

Do more exercise



**ASSIGN  
BUSTER**

So you would like to lose a few pounds, feel and stay young and vibrant, be in a better mood, have that to die for body shape you always fantasize about every day? Well, you don't have to wait until the end of the year to hurriedly put down a list of New Year resolutions you will never follow through. For as few as 30 minutes every day you could way ahead of several millions of people leading an unhealthy sedentary lifestyle which has been claimed to claim more victims than even smoking. When it comes to health and fitness, most people can think of something they wish were different: less body weight, more muscular strength, greater flexibility, better body shape to even improved libido. The good thing about exercise is that it brings much more benefits than those we think we need. Health and fitness experts have discovered that exercise also helps in improving our moods, prevention and management of chronic illnesses like high blood pressure and even reducing the risk of premature death. We are living in the day and age when most of us know of somebody or find ourselves dealing with common but life threatening health epidemic. Recent research has it that almost a quarter of a billion people in the world suffer from diabetes whose surge is pushed by another major health epidemic, obesity. Obesity, claimed to affect a quarter of Americans and almost 20% of the population in the UK is shown to be responsible for 80% of type II diabetes, 70% of cardiovascular diseases and significant percentages of breast and colon cancer, high blood pressure and gall bladder complications. When most people hear of physical exercise they can only think of countless hours of sweaty back breaking routines in the gym and substituting their favorite delicacies with some pitiable amounts of vegetarian diets. The truth is that it takes a lot less to get started and becomes more fun as it slowly becomes your personal routine. The current

growth in use of internet as a reliable and credible source of information means you can get expert advice on the specific physical fitness needs right in the comfort of your home. I am not saying there are no quacks out there who will tell you everything you want to in exchange for buying some ridiculously priced pills that might end up posing more health risks than you are prepared to deal with. All you need is to know exactly what you are looking to achieve, the time you are available, and your personal realities for what you can do. You certainly cannot expect to live decades of sedentary lifestyle and enroll in a similar fitness program for experts in the same field. In conclusion, the basic thing to understand is that you need to have clear plan, and methods to help you achieve your goals. It all starts in the mind; the rest is the easy and fun part. So get yourself going, identify what you want, need and have; start with manageable portions and re-evaluate your goals as you go and before you know it instead of worrying about those unsightly bumps tucked under your clothes, you will be looking forward to your next workout routine.