

Workout Plans:Something for Everyone-

I decided to write workout plans for the most common demographics of our society. I often hear people saying how they wish they had a proper program to follow, and so often I see people working out that are not entirely sure of what they are doing. These programs will help people to decide what their goals are and then use these detailed plans to achieve those goals.

I work in a gym and so often I see some very common mistakes, both in form and exercise choices. For instance a man who is 100 lbs. over weight coming in twice a week and doing bench press, crunches and bicep curls and no cardio, when really he should be concentrating on the cardio exercises to lose his excess weight. This is just an example of the mistakes people make in the gym, most often through no fault of their own. People join gym's for many various reasons, which is great, after all a healthy body and body image is extremely important for everybody, but just because they have joined a gym and perhaps been shown around the gym by an instructor once, doesn't mean they then have all the knowledge needed to best use their time in the gym. These plans will help to fill that void, with form, exercise choice and nutrition advice. So whatever your goal, there is a plan for you.

Here are the different workout plans:

- 1) The “Young at Heart” Plan**
- 2) The “Get and Stay in Shape” Plan**
- 3) The “Size and Strength” Plan**
- 4) The “Beach Body” Plan**
- 5) The “Legs, Bums and Tums” Plan**
- 6) The “Lose A Lot of Weight” Plan**



Here is a breakdown of each plan:

- 1) The “Young at Heart” Plan-
This is a plan aimed at mature people who are still mobile but can't or don't want to do large amounts of heavy lifting or cardio but still want to stay active and stay in shape. You do not have to be any certain age to do this plan, if your goals are simply to stay active, then this plan is for you.
- 2) The “Get and Stay in Shape” Plan-
This plan is for people who are more out of shape than they used to be, perhaps just a little out of shape or even they are in the shape they want to be in but want to keep it that way and want a plan that is different from their usual, then this plan is for you.
- 3) The “Size and Strength” Plan-
This is a plan designed for those of you who want to add lots of size and strength. This is a typical bodybuilding routine which will concentrate on both heavy compound lifts and isolation exercises, with the goal of transforming your body into the one from your dreams.
- 4) The “Beach Body” Plan-
This plan is for those guys and girls who really want to not only fit in that bathing suit, but also to look good in it. This is one of the most popular motivations for people going to the gym, especially around late winter and spring as everybody is getting ready for their vacations. This plan will help you lose unwanted weight and sculpt your body to give your body that toned look you are after.
- 5) The “Legs, Bums and Tums” Plan-
This is a plan designed for the ladies to hit those problem areas of the legs (especially thighs), the butt and the stomach. These three areas, along with the upper arms, are the most common areas that women of all ages want to work on. This is the plan that will do exactly that and have them as areas of pride instead of insecurities.
- 6) The “Lose A Lot of Weight” Plan-
This plan is designed for those people who want to lose 20+ lbs. This plan is designed for those people who want/need to lose weight for their own health and happiness. The plan is designed so that you can lose a lot of weight and get you back to being as healthy as possible.

So from the details listed above, choose a workout and let's get started!

"A journey of a thousand miles begins with a single step."

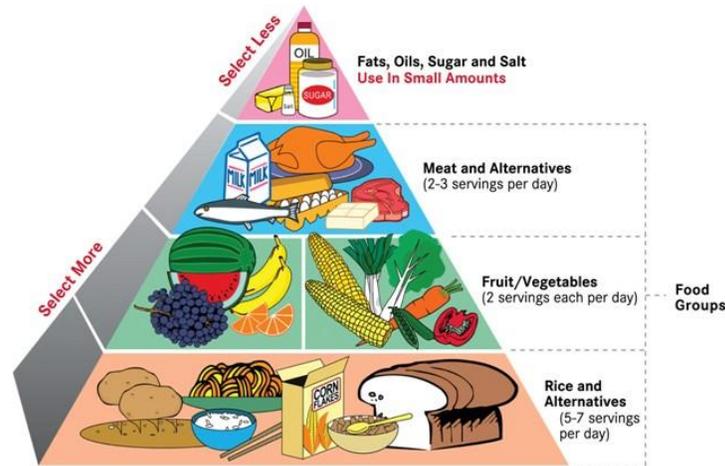
10 Things to Consider-

- 1) Workout clothes- Try to wear comfortable clothes and shoes that do not constrict movement. Try comfortable sneakers, sweatpants or shorts and a comfortable T shirt or sweater.
- 2) Gloves- If you are going to be lifting weights you may want to purchase some weight lifting gloves, this is optional, but advised for those with sensitive hands or skin.
- 3) Journal- Everybody should keep a workout journal, just take it with you to the gym to keep a track of your sessions, it's hard to see improvement if you do not know where you started from.
- 4) Hydration& Fuel- It is very important to stay hydrated both during workouts and throughout the day. Aim for 8 glasses of water a day to adequately hydrate your body. It is also very important to fuel your workouts; never train on an empty stomach, your body needs fuel.
- 5) Know your limits- This is important, as nobody else can tell you these. Just be careful, do not try and do too much too soon and do not be afraid to ask for help.
- 6) Breathe- This sounds like a simple thing but often people hold their breath when lifting weights. This is dangerous and should be avoided. On bench press for example, breathe in when lowering the weight and breathe out when pushing weight up.
- 7) Goal Setting- This is very important, regardless of your situation, you have to know here you are headed, otherwise how will you know when you get there? Make your goals S.M.A.R.T (Specific, Measureable, Attainable, Realistic, Time i.e. how long will it take to achieve)
- 8) Motivation- Remember "You can't get much done in life if you only work on the days that you feel good." Find ways to motivate yourself.
- 9) Form- If you do not know how to do a particular exercise don't worry, just ask the person working in the gym, a fellow gym user or failing that you can Google correct form.
- 10) Pride- Everybody that goes to the gym is there for their own reasons. There will be people of all shapes and sizes from all different backgrounds, do not be shy or insecure at the gym, remember that you are there for you and your goals and that is the most important thing. You should be proud that you are doing something to better yourself as a person, so take pride in it.



Simple Nutrition Tips

Nutrition can be a complicated topic, but there are some basic principles that apply to nearly every active individual. If you aren't interested in the details or the science of nutrition, but still want to get the most from your diet and fitness program, the following recommendations are for you.



Eat a Balanced Diet Each Day

To exercise consistently, you need to provide a good supply of high-quality energy to your working muscles. The easiest way to do this is to eat a balanced breakfast and continue eating a variety of high-quality foods throughout the day.

Carbohydrate in the form of glycogen is the fuel that makes exercise possible, so adequate carbs must be eaten each day if you hope to train consistently. Protein and fat also have a place in your diet and should be consumed daily. In general, each meal should contain a varied combination of carbohydrates, protein and fat.

Several Hours Before You Workout

The pre-exercise meal will vary depending upon your exercise style. If you workout in the evening, lunch should include easily digestible foods high in complex carbohydrates, such as pasta, breads, fruits and vegetables. A big salad with a small amount of protein works well. Select a small amount of lean meat such as chicken or fish, and experiment with what works best for you.

If you exercise first thing in the morning, you'll probably feel best if you eat a light breakfast of fruit, toast, or an egg. Again, everyone is different, so experiment with what works best for you.

Regardless of what you choice to eat, you should drink plenty of water before and during a morning workout.

Thirty Minutes Before You Workout

Depending upon the type and duration of workout you do, you'll want to eat a small snack and drink some water a half hour before you get going. Trail mix is great for aerobic workouts over 60 or 90 minutes, but if you are going hard for thirty minutes, you probably only need a half of an energy or granola bar, a large banana, a few graham crackers, fig bars, or pretzels. For a shorter workout, you may not want to eat anything at all, but can get a few calories from drinking about 8-10 ounces of a sport drink. You should also start drinking water before your workout so you've consumed about 6-12 ounces in the hour before your workout.

During Your Workout

Proper hydration during exercise depends upon the intensity and duration of exercise, the fitness of the athlete, and weather conditions. In order to simplify the recommendations, a good starting point is to drink 8-10 fl oz of water every 15 min during exercise.

If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink every 15 - 30 minutes. Exercising for more than about 90 minutes usually requires that you replenish lost carbohydrates.

If your workout is less than an hour, odds are you don't need to consume anything extra.

Hydration After Your Workout

After your workout, drink enough water to replace water lost through sweat. The best way to determine this is by weighing yourself before and after exercise. For every pound of body weight lost, you'll need to consume about 3 cups of fluid.

Another way to determine how much liquid to consume is to check the color of your urine. Dark, concentrated urine may indicate dehydration. Your urine should be relatively clear in color.

Eating After Your Workout

The post-exercise meal should be eaten within two hours of a long or intense workout in order to replenish glycogen stores for continued exercise. While research shows eating 100-200 grams of carbohydrate within two hours of endurance exercise is essential to building adequate glycogen stores, eating a combination of both carbohydrate and protein seems to be an even better option. Studies have found that a 4:1 ratio of carbohydrate to protein seems to be the ideal combination of nutrition. And although solid foods can work just as well as a sports drink, a drink may be easier to digest make it easier to get the right ratio and meet the 2-hour window.

Top Ten Reasons to Exercise and Be Physically Active

1) Feel more energized

When engaging in physical activity, the blood vessels that go to your muscles dilate, causing an increase in blood flow and oxygen to the working muscles. This, along with a temporary increase in your metabolic rate, causes you to feel more energized. This “burst of energy” not only occurs during exercise, but also after you exercise. For example, working out in the morning or afternoon will cause you to feel energized throughout the day. Even if you are an evening exerciser, you will still burn just as many calories and feel better!

2) Burn more calories at rest

Cardiovascular and resistance exercises are equally important when it comes to making a workout plan and burning calories. Doing cardiovascular work such as running, walking, or biking results in a temporary rise in your metabolic rate. Thus, compared to being in a resting state, you will burn more calories per minute when performing cardiovascular work. Furthermore, by doing resistance exercises such as weight machines or free-weights, you will increase your muscle mass. Muscle burns far more calories at rest than fat does, so by becoming more muscular, you are increasing your resting metabolic rate.

3) Improve overall appearance

Not only can exercise help you feel better, but it will help you look better as well. Along with eating a healthy diet and utilizing effective stress management, you can look your best by becoming toned and defined. However, you need to remember that genetics play a major part in what we look like. For example, a person can be a healthy eater, exercise daily, be a non-smoker and a non-drinker, and STILL have high cholesterol because it is in their genetic makeup. The same goes for how a person looks. Some individuals are born into a family with genetically larger “frames.” These people are sometimes called “big boned.” If your parents happen to be short and small-framed, more than likely you will be, too. There is little we can change about our genetics, but we can make healthy and happy choices with the bodies we have.

4) Be able to withstand stress

Recent research has shown exercise to be a stress reliever. There are many reasons to explain why. One includes the fact that exercise increases the hormone epinephrine, another name for adrenaline. This hormone is responsible for an increase in blood flow, which carries more oxygen to the brain, thus making you more alert. Being more alert and aware of your surroundings helps you to deal with stress effectively. Also, exercise stimulates the release of

other hormones called endorphins, or the “feel good hormones.” These help to improve mood and feelings. Many people find that they feel better after a stressful day if they exercise.

5) Decrease risk of illness

Exercise builds up and improves circulation of our white blood cells, which we need to fend off harmful bacteria that cause us to get sick. This helps to prevent us from getting sick. However, after we become ill, our improved circulation due to regular exercise can help us become well again.

6) Speed up recovery from injury or surgery

By exercising daily and living a healthy lifestyle, your body can better repair itself from damage done by injury or surgery. When you increase muscle tissue and white blood cells by exercising, your body is better able to reduce inflammation that occurs from injury and surgery.

7) Keep focused

Being able to stay focused when engaged in everyday life activities is very important in order for your day to go as planned. By exercising regularly and eating healthfully, blood flow is improved and your hormones are at optimum levels, thus increasing your ability to concentrate.

8) Build up cardiovascular endurance

Everyone knows that if you study hard for a test, you will more than likely do well. The same concept applies when we say we are “getting into shape.” You have to build up your cardiovascular system through endurance activity in order to have an efficient circulatory system. Regular physical activity not only strengthens your heart muscle and improves your blood’s oxygen carrying capacity, but also improves your breathing and muscular contractions.

9) Improve flexibility

By stretching before and after exercise your muscles become more elastic, improving your overall range of motion or flexibility. Another way to improve flexibility is to engage in yoga or Pilate’s class.

10) Increase lean body mass

Increasing lean mass is important because it reduces your body fat and increases your metabolic rate. If you perform cardiovascular exercise most days of the week and resistance exercises 2-4 days of the week, you will increase muscle mass while decreasing fat mass!



*“The best six doctors anywhere,
And no one can deny it,
Are sunshine, water, rest, and air,
Exercise and diet.
These six will gladly you attend,
If only you are willing,
Your mind they'll ease,
Your will they'll mend,
And charge you not a shilling.”*

~ Wayne Fields