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**FRONT COVER:**

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# **Foreword**

Self-improvement is a thing which you must practice throughout your life because once you started to believe that you are perfect then, things will start to become complex. You need to know that no one is perfect and no one can be perfect.

There is always room for some improvements whether it is in your personality, in your health, in your fitness or in any other thing but you should keep trying for the better state. There are hundreds of therapies which help you to get rid of all kinds of mental stress and once you are relieved mentally then, you can always feel better in every part of your life.

In this EBook, I will guide you for some healthy living style and will tell you that how can you improve your physical fitness and get rid of different health problems which keep bothering you.

This will be a very smooth ride and you will enjoy reading every word of this EBook. I am going to tell you very basic stuff which you must have heard but you never gave attention to these things.

You need to pay close attention, in order to improve your fitness level. You may have read different books, in order to get rid of some health problem but with this EBook you are guaranteed to find solution of almost every health problem.

If you keep acting upon things mentioned in this EBook then, there is no reason that your health and fitness level will not improve.

There is no medication advertised or mentioned in this EBook because for any kinds of medicine, you always need to consult your doctor and I do not want to get people in trouble by telling them some random medicine.

Everything is based upon natural method and there are tips which can improve your whole daily life and will turn your unhealthy life style into a very healthy and productive life style. So keep reading the EBook till end and enjoy your improved health!

## ***Health And Fitness 101***

Master Your Health, Wellness And Fitness With This Essential Training  
Guide

# Chapter 1:

## *Analyze and Change Your Lifestyle into A Healthier One*

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### Synopsis

If you are living your life without any clue about your work routine and its effects on your health and fitness then, this chapter is definitely for you.

- ❖ Lack of physical activity
- ❖ Control your weight with little extra movement
- ❖ Check your eating habits



## **Have A Look**

In modern times, life is very tough and competitive. You have to work hard, in order to stay in this society and in this hectic work routine, you often forget to take care of yourself. I have seen people who work for more than 12-15 hours a day and still they feel unsatisfied with their work. In this kind of life style, there are so many glitches which you can fix to optimize your routine.

These glitches are also not very hard to find and with very little attention, you can get them and repair them easily. You must have heard this too often that you should live a healthy life style but have you ever thought what actually a healthy life style is. Is it just about not smoking, doing exercise and keeping your weight under control? This formula sounds simple but believe it or not, it takes some time and hard work to be implemented in real life.

If you do not exercise, and your eating habits are also unstable then, it will take very small steps to bring you on track. You just need to make some very slight adjustments in your daily life style and these adjustments will make your life healthier and fit.

### **Lack of Physical Activity**

Biggest drawback of modern office life is lack of physical activity. You have to sit in your chair throughout the day and after a tiring day in office, you go to your home and after taking your dinner you cannot even walk and go to

sleep. This is very dull and unhealthy routine but you can make it little more energetic for you and that will also not get too much attention or time from you. You can just get up 20-30 minutes early than you do now and go out for a short walk.

Even if you think that is not possible for you then, you can just take bus to your office instead of your car. This will add some walk in your routine. This much movement and activity can be so much advantageous for you that it can save you from lots of heart diseases as well it will improve your respiration and will make you feel your weight. Your joint stability will get improve and you will be flexible enough according to your age. It will also help you in reducing anxiety and depression and will improve your mood and you will be able to work with more concentration. Smaller movement schemes like gardening on weekends, daily walk and similar other activities can also help you to control your weight.

### **Control Your Weight with Little Extra Movement**

There are some very simple and basic things which you can do to make your life more active and to increase your physical activities. It is not necessary that you pay heavy gym fees to exercise and to do proper weight loss instead if your weight is not alarmingly high and you just want to control it then, you can do it by adding some simple thing like you can go out for a walk daily with your family instead of just sitting on the couch and watching TV. No matter that walk is to your local grocery store but it will be lot more active task than just sitting on the couch. Walk is a very important



aspect which can help you to reduce and control your weight. There are so many ways which can add some walk in your life for example instead of going to the mall in your car, take a walk, take your dog for some extra outing in nearby park and similar other things can be very healthy for you.

Some people and especially men have this habit of not doing any home chores. This is also an unhealthy life style because house chores like gardening, some light cooking and other similar things which you can do in your weekends are very healthy activities and these activities will increase the physical work out.

These chores will also give you a chance to facilitate your partner and she will feel very happy as you are helping her in her work. Best way to add physical activities in your daily routine is to make a list of everything which you do in one day and analyze that list. If you find yourself sitting around too much then, try and look for some alternate time where you can add some physical activity.

## **Check Your Eating Habits**

Eating is another thing which can impact a lot on your daily life and especially on your weight management. A healthy diet plan can always keep your weight in check and if you are eating without any certain plan then, it will create chaos for your body and will ultimately increase or decrease your weight alarmingly. You need to know that how many calories you are consuming every day. There are lots of different calories meters available which can tell you the exact amount of calories in your daily diet. Following

are some of the general trends which you can follow to make your diet plan healthier.

First of all, you need to add more fruit in your diet. Fruit is the healthiest natural diet which you can get and almost every fruit is enriched with different vitamins and these vitamins are available in their purest form in these fruits.

These days, people are very afraid of vegetables and they do not like to add vegetables in their diet because vegetables are not very spicy but you should not be a victim of this trend as it is a very unhealthy trend and you need to add good amount of vegetables in your diet.

Even if you do not like to take vegetables in their traditional form then, add them in some snacks and eat them every now and then with lunch or dinner. You should also try and add a salad with your dinner and lunch.

This is a very healthy habit which can make you to cut your appetite and you will be eating healthier food. Cut the use of fat and try to use some fat free dairy. Try to avoid junk and fast food as much as you can because it is very unhealthy food with full of unhealthy fats.

# Chapter 2:

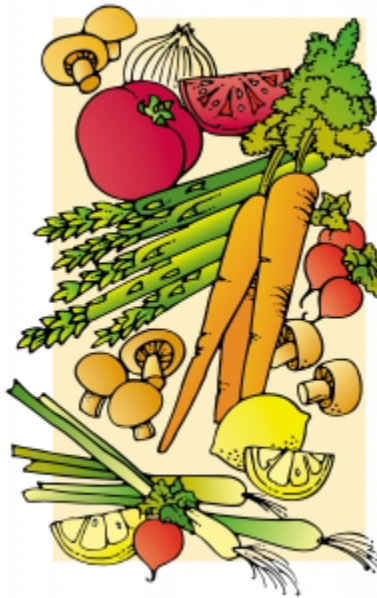
## *Secrets of Health and Fitness*

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### Synopsis

I will tell you some secret ways of boosting your health and being fit.

- ❖ Healthy eating
- ❖ Regular exercise
- ❖ Stress management
- ❖ Alternate health and medicine options
- ❖ Sleep well



## **What's Behind It**

First of all, you need to know that, in order to achieve a healthy and fit life, you must be living a very healthy life with proper and healthy life style. There are some very important ingredients in making your life fit and healthy and without those ingredients; you will not be able to get that precise health and fitness.

Most of the people think that without adapting to a certain tasteless diet plan and working hard in gym, they cannot get a healthy and fit life but this is not entirely true. Although doing exercise and keeping your diet healthy is important but this is not everything which you have to do for maintaining your health.

There are some other secrets which you must know and these secrets are also very easy to implement and execute. No matter how busy your life is but you can always find some time to execute these things which I am going to tell you now.

### **Healthy Eating**

This is well-known word which almost every person tells you that to get a healthy and fit body, you need to control your eating habits and make it healthier but no one tells you some easy way to do that. When it comes to healthy eating then, it does not just include eating healthier food but it also includes avoid eating all the unhealthy stuff.

You need to add natural elements like vegetables, fruit, unsaturated fat and unrefined carbohydrates. In start you will find it difficult to integrate these things in your diet plan but with time, you will learn about nutrition values of different diets and it will become lot easier for you to pick up the best diet plan. You should avoid eating junk and fast food because these food items contain unhealthy fat, refined carbohydrates and other similar things which can be very unhealthy and can increase your weight a lot.

### **Regular Exercise**

Another very important thing which is exercise and you must include some sort of exercise in your daily routine. Some people have this misconception that only after joining a gym and paying heavy fee for that gym will give them proper work out routine but this is not necessary and secondly, people do not have that much time these days to go to gym daily. Office routines are very tough and to survive and make it work, you need to work more than 12 hours a day.

You need to find some alternate to that gym. You can add some light walk and jogging either in the evening or you can get up 25-30 minutes earlier than routine and go out for a walk. You can also add some walk in your routine by minimizing the use of car. You often use car for going to grocery store as well as to other routine places but you can avoid that car and go on your foot.

### **Stress Management**

Being stress free is another thing which can give very positive effects in your life. Hectic work routine and no relaxing time can increase the stress level a lot and in lots of cases I have seen people going through sleeping disorder due to this constant stress. To avoid this stress and to minimize its effects, you can adopt some relaxation exercise like yoga or you can option for a massage after every 2-3 weeks.

These methods will help you a lot in decreasing the effects of stress and will make your life peaceful and stress free. When you are less tense then, you will be able to concentrate even more on your work and will increase your overall productivity.

### **Alternate Health and Medicine Options**

Traditional doctors and medicines also have some side effects on your health and you should avoid them as much as possible. If you happen to be suffering from some minor health problems like temperature, flue and other similar problems then, you should not look for more traditional anti biotic instead look for some unorthodox medicines and look for side effect free medicines like homeopathic, massage therapy and other similar methods.

These methods will not also get you rid of that health problem but these are also made from totally natural elements which make them even healthier for your body. In other alternate medicine options you can look for herbal medicine, massage therapy, meditation, Ayurveda, reflexology, aromatherapy.

## **Sleep Well**

Sleeping is another very important aspect of your life and it is the basic thing which helps your body and brain to relax and get ready for work. If you experience problem in getting a good and proper sleep then, you must do something to make this state better because I have seen people going half mad just because they cannot get proper sleep. In order to make your sleep more proper and better, you need to make sure that you are not taking your work to your bed. Make sure that before going to bed, you have solved all of your office and work problems and even if there is something left then, forget about it for the night and concentrate on getting a good sleep.

To implement all of the above things in your life, you need to make your life disciplined in first place. You need to make a commitment with yourself that you are going to make your life better and then follow that commitment to your fullest effort.

Some people try to adopt such schemes as proper diet plan, proper exercise plan but they tend to execute it just for very small period of time. This is also not very effective because you need to be very consistent for proper results. This is the reason that I have described some very easy to adopt things which you can continue doing no matter what your daily life is.

# **Chapter 3:**

## ***Healthy Nutrition and Its Benefits***

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### **Synopsis**

You will come to know the importance of healthy nutrition and its benefits in this chapter.

- ❖ Understanding nutrition
- ❖ Relationship between food, health and nutrition
- ❖ Guidelines for proper and healthy nutritional food





# **Nutrients**

You would have heard lots of people saying that healthy nutrition is important for a healthy body but you need to know that is the actual meaning of healthy nutrition and why it is so important. Let's define nutrition.

“Nutrition is the process of giving your body all the important and necessary elements which can help it to grow in proper and balanced way.” This is the simplest definition which tells you that you need to get proper food and proper diet which can help your body to grow in a better way. Healthy nutrition can make your body strong and can help it to grow and repair itself while an unhealthy nutrition plan can make your body weaker and can make you ill and you will not be able to fight against certain minor diseases.

## **Understanding Nutrition**

The purpose of nutrition is quite simple to understand and there are three things which can tell you its importance and purpose. First of all, you have a body and secondly that body needs some very precise things to nourish and to grow. Thirdly nutrition includes all those things which can help your body to grow. Now after this understanding, you need to know that what actual relationship of food and nutrition is. First of all, make this fact concrete that food and nutrition are not same things and there is some difference present between both of these.

Every food has not got nutrition and degree of nutrition in every food can vary. It may happen that some food items may contain high percentage of nutrition while some food items may not contain any nutrition at all. For example an apple can provide your body lot more nutrition than a doughnut. You can make it more interesting by understanding that when an apple goes in your system then it breaks down in substance which your body uses for growth and blood production but when you eat a doughnut then, your digestion system will say “hmm, I do not need much of this stuff, so, either throw it away or store it somewhere like in butt cheeks.”

### **Relationship between Food, Health And Nutrition**

Food, health and nutrition all are very closely related. The food which you eat can be either full of nutrition or it can not contain any nutrition. The nutrition which you provide to your body affects your health directly. The basic goal of everyone is to improve health and to improve health, you must provide enough and adequate amount of nutrition to your body and especially for your physical health and fitness, you must make sure that you are providing enough nutrition to your body. There are four categories in nutrition which your body always need in enough amounts. These four categories are protein, fat, carbohydrate and vitamins. You need to make sure that the food which you are eating contains necessary amount of these elements and if you observe all the processed food then, you will know that all of these are labeled with their nutrition values and these labels are there for you to make an informed choice about your nutritional needs.

### **Guidelines for Proper And Healthy Nutritional Food**

In order to provide your body with proper nutritional elements, you need to follow these very simple food guidelines and these will help you to make better choice of food. You should have a general idea of healthy and unhealthy food in first place and this idea will allow you to choose healthier food without going through lists of food items.

Every food which can be metabolized means that can be converted into substance which is needed to grow is healthy food. You can make a measuring foot which can tell you the health value of a particular food item. Make it in three parts and first of all think about those foods which are totally processed and baked as these foods have almost zero natural elements in them like doughnuts, fast food and other similar items. These foods have absolute nutritional value and in most of the cases they are found to be harmful for your body. Second are those food which are cooked with natural ingredients like meat, chicken, vegetables and similar other items. These foods are nutritional to some extent because they contain natural elements and you can add these food items in your regular diet. Third are the food items which are totally natural and have no preservatives and other similar things added like fruits, fresh juice, milk and other similar items. These are the items which carry most nutritional value.

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