

Be A Man of Fitness

Fitness is the essence of a man. Fitness is the ability of a person to do his normal everyday tasks with full alertness and vigor without worrying about fatigue afterward and with extra energy in reserve which can be useful when emergencies arise or during leisure and recreation. Overall fitness must be the primary goal every man must try to achieve. In fitness, no one is ever too young or too old for improvement.

One's fitness can be improved by engaging in aerobic exercises and through strength training. There are three components of overall fitness that every man must focus on working out in order to be in healthy, tip-top shape. These are cardiovascular work, strength training and of course, these should be coupled with a healthy diet.

Staying strong by building muscles. Man's fitness regimen should include a work out routine which aims to build the muscles. Aging causes a decrease in muscle mass of five to seven pounds (2-3.2 kgs) of muscle for every ten years in one's adult life given that he lives an inactive lifestyle. Truly, the saying "use it or lose it" is very applicable to the muscles. Fortunately, there is a good solution to this. Loss of muscle mass can be replaced by engaging in strength training.

Improvement of Man's fitness by cardiovascular work out. Flexibility exercises, strength training and cardiovascular work out surely help boost a man's fitness and all these should be part of a man's work out scheme. But of all these, cardiovascular work is the most necessary. Exercises under cardiovascular work conditions and develops the cardiovascular system and also works out large muscle groups.

So if a man does not have much time for working out, devoting whatever free time he might have to aerobic exercises would do him fine. He might have to pass out on developing those biceps but so long as cardiovascular work out exercises are done, then the blood pressure, heart and cholesterol levels will be fine to keep you staying happy and healthy.

The essence of nutrition to man's fitness. It is best as well as well recommended to eat whole and natural foods frequently than do it on large amounts in one to three sittings. Always keep variety in mind when doing the shopping. This will ensure that one is getting most if not all of the nutrients and minerals needed by the body to keep fit and healthy. Always keep the three important macronutrients in the diet; these are fats, carbohydrates and proteins. Prioritize proteins though over carbohydrates but never exclude any

one of the three on some fad diet.

Some tips in keeping a man's fitness level high, efficient and safe:

- 1.) Drink plenty of water all through out the day, especially when working out.
- 2.) Do exercises properly using the correct techniques, whether it's weight lifting or aerobic exercises. Always read and understand, and follow of course, the instructions outlined by the personal trainer.
- 3.) Make sure there is always a spotter when lifting weights.
- 4.) Challenge the muscles, but make sure that it's kept safe.
- 5.) Stretch, warm-up prior to working out and cool-down gradually after sessions.
- 6.) Check the equipment for safety before using them.
- 7.) It is better to do less than overdo the whole thing. Overtraining will exhaust enthusiasm and kill performance.