your health. It would be

good to have a solid knowledge on these things so you will easily understand the content of the succeeding chapters.

Chapter 3 --explains the over-all principles behind slimming and having a fitter body. Here you will learn the importance of a balanced diet and exercise or a healthy lifestyle to getting fitter and or slimmer.

Chapter 4 -- enlightens you how specifically does adrenaline boost weight loss

Chapter 5 --discusses the hormones, other than adrenaline, in your body known to have the ability to boost slimming activities.

Chapter 6 --discusses how fitness programs or the state of being affects your adrenaline levels.

Chapter 7 --explores on the impact nutrition and fitness has on slimming. In this chapter, you will learn that being slim is not synonymous to being fit.

Chapter 8 --provides important recent developments in slimming programs

Chapter 9 --provides patent reasons why working for a fitter body is a worthy cause.

Chapter 10 --discusses the various aspects of being healthy. Looks can be deceiving and this chapter will help you identify approaches that promote and sustain general good health.

Chapter 2:

Adrenaline and Its Impact on Health

Synopsis

Adrenaline, also known as “epinephrine” is a hormonal stress from adrenal glands on the kidneys. It performs a vital function in helping the body to have a reaction caused by the hostile environment. Adrenalin rush is an abrupt increase of the adrenaline secretion from adrenal glands. It occurs if the brain connects to the glands telling that a fight-or-flight reaction is needed. Adrenaline rush is not necessarily a physical risk but also a possible imaginary threat, failure of the heart, anxiety, brain disorder, or vigorous exercise.



Adrenaline Rush

When a person observes something exciting or intimidating, the brain communicates to the adrenal glands that adrenaline should be produced together with other hormones related to stress. Adrenal glands are responsible for creating adrenaline by transforming amino acid into dopamine. Giving oxygen to dopamine yields noradrenaline and later on becomes adrenaline. This adrenaline joins the receptors of the arteries, heart, liver, fatty tissue, and pancreas. Afterwards, adrenaline will increase the respiration and heartbeats. By connecting to the receptors of the liver, pancreas, fatty tissue, and muscles, it prevents the formation of insulin. It promotes the synthesis of fats and sugar by which the body uses it to kindle the fight-or-flight circumstances.

Health Effects

Adrenaline rush can produce bad effects to the health. Those people suffering from heart disease can cause their hearts to become weak. Heart muscle is made weak and there is heart attack, or heart failure to happen next. The brain can also be affected in unhealthy manner. On-going high levels of stress will lead the brains central memory to shrink. Stress hormones promote the formation of signaling molecules responsible for the swelling of hippocampus. The stressful condition also stops the development of the new neurons.

Memory and Stress Hormones

Although adrenaline glands create a big area for the adrenaline synthesis, neurons of the brain will also form adrenaline. Very stressful situations speed up the activity of the neurons. The result can be a negative effect on the brain's memory. Stress can affect the memory storage by stimulating the main part of the brain which has the influence in storing negative feelings. Usually, people learn faster if things are played again and again in their memory. However, a single event can be enough for neurons to produce continuing networks.

Treatment

Irregular occurrences of adrenaline rush in a natural way does not need any medication. If recurring stress, panic, anxiety, or disorder triggers the extreme adrenaline, special medication will alleviate the signs. Beta-blockers that will bind to the heart's receptors will prevent the occurrence of heart failure caused by too much secretion of the stress hormones.

Conclusion

Adrenaline rushes occur when you are confronted with an abrupt threat. The potential danger can perhaps range from a barking dog, family or job stress, or from a person trying to fight against you. As a result, the blood pressure and heart rate become elevated which is not good when not properly controlled. Manage your own adrenaline by rightly handling your moments of stress and your response to nerve-racking circumstances. Control your thoughts and your words to put limitations to your emerging adrenaline.

Chapter 3:

Adrenaline and Weight Loss

Synopsis

It's that time of the year again when you say goodbye to sweaters and say hello to summer dresses! Welcoming summer heat for a lot of people means hitting the gym and getting ready for a beach body. A record number of people lose a lot of weight this season because lounging around by the pool is much fun to do when you're not ashamed to strip down to a bikini.



What Happens

To lose weight, one must understand how the body works. In order for a person to lose weight, they need to have a certain healthy diet and do a lot of physical activity. A very popular way of shedding pounds is by doing high or low intensity cardio. But did you know that you can lose weight fast if you have a better understanding of Adrenaline?

How is adrenaline related to fat loss, you may ask. Adrenaline is actually a hormone that regulates your heart rate. It helps in the process in the fat breakdown. How? I'll explain by giving an example.

A study was done with two groups of women, all obese. One group was asked to a 20 minute interval training using a bike. They were asked to do 8 second high intensity cycling followed by 12 seconds recovery.

The second group was asked to perform 40 minutes of slow and light intensity cardio. Both groups were asked to do this three times a week for fifteen weeks. The results were stunning. The group who did a 20 minute training showed impressive weight loss results. And the second group who did cardio double the time that the first had no weight loss.

Doing interval training helps you release adrenaline, and as already mentioned above; adrenaline breaks down fat stores and burns them.

It can help you lose weight much faster than doing steady cardio. It doesn't mean that you won't lose weight at all if you do only cardio exercises, you will. It just won't be as fast and evident as doing interval training.

Here is another fact about adrenaline, once it gets you going and released in your body, it can be in your blood for hours. That being said, you are burning fat really fast that no amount of intense cardio or heavy weight lifting can do.

Another way that adrenaline helps you lose weight is that it actually decreases your appetite. That means if on a regular day of workout wherein you will want to eat more after the tiring activity, adrenaline does the opposite.

Knowing all these facts can help you choose the right kind of workout. But whenever you are trying to lose weight, it is still important to consider the kind of diet you have. More than anything, being healthy inside and out is more important than looking good in a bikini. So load up on those yummy veggies, skip that highly tempting cheeseburger and fries meal and drink at least 8 glasses of water each day for a better looking, healthier you!

Chapter 4:

Association of Slimming with Other Hormones Other Than Adrenaline

Synopsis

Aside from adrenaline, there are other hormones that are used slimming. Some of the most popular of these hormones are the thyroid hormone and the appetite suppressing hormones Leptin and Ghrelin.



Thyroid Hormones for Losing Weight

Thyroid hormones have potential benefits for weight loss because it has the ability to increase the metabolism. This happens when the thyroid gland produces an excessive amount of the thyroid hormone. This state is referred to as hypothyroidism which can also mean under-production of the hormone. It is has been that while your under the state hypothyroidism, you can lose as much as 10 to 15 pounds.

The Application of thyroid hormones for dropping excess weight has been extensively studied and results provided strong indications that the hormone is effective. In fact, it was found out that the more severe the hyperthyroidism, the more it is effective for reducing weight.

Thyroid Hormones Safety Issues

Thyroid hormones may have been found helpful for weight loss but it has dangers that should be considered. One of these is the moment the excessive thyroid hormone production ceases, the lost weight is likely to be gained back. Another safety issue is the possible protein loss that accompanies fat loss. Also, hyperthyroidism increases the need for increased calorie intake and it is possible that dieters will it difficult to reduce calorie consumption when they stop using the hormone.

It is recommended that the use of the Thyroid hormone for weight loss should be under the supervision of a doctor. First of all a doctor can give valuable advice on whether the dieter is healthy enough to engage in exercises, or diet or supplements are appropriate.

Leptin and Ghrelin Hormones

Leptin and ghrelin are appetite controlling hormones that send signals to the brain which decides whether the fats and calories consumed are stored as triglycerides or used as energy.

Weight loss benefits

The effect of the two hormones on weight loss has been studied and it was the amount of leptin and ghrelin before a weight loss diet is started can determine a dieter's capability for sustaining weight loss. It seems that when there are more leptin and less ghrelin in the body, weight loss is difficult to sustain.

How to Make the Hormones Work

There are a lot of things still unknown about these hormones although researchers agree that they are powerful fat metabolizers and appetite hormones. Scientists, however, know that a pill containing these hormones has no apparent effect on weight loss and that the only way it could be of benefit for weight loss is to change dietary habits and lifestyles.

Four dietary changes are recommended: no eating after 7 PM, five small meals a day, protein loaded breakfast, and no refined carbs or sugar.

It will be difficult for dieters to implement the changes without encountering problems. However, the human body works at peak levels on low sugar and carb eaten over a period of time and while some modifications are allowed, permanent weight reduction targets can be met only by controlling leptin and ghrelin, the two appetite hormones.



Chapter 5:

Fitness and Effect on Adrenaline

Synopsis

Adrenaline rush, it's a term you must have heard of plenty of times. Adrenaline is a hormone that the body produces during stressful, exciting or physically demanding situations. The hormone constricts the blood vessels, expands air passages and increases the heart rate. The adrenaline rush that results from this provide your body with an energy boost that allows you to immediately respond to the situation or situations you are faced with.



How Fitness Benefits From Adrenaline

Adrenaline has decisive effect on your fitness because with the additional energy that it supplies, you will be able to perform the most physically demanding routines. Thus, in many weight loss and fitness diet programs, adrenaline boosting foods will not be left out. They will have the foods with the nutrients – lean protein and complex carbohydrates – that boost adrenaline levels in the body.

Other Benefits

Recently there has been an increased interest in the use of adrenaline not only for weight loss and fitness. Sometimes people simply feel weary with all the activities they have to attend to. Adrenaline that is contained in many energy boosting products re-invigorates their tiring systems.

Aside from the energy and the benefits it provides to dieters and fitness adherents, adrenaline is also used for medical purposes. It is known to reduce symptoms of serious allergic reactions and alleviates the sufferings of people undergoing anaphylactic shocks.

Dangers of Adrenaline Excess

However, an excessive amount of adrenaline in your body is to be avoided as it can result to some serious health problems. You will be fidgety and tense, and sleep will not come easy. In children, it can cause abnormal behaviors. This is the reason why drinking too much coffee or taking drugs is not safe. The disproportionate amounts of

adrenaline produced by these activities will keep your body extra alert and tense and when your body is kept in this condition for long periods, it can be damaged.

There are several ways of reducing the amount of adrenaline circulating in your body that affects the smooth functioning of your systems. Some drugs can do that, but the best way is to engage in exercises like walking and other types of exercises. Exercise eases your tense muscles, relieves your insomnia and calms your agitated nervous system.

Exercises to work off excess adrenaline

One of the more popular exercises that people engage in to specifically lessen adrenaline is the boot camp. This type of routine involves the use of car tires, ropes, balls and cones. Done in groups, it is fun and relaxing. Of course, it is also a wonderful way of burning calories and getting fit.

It is obvious that fitness programs have significant impact on your adrenaline levels. First, it is easier to observe fitness exercises when you have adequate energy and adrenaline provides you that. So in fitness as well as weight loss diets adrenaline boosting foods are always primary considerations. Second, issues with over-production of adrenaline that causes you some problems are easily solved by simple exercises.

Chapter 6:

Nutrition, Fitness and Impact On Slimming

Synopsis

With people focused on weight loss and slimming, health is often left out from many weight loss strategies. Slimming has become the primary concern, which when you look at it more closely, is unfortunate.

From whatever angle you look at the slimming issue, you will always come to the conclusion that there is no such thing as slimming without health.

Of course, some of the slimming programs that promise you quick results like drastically reduced diets can give you the figure you desire, but you have no guarantee the weight problem will not recur and the cost sometimes is a bit too high.



The Best Way to Slim Down

You have to admit that prioritizing nutrition or a nutritionally balanced diet and fitness is the best way of sliming. Your body has inherent mechanisms for preventing abnormalities like excessive weight and all you have to do is to make sure these mechanisms are working properly.

Different nutrients do different valuable things for your body systems. Calories are for energy, fiber helps the liver and metabolism to work well, vitamins and minerals generally are for maintenance and operations. It is when you do not take enough or a bit too much of a certain nutrient that your body stops working as efficiently as it should. For example, when you take in more calories than you need, your body converts the excess calories into fat tissues and from there a whole of range of negative things can happen not only to your health but to your physical appearance as well.

Proper nutrition allows the body to work properly so that health problems like excess poundage are prevented. If nutrition is preventive it can also be curative because once you get your body systems working properly again it can, with some assistance, remove your unwanted weight.

Fitness Workout: How It Induces Slimming

The assistance that you need to provide comes in the form of fitness exercises and, of course, a diet that is calorie reduced and contains all the other helpful nutrients that will make your systems work more efficiently.

Compared to slimming pills or crash diets that make you undergo deprivations that most often harm your body, solving a slimming problem using a nutritionally balanced diet is admittedly slow but when your over-all health is at stake the speed with which you slim down should take a back seat.

Fitness exercise also plays a crucial role in slimming. It is probably the lean body and the abs you are after, but it does a lot for getting your weight back into normal and making you slim. Workouts require energy and your diet providing fewer calories, there is only one source of energy where you can get it – from the fat deposits in your body.

Lean muscles that only fitness exercises can develop requires less energy to maintain compared to fats. Thus, you experience reduced cravings for food, especially for calorie rich foods. Fitness exercises are actually one of the better of staying slim or getting slim.

Chapter 7:

Current Areas of Interest in Slimming

Synopsis

Slimming has spawned numerous programs – fad diets, hormonal treatments, natural methods, yoga, and surgical methods. There is always something new in each of these.

Every so often, some new kind of diet that is supposed to remove excess weight fast and is easy is introduced in the market and people with weight issues would try it. There is never a diet regime too difficult to do as long as it promises a speedy and definite solution.



Going Organic

Lately slimming diets are increasingly becoming non-pharmaceutical. This shift from pharmaceutical products is the result of the growing awareness of people that slimming dangers are likely to be prevented with the use of organic solutions or concoctions.

Organic foods that are proven to possess energy boosting, metabolism changing and calorie blocking or carb absorption properties seems to be the areas of interest in slimming these days.

Most of these of products are supplements, of course, but they interest a lot people because they can lose extra pounds without resorting to diet plans that force them to endure intense hunger pangs and food cravings.

Often weight loss supplements are extracts from fruits and herbs. There is no lack of such products in the market and their number continue to increase as more and more fruits and herbal are discovered to contain slimming properties.

Surgical Procedures

For those who have money to spare and who have exhausted all other means the area of slimming interests are the fast acting programs basically surgical procedures.

These days, wide incisions are no longer necessary as most surgeries are done via laparoscopic procedures where all that's required is a tiny incision for inserting of camera and tools for melting the accumulated fat layers. It is estimated that around 200,000 people undergo weight loss surgeries each year.

The latest method slimming surgery is the Gastric Plication, which does not actually remove the fats but drastically reduces the appetite by placing folds in the stomach. It is a method that is minimally invasive.

Weight Loss Massage

There are two types of weight loss massage. One performed by a machine, another by a human. The first is accomplished by applying a machine that gives the body a massage while applying heat. There are many kinds of massage for weight loss performed by humans, most supplemented by herbal lotions.

Hormone Injections

The human body has many hormones which are capable of speeding-up fat burning, improving the metabolic process, boosting energy levels, and other things that help reduce weight. Many companies producing weight loss products are constantly studying these hormones and coming up with products based on them.

Fat Clubs

Then there are Fat clubs which are meant to provide adequate support to dieters. They are with people with the same problem so they can relate and sympathize. Of course, they have to follow specific slimming programs and guidelines.

The point of these clubs is dieters are more motivated to succeed because they are doing the same things and the success of one motivates the other to strive even harder.



Chapter 8:

10 Reasons Why You Should Go For a Fitter Body

Synopsis

There are several reasons why you need to lose weight. Aside from getting a sexier and healthier body, you also get to enjoy so many things. You may not see it by now, but time will come that you will appreciate your decision to lose weight.

However, working out and eating the right foods are easier said than done. Your lack of time and motivation may drive you away from doing all these things. So, to help you keep going, here are the top reasons why you need to stay healthy and fit.



Reasons

Reason #1: Longer Life

Who does not want to live longer? Sure, you would love to see your kids grow and have their own families, play with your grandchildren and of course, enjoy your retirement benefits. With this, you need to have a fitter body for you to live longer. Just focus on a balance diet and healthy lifestyle. Avoid bad habits like smoking, drinking alcohol and eating processed foods.

Reason #2: More energy

Doing exercise can sustain your momentum and keep you going all throughout the day. More so, it can make you feel better since regular exercise fuels the release of good endorphins.

Reason #3: Lesser Risk of Acquiring Diseases

This is one of the good reasons why you should maintain a fitter body. Healthy diet and regular exercise can stimulate the release of toxins and reduce free radicals. Moreover, a healthy lifestyle reduce the risk of acquiring diseases including heart disease, diabetes, high blood pressure, cancer and other health issues.

Reason #4: Less medical expenses

Keeping your body healthy allows you to save money by not visiting your doctor regularly and buying medicines.

Reason #5: Better Self-confidence

Obesity can affect your confidence. Hence, it is important to keep your body fit to maintain and improve your self-esteem. You surely don't want to feel insecure all your life, right?

Reason #6: Improved Overall Look and Aura

You look a lot better when you are fit and healthy. The appearance of your skin will improve and you will have that overall glow. Additionally, you can wear anything you want making you more stylish and chic.

Reason #7: Better Mental Health

When you do regular exercise, your mental health improves. You experience less stress and depression. You feel more relaxed and problem-free.

Reason # 8: Being More Sociable

When you feel good about yourself, you become more confident and willing to socialize. You gain new friends and enjoy life even more with your loved ones.

Reason #9: Improved Sex Life

Healthy diet and lifestyle allows you to enjoy and have a better sex life. Furthermore, regular exercise can help reduce the risk of erectile deficiency.

Reason # 10: Thrive Instead Of Just Surviving

If you still want to enjoy life when you turn 80 or 90, you need to keep your body fit. Don't let yourself be one of those bedridden oldies. Isn't it great if you still can blow out your candles then hit the dance floor afterwards?

These are the 10 really good reasons why you should go for a fitter body. Hopefully, they are convincing enough for you to hit the gym everyday and eat a balanced diet. Besides, it is still you who will benefit at the end. Stay fit!



Wrapping Up

Good Health and Its Aspects

Good health doesn't just mean looking great. There's more to it than that. A person can have a really toned body but can still not be considered healthy. So stop looking at the mirror and actually pay close attention to what your mind and body are telling you.

Being healthy means having a good state of the mind, body and spirit. There are five aspects of health. These are physical, mental, emotional, spiritual and social. You will learn more about all of these as you read on.

Starting With the Physical Health

Being physically healthy means a person's body is strong enough to combat different diseases. Having a physically healthy body is not a piece of cake and to get there, a person would need to work on it. This means regularly exercising or staying active and eating nutritious food. A good sign that of being physically healthy is when a person doesn't easily get sick and is always full of energy.

Mental Health

Mental Health is a person's ability to use their brain each day. Which means being alert and can handle situations where thinking is involved without easily getting stressed. It's being able to concentrate

on task at hand and while doing so, make smart decisions, being creative and digesting knowledge and understanding of things around.

Emotional Health

Emotional Health is when a person feels good about herself, the people around her, and everything that involves her life. When one is emotionally healthy, this means they are in control of their feelings and don't easily break down when something terrible happens such as being rejected, defeated or neglected. They can also handle happiness and success in stride. Incidentally, if a person is emotionally healthy, they are less likely to experience minor sickness that one gets when stressed such as migraines or ulcer.

Spiritual Health

Spiritual Health is something that is harder to explain and even understand. Not to be confused with any religious belief, spiritual health is how a person expresses his or her values. It's how they exercise the spirit. Knowing what's right and what's wrong and applying it in their everyday life. Being kind to people, living creatures on earth and the environment is what defines a spiritually healthy being.

Social Health

Social Health is how a person is maintaining a good relationship (if not good, then respectful) with others. If you are considerate of the feelings of other people in your life then you are a socially healthy

person. Are you a good son or daughter? A good husband or wife? A good student? A good neighbor? A good friend? A good citizen? Do you do your duties and contribute into making their life better? Do you influence people for the best? If you have enemies, do you hold grudges or are open to forgiveness? These are some of the factors that determine whether you are socially healthy or not.

In conclusion, health is more than just being free from diseases. You need to balance all five aspects in order to feel peace and long term happiness.

