

THE BIBLE OF **BODYBUILDING** FOR BUSY PEOPLE



**THE LIFE CHANGING GUIDE TO UNDERSTANDING
ALL THE POPULAR EXERCISE TECHNIQUES -
WORKS EVEN IF YOU ARE SUPER BUSY!**

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Foreword

Our lives have come a long way from the Stone Age, and we are quite thankful for the various technological advancements that have brought us so far. We still have a long way to go, but the place we are right now is quite commendable too.

However, is everything about our life right now quite perfect, just as what we wanted? No! We have had to pay the price. And, we are paying the price even right now as we speak. One of the most important prices we have had to pay for our technological progress on this planet is that we do not have time right now to take care of ourselves. We are so worked up, literally, with the various devices we have created that our own lives have taken a backseat.

We do not know where we are headed, and though the path ahead of us looks quite bright and promising, there is always the nagging apprehension that our bodies may not be up to that place when the time comes. It is possible that our bodies will bail out on us even before we reach that promised stage in humankind where everything would be at its optimal best.

Our lives have become so busy right now that we do not find time to take care of our bodies. We have become chair bound. Most of our work life is spent sitting in a single room on a chair. Everything is quite all right, but the lack of good exercise is surely taking its toll on us. We have become chair bound, but that has almost debilitated us.

In this eBook, the focus is on people like you and me... people who are too busy to think anything other than their work. We are individuals who are working almost throughout our waking hours and doing very

little else. Our families and friends vie for our time, but we are not able to pacify them as we want to. We are not able to spend enough time with them. But the one person we are neglecting the most is ourselves. We are neglecting our bodies. We are allowing our bodies to pile up the fat. We are allowing our bodies to stay unhygienic, from outside as well as inside. We ignore symptoms. We do not even exercise.

We are going to speak specifically about exercise here, and there is good reason for that. If we exercise, or work out, we are going to give the right direction to our lives. We are going to make our bodies stronger and fitter and we can thus enhance the potential of the body by a high degree.

You might think you have no time at all to take care of your body. But, that could be further than the truth. In fact, this eBook is going to show you how you can perform exercises by doing what you normally do... only you might have to find a few more minutes in your day. Watch what you eat, watch what you drink, and watch for those stress-inducing factors as well.

Workouts shouldn't be missed out on. By doing the right ones, you will not even need to spend more time, and you will get the kind of body you are looking for. It is all about what you know and how you implement it. This e-Book gives you a host of such options. Learn what you can do even with those brief instructions and try to enhance your life in whichever way you can.

***The Bible Of Bodybuilding For Busy People
The Life Changing Guide To Understanding All The Popular
Exercise Techniques - Works Even If You Are Super Busy!***

Chapter 1:

Finding Time to Work Out

The truth of the matter—and you will probably identify with it—is that we all know the importance of exercise. We know only too well how important workouts are to maintain the proper health and fitness of our body. We have heard it, read it, and even accepted it, that we need to work out and exercise if we want to live longer and have a quality life as well. These are all things that we have accepted.

But the problem with most of us is... where is the time to exercise?

If you are like most people, then you are probably in a job that pays you well, but it also makes you work for long hours. Most of the time, you have to carry your work home with you. There is nothing such as a separate home life for you; your home is just another extended workplace.

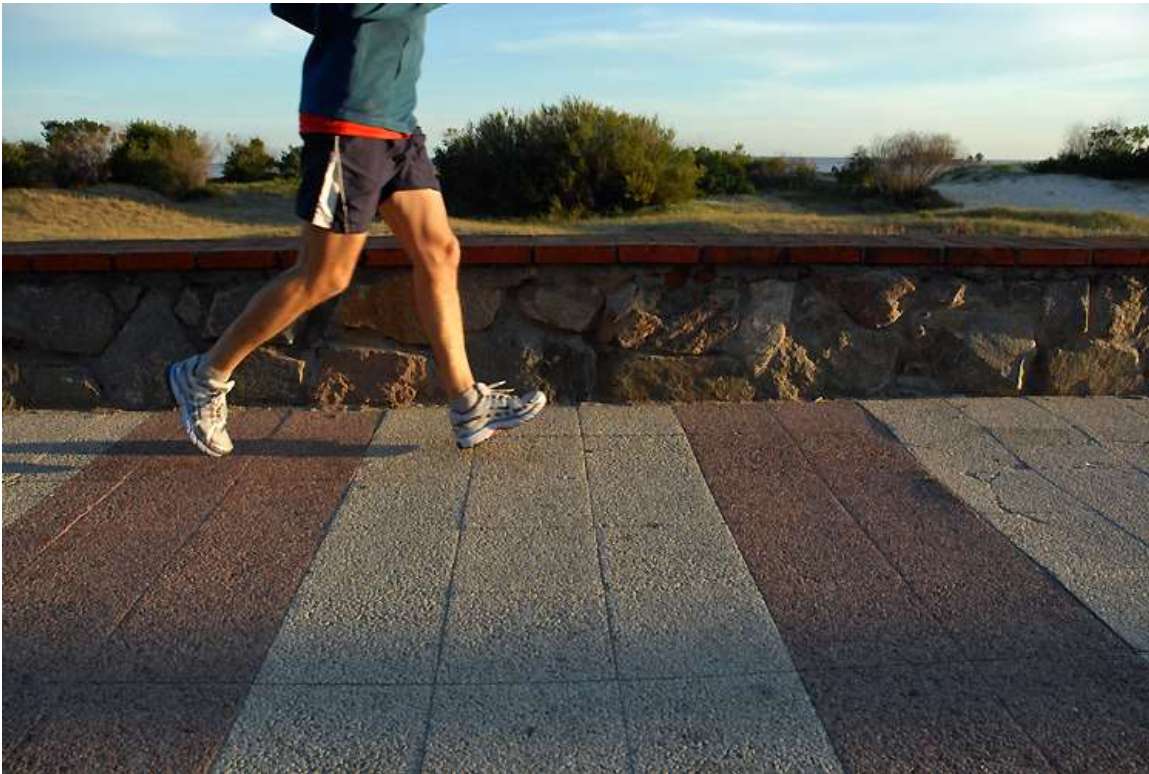
When the situation is like that for most of us, it is quite understandable that we do not find time to work out.

And, on the days that we do have time to work out, we are too tired to go out and do the hard work. We are just too bogged down to exercise, and we feel down and out already. How many mornings have we begun lately feeling fatigued? Too many to be good for health, but then we do not have the time or inclination for exercise too.

This is putting us in grave peril. We are walking on the wild side, knowingly that too. We know that we must work out and keep our stamina intact if nothing else, but even then we do not manage to do

what we should. Something that we must give utmost priority too is being swept under the carpet by us.

In this beginning chapter of our eBook, let us see why people find it difficult to work out, despite knowing the importance of it. We shall find out also about how we can manage our time in such a way that we always have enough time on our hands to perform those all-important exercises.



Finding Time to Work Out

Life just seems to get busier and busier and though we have great intentions to work out, are you like me at times find yourself going to bed at the end of yet another day and feeling a sense of guilt that the workout you have been promising yourself all week still hasn't happened?

If you are like many people, then it happens more times than you probably want to think about. Workouts and taking time for ourselves often come at the end of a very long list of priorities. It is not that we do not want to do them; it is just trying to fit them in. So what can we do to ensure that we are able to complete everything on that list including a workout?

1. Give yourself permission to take care of yourself and take time out to workout. This is often the greatest hurdle to overcome. It gets much easier after this.
2. Buy a scheduler and map out your day. Choose one with a week to a page view so you can easily see any gaps of time in your week. Remember to include everything, including your commitments and responsibilities at home, your lunch breaks and meal times at home and your free time.
3. Schedule in time for exercise if you have any obvious free time. Remember to think of time before and after work and even during the day at work. Lunchtimes can be excellent opportunities to work out.

4. Do not underestimate mini workouts. Even ten minutes can be used to effectively work out. Finding time to work out is made easier if you think in terms of 10 minute periods rather than looking for long periods of time to schedule. Weekends may provide longer sessions but still program them as multiple 10 minute sessions.
5. The good news is that workouts do not need to mean expensive gyms. There are many work out ideas that can fit your home or office routine and do not require attending a gym or other sporting venue.
6. Create fun workout routines that include your children or family members. If your young children are in a childcare facility during the day, a brisk walk with them in a pusher will provide an excellent interval training cardio and resistance workout.
7. Buy some portable equipment like resistance bands and hand weights to keep in your desk at work or in the kitchen and use them when you have a few spare minutes waiting for a meeting to begin or food to cook on the stove.

The key to finding time to work out in the midst of a busy schedule is to actually begin to do it. Often the hardest part of finding time to work out is prioritizing it and then actually doing the exercise the first couple of times. However, it is worth remembering that a good or bad habit takes about 3 weeks to develop so if you start your work outs today, they may be a little difficult to fit into your immediate schedule, but they will eventually become second nature.

Chapter 2:

What Is the Best Time to Work Out—Morning or Evening?

Some people like to lift their dumbbells in the morning while others like to do that in the evenings. It is a matter of preference. Everyone has a different peak time for exercising.

In this chapter, you will find out where there is nothing wrong with either of them. You may exercise at any time you wish, but you will have to approach your workouts in a slightly different manner. You can adjust your exercise schedules to your body's natural clocks.

Find out here whether it will be more suitable for you to exercise in the morning or the evening.



What Is the Best Time to Work Out —Morning or Evening?

Have you been wondering when the best time to work out is? Is the morning or evening the best time to burn fat, lose weight and look great?

Waking and Sleeping Cycles

We all have a wake/sleep cycle and most of us know whether our energy levels are highest in the mornings or evenings. If you have experienced jet lag after traveling through different time zones then you know how it feels to challenge those inner cycles. They are under the control of our internal body rhythms also known as circadian rhythms. While we can modify those cycles (think of those people who go work night shifts), do we need to change them to lose weight and exercise for maximum results from our workouts?

Chances are you have chosen your work out time to coincide with those times you are feeling your most energetic. It's not so easy for many of us to come home tired after a long day at work , spend time with the family, prepare food then plan to go do a workout. For others, the thought of getting out of bed earlier in the morning to workout is just as unappealing. So, can we focus our work out times around our circadian rhythms and still have great success?

Morning Coffee or Afternoon Tea

Research is divided on which is better, morning or afternoon exercise. Research from the USA has indicated that our body's inner

temperature is highest around late afternoon and this is the best time to exercise. However, research has also shown that people who exercise in the morning are more likely to remain consistent with their routine, probably because exercising before the day gets busy is a good way of ensuring daily exercise is actually fitted into a busy schedule.

Other research, suggests that if you exercise in the morning your metabolic rate increases throughout the day and your brain function improves. It is suggested that because we have been fasting overnight, our bodies need to convert fat to energy when we exercise. This increases our metabolic rate and therefore improves our ability throughout the day to burn extra calories after eating instead of storing them. Interestingly, research is also suggesting that contrary to what has been generally accepted, exercising vigorously before sleeping at night does not seem to affect our ability to fall asleep.

So When Should I Work Out?

Work out when it suits your schedule. You are more likely to stick to your workout program if it fits into your daily program. You will lose weight and burn fat if you prioritize your exercise time and remain consistent with it. Focus on using the best techniques to produce results rather than the timing of it. Armed with knowledge about best work outs, you will gain your desired outcomes if you stick to them and finding times that suit your schedules will help you do this.

Chapter 3:

Which Is the Best Way to Work Out?

Just like with everything else, today we are presented with several options when it comes to exercises. There are so many different ways in which we can exercise. We can have an entire home gym installed in one of the rooms of our house, or we can check out videos on the Internet or buy DVDs from the store.

There are hundreds of workout DVDs to choose from. Some people even go ahead and hire a personal fitness coach for their needs, while there are some other people who like to plan their own fitness schedules according to what they can do in the best manner.

So, there are several different ways in which you can go ahead with your workout programs. You can do whatever is most suitable for you. But, which of them is the most effective? Which of them will give you the best results?

In this chapter, we are going to analyze the different workout options that we have and we are going to see which of them is the best according to the specific requirements of our body.

Which Is the Best Way to Work Out?

When you want to work out , how do you choose between a home DIY with your own home gym, employing the services of a Personal Trainer or using one of the hundreds of exercise DVDs currently flooding the market. Each option has a lot to commend it and comparing options may help make the choice easier for you.

Home Gyms and DIY

Finding time to exercise every day is difficult, but travelling to a gym also involves time, not to mention the cost of membership and petrol costs. Home gyms provide access to gym equipment such as weights and cardio equipment in your own home. You can buy or hire the equipment and have it home delivered at relatively little charge. Auctions and community for sale boards can provide a great price on home gym equipment. Busy mums do not need to find childcare to work out and even finding a training buddy can be easier using home equipment.

New research and reports are available online to help you choose the best work out routines for your home gym. There is plenty of research available to help you find the best routines to use with the equipment. The ability to work out at times that suits you, in all weather conditions and without the need to travel long distances, make home gyms and DIY options very appealing.

Using a Personal Trainer

Perhaps you are considering using a Trainer to help you get started and stay motivated with your workouts. You have a choice between employing a Trainer privately and booking a series of sessions with a Trainer at the local gym. Trainers can be expensive, but they are able to provide and apply the most current information on best work out techniques.

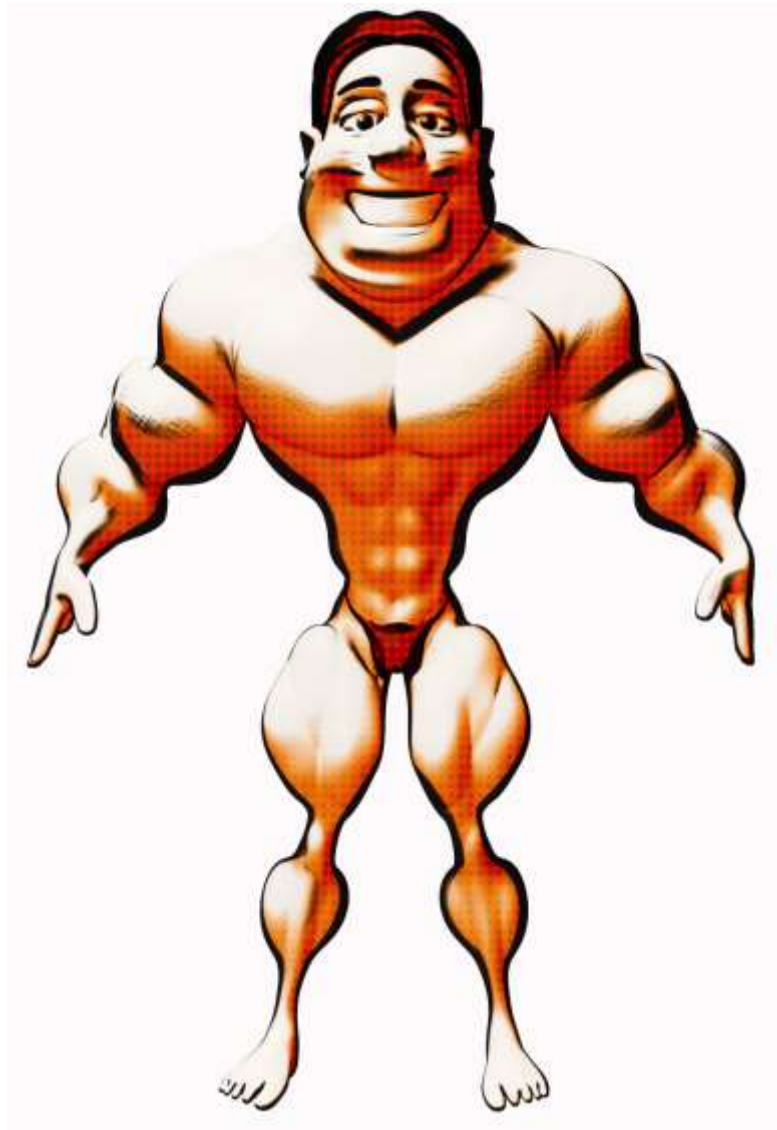
A Personal Trainer create exercises that are challenging and then as your overall flexibility and fitness increases, your Trainer can help you to progress to exercises that will push your boundaries and to achieve greater success, often within a relatively short space of time.

Exercise DVD

Exercise DVD's are flooding the market as people of all fitness levels are discovering the convenience of doing exercise at home. Pilates, dance, Yoga, indoor walking and highly physical strength training are all available in different formats. They produce fun work outs designed for working out alone or with friends. .Short workout sessions make them ideal for scheduling sessions into spaces in a busy day. The exercises available are based on the latest research available, making DVDs a simple solution for a cheaper but successful exercise program.

How Do I Choose between Them?

The decision about which option to select is really based on your personal preferences, including cost and time factors. Each option promises an advantage over the others, and once you have chosen which option will work best , the routines themselves and consistency in doing them is the true to success.



Chapter 4:

Workout Techniques for Busy People 1

This e-Book has been written with the purpose of telling people that even if they are supremely busy, there are ways in which they can work out. Workouts are a definite possibility, and you don't have to stick to the traditional idea of sweating it out at the gym for your workout. There are so many other ways that you shall be finding out in these techniques.

There are several techniques that I want to tell you about, and hence I have divided this chapter in 4 parts.

In this part, specifically, you are going to learn about how you can do your workouts in the office, or at home, i.e. without venturing into a gym. I have explained some easy exercises that you will find easy and fun to do.

Check them out here... these are interesting ways to build a healthy schedule in your life, without compromising on whatever it is that you do for a living.

Workout Techniques for Busy People 1

Once you have decided how you want to work out it is time to “get physical”. Choosing a routine is dependent on whether you choose to work out at the gym or at home, so here are some easy routines to get you started and ease your transition into exercise and workouts. Here are some great workout techniques you can do in the home or office.

Exercising in the Home or Office

If you have chosen to exercise at home, you can of course hire or buy the same equipment you can access at the gym, but if you want something cheaper and more portable, consider buying a mat, an exercise ball and some dumbbells or weights and exercise elastics. Buy an exercise DVD to help you with your cardio workouts. With this basic equipment, you have a “gym in a bag”, you can carry everywhere. Remember as with all exercise, seek medical advice before you start working out to ensure there are no medical reasons why you should not exercise.

A suitable workout routine with this equipment would be to alternate days to provide cardio workouts using the DVD 3-4 days a week and using the other equipment 3-4 days a week. The equipment provides resistance and strength exercises while the interval cardio activities provide calorie-burning workouts.

Great Ideas for Home Work Outs Using Basic Equipment

Warm up for 5 minutes with 5 minutes of light cardio or warm up exercises (your exercise DVD usually has a great warm up activity. Then try out these great activities that work your arms and thighs. Do

each activity 15 times and repeat them 3 times each to create a workout circuit.

1. *Biceps Hammer Curls*

Take a medium to heavy dumbbell in each hand and hold your palms upwards curled around the dumbbell held tightly length ways in the palm of your hand. Keep your shoulders tucked in close to your chest. Slowly bend your arms at the elbow, bringing your arms towards your chest. Stop just before you touch your chest and slowly straighten out your arm again, so that just your forearm is moving and your upper arm stays firm against your chest wall.

Challenge yourself by balancing on one leg and switching legs to engage your core muscles and increase the resistance and level of difficulty of the exercise.

2. *Lateral Shoulder Raises*

Stand with feet slightly apart and knees held loose. Take a medium to heavy dumb bell in each hand and hold them by the side of your body. Slowly lift your arms keeping them straight to shoulder height, then lower them slowly again.

3. *Bicycles for Abdominal Workouts*

Lie on your back on a mat and curl your knees under your close to your chest. Extend one leg out and lower it keeping it straight. Hold the position then pull the leg in close to your body again and repeat with the other leg.

Chapter 5:

Workout Techniques for Busy People 2

Maybe you have not given it a thought, but the various things you do at home—things that count as housework—could be great ways to exercise. Yes, you could actually plan out a whole workout regimen with the things that you normally do around the house. It is an easy and exciting way to keep your body in shape without spending too much time or effort on it.

Whether you are putting the clothes out to dry, or cleaning the walls of your bathroom, or pushing baby in her pram, you are doing a lot of things that are helping those muscles in your body to get their due exercise. You do not have time to go to the gym. You do not have time to go for a daily morning jog. But, it does not matter; if you can do these simple household chores and give them the twists that I have mentioned in this chapter, you will have a workout schedule planned out already.

In this chapter, the focus is on the things you can do around the house that could double up as a workout. Read about them; you are going to find out about a lot of things you did not know you could do.

Workout Techniques for Busy People 2

So how do you work out when you are trying to juggle home, school, work and coffee with the girls? It may take some rescheduling of your activities, but the great news is you can work out effectively even when you are cleaning the house. It is all about technique, but you can incorporate lots of exercise into your daily housework.

Working Out and House Work: A Mean Team

Housework actually burns a lot of calories making it great for working out. An hour of floor washing or vacuuming is more effective than running on a treadmill for an hour. This is because when doing housework you are engaging all of your muscles, particularly the larger muscles in your chest, abdomen, buttocks and thighs. Of course, you are also giving your arms and lower legs a great work out at the same time.

There are other ways you can turn even dusting or washing the dishes into a great fat burning exercise and sculpt your body at the same time. Look at these highly effective, yet fun workouts for busy mums.

1. Wash the Windows and Build the Biceps

With a sponge in each hand, stand with your legs slightly apart, extend your arms in front of you, and move the sponge over the windows in circular movements. Gradually bring your arms in closer to the side of your body. Change direction to clean the windows up and down.

Add a stretch by moving from the top of the window to the bottom and to add some cardio to it, try and do at least 4 minutes of continuous cleaning in each of the mentioned activities. Add some music to increase the fun.

2. *Hanging Out the Washing Pilates*

If you love Pilates, you can turn hanging out the washing into a super Pilates session combined with some stretching. Keep the basket low on the ground and remember good posture by bending your knees when you move to pick up the next item to hang on the line, but the twist with this exercise is that instead of just bending your knees squat into a Pilate and pick up the item while in the Pilate and then move into a stretch by keeping the clothes line a little higher than you intend it to be. This creates a great Pilate and then a stretch. Don't forget to inhale and exhale as you peg out each item.

3. *Pram Push*

If you have a baby or a young child, pushing them in a pusher up a steep hill is the one of the best workouts for your body. Remember, it is not a stroll in the park we mean, but a full on fast pace walk up the hill. This is a great cardio workout combined with resistance and strength training and highly successful as a means of losing weight and getting fit after your baby is born.

Chapter 6:

Workout Techniques for Busy People 3

In this third installment of our chapter on workout techniques for business people, we are going to go a bit more professional. We spoke about methods in which you can plan out workouts at your home and office in the previous two chapters, but here we are going to be a bit more specific.

We are going to talk about planks, lunges, and extensions, methods that are recommended by professional trainers themselves. Most workout DVDs that you can buy from the stores will have a lot of these techniques explained in detail; I have mentioned those very same techniques here.

The best part about them is that they are highly concentrated techniques. That means, you do not need to spend a lot of time performing these techniques, but they can give you a very high effect at your muscle and overall body improvement.

Workout Techniques for Busy People 3

Use work breaks to work out successfully. A few items of easily bought equipment is all you need to turn a lunch break into a very successful workout opportunity, will help you get fit and stay alert long into the afternoon.

The objective in any work out is to raise the heart rate and to use as many muscle groups as possible. These short but proven exercises will help you lose weight and increase productivity.

1. *Plank and Lunge*

- i. The lunge is a simple but effective exercise. Trainers suggest this is the most effective exercise to work the muscles in your hips, buttocks and thighs. They are a multi joint movement that strengthen your lower body muscles, whilst improving strength and balance. Simply stand with your feet about a shoulder width apart. Either place your hands on your hips or hold a set of medium weight dumbbells in each hand. Holding your hands still, lunge forward on one leg, making sure you put your heel down before you put your toes on the floor. This ensures your body weight is placed on the heel of your foot and not the front of it. Lunge as deep as you can, without allowing your back leg to touch the floor. Keep your back foot forward facing. Straighten up and lunge again, repeating 15 times before changing to the other side, repeating the lunge technique 15 times.

- ii. The plank is the most effective exercise to stabilize and strengthen your core muscles. This muscle group is found deep inside your abdominal region and is essential muscles to strengthen regularly to lose fat around your waist, but also to help ensure safe and efficient body movements as you are working around the home and workplace. To complete the Plank, lie flat on your stomach on your gym mat. Place your arms and hands on the floor so your elbows are lined below your shoulders. Raise your hips from the floor, form a fist with each hand keeping it on the ground and push up on your toes slightly curling them backwards. The fists and pads of your feet should be the only part of your body on the floor. Keeping your back straight, hold this position for a count of 30. Then slowly relax to the floor before rising again. Repeat once or twice.

2. *Stability Ball Hip Extension*

A great work out for the legs, thighs and buttocks. With your back on the stability ball, keep your feet flat on the floor and make a bridge with your body. Gently use your legs to roll the ball backwards until your body forms a bridge shape with the floor. Lower your hips almost to the floor then raise them again. Repeat this exercise 15 times. Ensure you contract the muscles in your buttocks as you raise your hips.

These exercises produce little sweat while delivering great results. They are perfect for the workplace.

Chapter 7:

Workout Techniques for Busy People 4

Whoever said that exercising needed a whole lot of expensive equipment was telling a huge lie. Actually, this is a lie that has been propagated by the health and fitness industry, an industry that is known to camouflage important socially-benefiting inventions and discoveries if they do not serve their purpose, i.e. if they do not bring in the profits for them.

The same applies for this concept as well. Remember this... to work out well, you do not need to spend money! You do not need to spend money at the gym or in buying expensive equipment or in buying costly gear. Just go out for a walk each morning, and you will be as fit as a fiddle for the best part of your life. Change your diet for the better and you will see the difference. There are so many things you can do, that they can put this whole industry out of business.

But, anyway, right now the most important thing is to get the right information. That is what I will try to do with this chapter, the last installment of workout techniques for busy people. Read on these simple techniques and you will be probably amazed at what you can do. Just sitting at home and using the various things that you have already, you can plan out a very effective workout schedule for yourself.

Workout Techniques for Busy People 4

On those days when you want a fast and furious work out but don't have time to go to the gym, try these at home ideas to really get your heart pumping and the fat metabolizing.

1. Skipping for Life

There was time when everyone skipped, but in recent times, it has lost its appeal. If you are wanting an excellent, fast paced cardio work out that really works you hard and focuses on all your major muscle groups you can't go better than a regular skipping work out. You should aim to jump the rope around 120 times a minute to make this a high impact cardio activity. Keep this up for around 20 minutes and you have achieved an excellent cardio workout. Allow time for your heart rate to reduce by slowing you are skipping or alternating with resistance exercises.

2. Squats to Perfection

Follow a session of cardio with some compound muscle exercises such as squats. These help your heart rate to recover. Perform a safe squat by standing with your feet a shoulder length apart. Tilt your hips backwards and bend your knees as if you are sitting backwards into a chair. Stand up and repeat 15 times, keeping your core muscles pulled in and your chest high as you perform the squat. Do not forget to keep your back straight.

3. Dumbbell Shoulder Press

Sit in a chair with your dumb bells in your hand. Hold them close to your body at shoulder level with your palms facing inwards. Rotate your arms outwards to form a 90 degree angle and lift them at the same time to form a lifting circular motion that finishes with your arms lifted straight, elbow loose and held the dumb bells above your head. Turn your arms so that your palms are facing away from you above your head. Keep your elbows against your body as you pull straight down and then repeat the action 15 times.

It is important to remember that resistance partially relies on gravity for success and these activities should not be done fast but slow and steady to take advantage of gravitational pull as a resistance aid. Increase the weights you are lifting to add extra momentum or try to squat as low as you can. Ensure you focus on technique as well as the activity itself.

4. Stairs and Steps

Running up and down stairs are the perfect cardio workout for busy people. Use the steps at work, or the railway station or any easily accessible location and allow yourself enough time to run up and down them keeping your back straight and if you like, add some wrist or ankle weights to add to the resistance. If you don't have access to stairs, buy an exercise step and alternate feet climbing on the step, off again leading with one leg then alternate, and swap sides. This is a highly effective cardio and sculpting activity.

Chapter 8:

Tips to Make Workouts Interesting

Do you harbor the idea that workouts are boring? If you do, there is no shame in admitting it! There are scores of people who do so.

They do not exercise because they do not find it ‘fun’. However, that could be keeping you away from a very good thing, isn’t it?

Undeniably, we need exercise in our lives. In this chapter, we are going to talk about various ways in which you can do that, and add fun to the whole thing as well.

We are going to see several tips that can make your exercise workouts more interesting. Read on.



Tips to Make Workouts Interesting

No matter how long you have been regularly exercising, there usually comes a time in most people's lives where they begin to get bored with the exercises they are doing. This is normal and there are some very effective ways to add spice to your workouts. Try these simple but effective ideas.

1. *Change Your Exercise Routines Regularly*

Do not allow yourself to get bored. This is preventative action and it is essential for your health that boredom does not stop you from continuing with exercise. Research and find free ideas online. There are many free podcasts and downloadable routines that you can put on to a personal device that will enable you to vary your at-home routines regularly. This has a double advantage in that it provides challenge to your body and works different muscle groups in different ways regularly.

2. *Seek the Help of a Personal Trainer at the Gym or Privately*

If you have never used a Trainer to help you exercise, consider booking a session or a series of sessions with a Trainer to seek help creating new programs. You can follow these programs independent of the Trainer, but this enables you to have expert help in setting yourself a challenge that is safe and will be effective. One size does not fit all when it comes to exercise routines and though there are plenty of resources available free, for added benefit, the Trainer will provide you with a personalized approach helping you select the best exercise routines for your specific requirements.

3. ***Change Music on Your iPod Regularly and Think about Adding Audio Books***

If you are finding it difficult to squeeze time in for your work outs, chances are you are also finding it a challenge to take time to read a book or watch your favorite television show. Audio Books and Pod casts are a great way to “read a novel” whilst you work out or catch up on the latest episode of a television show you missed that is available on podcast.

4. ***Look Outside the Box for Exercise Options***

Gyms, home workouts and exercise DVDs are all great options for working out. However, there are so many ways to work out that combine socialization and fun with serious workouts. Consider dance lessons with a spouse, or join a kickboxing class. If you enjoy swimming, consider a water aerobics class. Remember back to your favorite child hood sport and look for a local sporting group that is looking for team members. This socializing aspect could be just what you need to increase the interest and fun in your workouts.

5. ***Join a Walking Group or Outdoor Hiking Group***

Whether or not walking has been part of your regular exercise routine, consider joining a serious walking group or hiking group. Both of these activities will provide fun, challenge and difficulty to your walking workouts. Why not join with your spouse and enjoy the workouts together.

6. ***Buy the Right Gear***

This matters for a lot of people as well. When you are planning to start with an exercise program, go shopping. Buy a nice sweatshirt and a pair of gym shorts that you will find

comfortable to work out in, and will enjoy to wear as well. Get a very nice pair of shoes, because these will really be necessary. Probably get a watch with a timer or an iPod if you do not have one already. Get a sipper where you can store water or other fluids to keep you hydrated when you are exercising. These things are good for you; they put you in the groove of exercising. Keep changing these things often too. Do that even if you are working out at home. The whole feeling of getting into your 'workout' clothes will mean a lot and it will make your workouts all the more exciting.

7. ***Go Out in the Mornings***

If your workday mostly begins in the midmorning, then probably you are missing out on all the beautiful sights of the early morning. You don't get to see how the world transform when night changes into day, when the sun is just rising. All this could be exciting for you. From tomorrow, plan a new routine. Set your alarm clock to wake you up early in the morning, before the sun rises, and head out into the park. You will feel a whole new energy surging within you. You will automatically exercise so much more. If you do this for a week, it will become a habit and you won't want to break it.

8. ***Set a Goal***

A lot of people work out much better if they have the right motivation. Maybe that is what is lacking with you as well. You may try to set a goal for yourself. It does not need to be a lofty incentive; something small and easily attainable can do. If you have excessive body weight, then maybe you could buy a pair of expensive jeans that is slightly smaller than what you wear right now. Buy the sexiest pair that you can get, and hang it

prominently in your wardrobe. Every day, your motivation will be get into those jeans. You will work out harder just because of that—try this out if you do not believe it, and make sure you buy the most expensive pair of jeans you can find!—and very soon you will find that you are actually able to fit into those jeans!

Here is a tip you should know about. Psychologists speak about the extreme flexibility of our body as well as our mind. These are not rigid. We can tune them into different ways, into ways that we want them to behave. Especially, if we do something repeatedly, they are embossed into our mind and then that thing becomes a habit. We need to realize this tendency of our body and use it to build constructive habits in it all the time.

For example, if you go out for a jog early in the morning for a few days at a stretch, then it will soon become a habit that you will not be able to shake out of. This could become a habit for life, and you can see how constructive that habit could be. Maybe you need to plan your life out that way.

For most exercising habits, 3 weeks is ample time. If you do something repeatedly over a period of 3 weeks—or give it a month if you want to make sure—then you will be able to convert it into a habit, and then you won't be able to break out of that habit!

Try it out... this is something that really needs to be tried out.

Wrapping Up

We have reached the end of a highly informative e-Book. The main purpose of this e-Book was to build a better life among people today. This is something we really need to do. As our lives are going more and more distant from the order of nature, it becomes our added responsibility to do things to bring us back to that natural order. It is extremely important for us to realize right now that we are headed off in the wrong direction, but still there is time for us to come back. We should do that, before we cross the point of no return.

There are many aspects of this... many ways in which we are going away from our natural order... but in this e-Book, we have dealt mainly with our lack of exercise. This is happening all the time right now, with a lot of people. We are visiting the doctors much more than we ever used to. We are falling sick a lot more often. We are succumbing to vices a lot more than before. We are generally tired, not able to do things that our ancestors could very easily do.

Where does the fault lie? In this e-Book, we have tried not to play the blame game, because that is of no avail. What we have tried to do, instead, is to offer a solution. We have tried to tell people what they should do in order to enhance their lives, to bring their lives back from the dangerous waters they are heading towards and take stock of the situation.

Throughout the e-Book, we have included several workout techniques. Our intention has been to offer workout techniques for busy people; people who do not normally have the time to devote to

exercise. Though various methods of exercising are easily available to us right now, it is not always possible to take from them what they are prepared to offer. Hence, it would be better to have our own exercise routines planned out.

At a particular place in this e-Book, we have also mentioned how you can plan a workout doing nothing more than the things you usually do. All you have to do is to carry on with your usual activities and you will feel the difference of that in your life. You will find that it is indeed a joy and a pleasure to work out, and not a punishment like most people, especially the health and fitness industry, have made it appear to be.

While we offer this e-Book to you, our main intention is to give your life a whole new direction, a direction filled with good health and good cheer. We want you to use these techniques, because without that no purpose will be achieved, and to improve your life. We want you to live healthier, to spend more time with your family and friends, to do better at your job, to be able to follow your passion in life, to live longer and be a success at it.

We hope we will achieve our objectives!

All the best to you!

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