

# Get Your Body In The Best Shape Yet!

Setting a huge goal like running a marathon or losing 100 pounds may not be the best way to get fit. These goals can feel overwhelming and cause you to give up when you don't see instant results. Instead, set small, attainable goals that you can gradually incorporate into your lifestyle.

Exercise alone isn't going to be enough to get you in top shape. Just because you exercise for 30 minutes every day doesn't mean you can eat fast food all the time. You also need to use healthy eating habits to get the full effect and to get your body in its best shape.

A great way to get fit, is to perform your cardio first thing in the morning, before breakfast. Performing cardio this way, taps right into your fat stores because you haven't had anything to eat. This is one of the most effective ways to lose fat through cardio.

A 24-hour gym can be a useful ally in the fight for total fitness. While establishing a consistent exercise routine is a good thing, what if the would-be fitness maven's schedule dictates that the only time he or she has to work out is at two A.M.? Locating an always-open gym helps exercisers work on unusual schedules without sacrificing their fitness goals.

Before plunging right in the water and starting to swim, spend some time ducking your body, head included, in and out of the water. Breathe in while you're on the surface and breathe out while you are under. This gives you time to acclimatize to the water and your swimming will enjoy the benefits.

Performing multiple reps of double dips can help you to achieve stronger triceps, but they can also be tweaked to work more on the muscles in your chest. To enhance your triceps, straighten your body and perform each dip with your elbows pointed inward. To focus on the chest muscles, position your elbows outward and lean forward while performing the dip.

Dips are a great exercise for your triceps, but by slightly moving your body, you can workout your chest as well. While doing the dips, put your elbows in and keep your body straight to work your triceps. To work your chest, lean forward and put your arms out slightly.

Before you begin your exercise routine, warm up your brain. It is just as important to get your central nervous system ready for activity, as it is to prepare your muscles. Your central nervous system tells your muscles when to contract and by doing this you will get more efficient workout.

If any injury occurs with one arm, there is no reason to not work out the other arm. Doing sports news has been found to increase the non-exercising arm's strength by at least 10%. This is achieved because working out the one arm stimulates the muscle fibers in the other arm.

Protect your neck at all times when you are working out. It is easy to hurt your neck when doing exercises like abdominal crunches, and a neck injury can prevent you from being able to workout for weeks. Keep the tongue firmly on the roof of the mouth when doing sit-ups. This helps keep the head straight and reduces strain on the neck.

Stop making excuses for not working out. Schedule a block of time to workout tomorrow, even if it's only for 15 minutes. Tomorrow, schedule another block of time for the next day. Do this daily and eventually you won't need to make that appointment with yourself and your workout time will increase. Soon, exercise will just be part of a normal day.

technology news to motivate yourself to finish each set is to count backwards rather than forwards. Counting down, rather than up, can be a great tool to propel you to give it your all towards the end of a set. So make sure you are counting how many repetitions you have left rather than how many you have done.

As you can see, there are many better ways to gradually ease fitness into your lifestyle than making sweeping long-term goals. Follow the tips mentioned in this article for making small lifestyle changes to improve your fitness and before you know it--one small step at a time--you will be on your way to that marathon.