

Get Off Your Butt Part 2

Last article we talked about getting off of your butt. Did you? I know I started. C'mon we can all do it. You may have been wondering why everything was revolving around normal activities and nothing specialized. Well, most people just don't see where they can allocate time from their hectic schedules to exercise.

What's important is that we do something; our muscles need some sort of resistance training. The more resistance training the more our bodies stay healthy and firm, but it must become a part of our routine. "Here we go again" you may be thinking. When are we going to be able to add resistance training to our daily lives?

Let me be the first to tell you, your mindset has to change in order for your body to accept this. You must believe that you are going to start doing it. You then must act on doing it. Doing what?

Wake up 30 minutes early in the morning, stretch, and do some pushups and sit-ups to start your day. Do 4 sets of as many pushups and sit-ups you can do in that 30 minute span of time. Now that you are engaged in your routine think about how energized and stimulating your day will be. I know, I know, 30 minutes, it seems like an hour earlier than usual. But it's not! It is 30 minutes!

If you can't do it when you first wake up do it in the evening before you have that evening snack, you know the one you shouldn't be eating anyway. Better yet do it while you are sitting motionless on the couch watching your favorite episode of the O.C. This goes for both men and women some sort of resistance training is better than none. We can all do this. It is easy.

Once you get 4 sets of as many pushups and sit-ups down pack, add something else to that 30 minute routine. You will start feeling so good, that you will become angry if you miss your morning or evening routine.

Look everyone, this is about taking control of your own health. This is about doing things to better yourself and increase your life span as well how you live it. Oh, I just thought of something else you can do around the house for resistance training.

Grab a water bottle or a milk jug do bicep curls with it. If it is too heavy at first, use a half gallon jug or a 2 quart bottle. Grab a large can vegetable and start curling. You can add any of these to your routine. You can even do shoulder presses with the same items. Ok, it isn't the Gym, but we already identified that you don't have enough time to join the gym otherwise you would be doing these with the proper equipment at the gym. Do you have enough time to join and use a gym? If so, do it. If not, these are ways you can increase your daily activity and resistance training.

Again, these are to help you get off your butt and begin doing something that is going to help you out. All of these will help your stamina, change the way you look and feel, and give you more energy. Just get started doing something.

Don't make this exercise. Make it a way of life.

Always check with a physician prior to starting an exercise regimen, supplementation plan, or diet.

Source: <http://www.articlecircle.com>

About the Author

Joseph Simcic operates a website dedicated to providing over 3000 health and fitness related products including natural herbal supplements and vitamins. Remember to visit <http://www.bigdaddyshealthspot.com> and sign up for the newsletter today.