Making an Honest Appraisal Internally by Samantha Kirk

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It seems there is no way of satisfying anyone when it comes to appearance. Fat and heavy men and women want to grow leaner and appear trimmer, and on the other side there are the skinny ones who want to grow a lot of bulky muscles. Strange as it may sound that both these classes of people frequent the same place to achieve their cherished objectives. The first step to getting fitter is to make an honest appraisal of your present state. It is easy to deceive yourself by looking at the mirror and consoling yourself ask someone to make an appraisal and get on with a regiment consisting of exercise. Remember there are no shortcuts to becoming fitter.

People have many misconceptions when it comes to fitness. Staying fit does not mean staying slim! Many are influenced by actresses who have a toned and ultra slim body. One thing people donâ€™t realize is that they have to have a super figure for their profession. That does not mean we can eat and whatever we want and reach the stage of obesity! Staying fit means following a healthy diet regularly and exercising on a daily basis so that none of the body parts remain dormant for a long time which makes our body un-flexible and which invites unnecessary complications to our body!

Going along with popular belief, staying on a healthy diet is absolutely important for staying healthy. But contrary to popular belief, staying on a healthy diet does not mean reducing the intake of food or the type of food. A human body requires over 7 liters of water every day. Carbohydrates help regulate your blood glucose levels. There are plenty of essential fatty acids. Proteins promote growth. Vitamins and minerals maintain hormonal balance. A healthy manâ€™s diet should include all these at the required quantities. Eating wheat or rice provides carbohydrates. Green leafy vegetables, meat and eggs are excellent sources of protein. Vegetables in general provide vitamins and minerals.

One of the best ways to remain fit and healthy is exercising. It does not mean having abs and good abdominal muscles, but we need to have a fit body. You could do various cardiovascular exercises, push-ups, sits-up, etc. If you are new to this concept of exercise (i.e. if you have never exercised in your life), you need to take it slow. You shouldnâ€™t push your body hard and to the extreme. Exercising is done to make you healthy, not to hurt your body. If you have doubts or fears in exercising, you could consult your family doctor or a gym trainer.

To stay fit and keep our mind peace and calm, we can also practice yoga. The physical benefits of yoga are many. Yoga keeps our body strong, as it involves all the muscles in our body to hold and balance yoga or meditation. The various yoga postures strengthen our feet, legs, hands, abdominals, lower back, legs, and shoulders. Yoga is an excellent form of exercise to reduce weight. Those who are suffering from hypertension can benefit from yoga, as the hatha yoga can normalize their heart rate and blood pressure. As a psychological therapy, yoga benefits peopleâ€™s mental health by giving them more relaxation.

Even though we have various kinds of method to be slim, not everybody can keep themselves slim. The fact is that the body metabolisms are different for different people. People become fat due to varied reasons. For some it is hereditary. However, people can maintain their body weight by not overdoing a few things like eat much of junk food and many other things mentioned above. Hence it is really important for a person to understand his body cycle and take a suitable course of action accordingly.

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Being a freelance writer and active blogger I never miss the opportunity to share my thoughts with the rest of the world and to source out some great deals on home service packages like a Charter Deals.

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