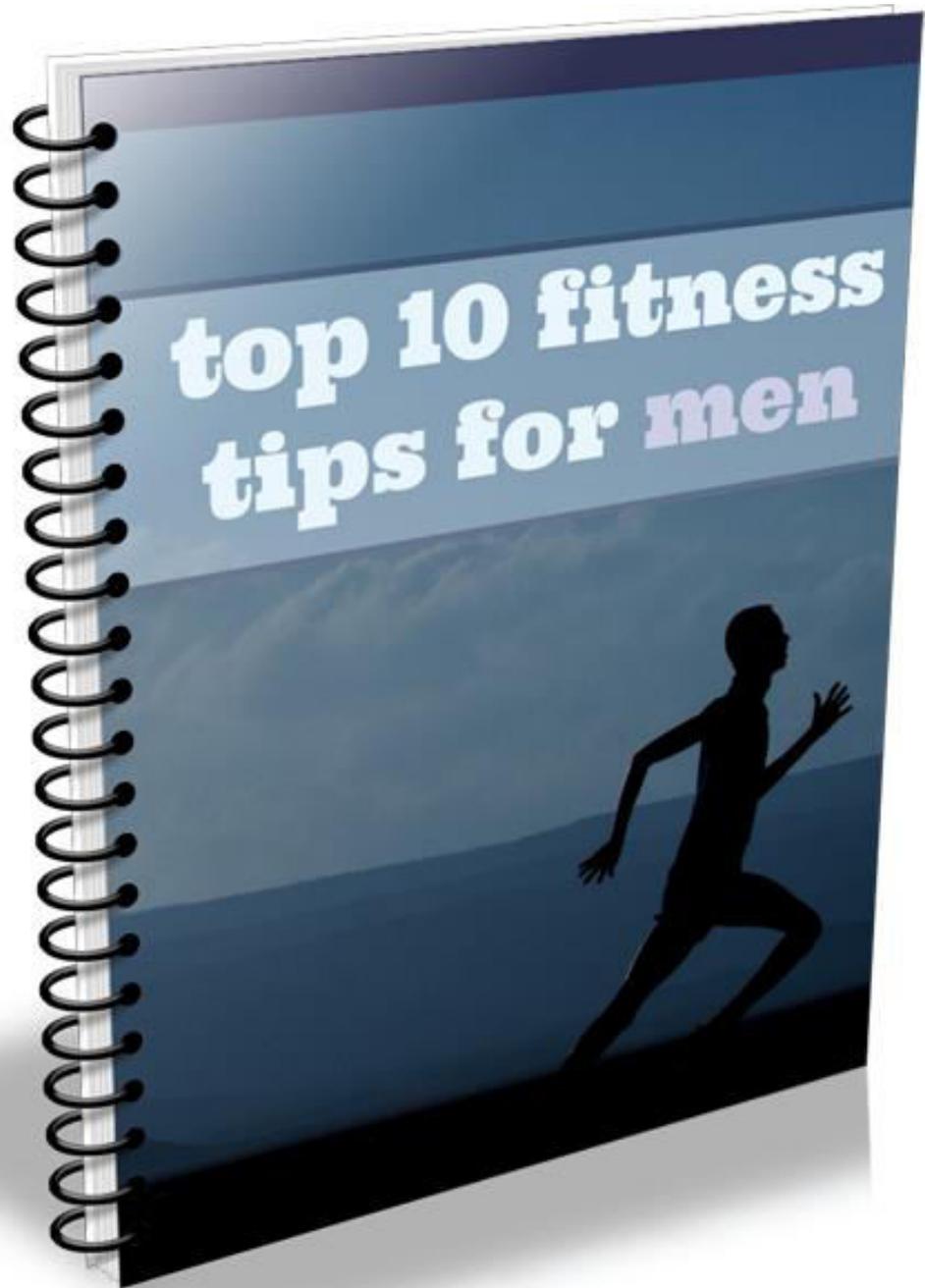


New Edition!



Top 10 Fitness & Weight Loss Tips for Men

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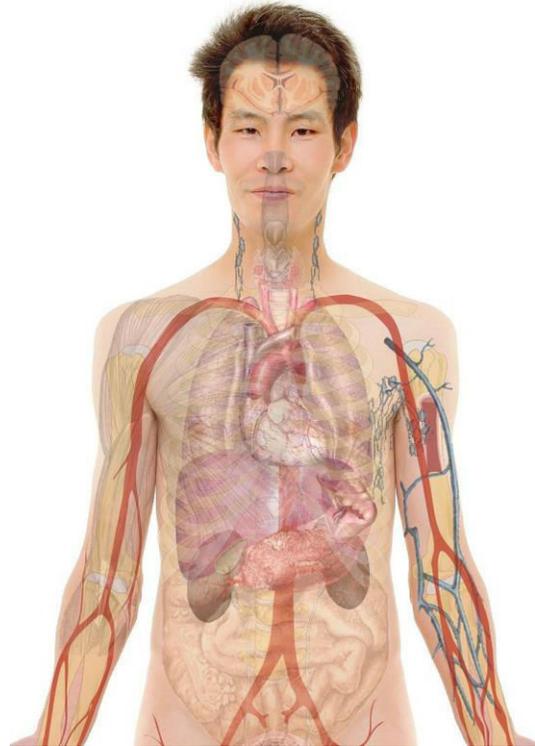
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Introduction

The average man has the majority of his body weight located above the waist. Women have most of their body weight below the waist. Men are not hardwired to collect fat as easily as women, but women have a much higher pain threshold. Men are from Mars, and women are from Venus.

And the two sexes have other vastly physical differences and similarities, both internally and externally. That is why some health, weight loss and fitness tips need to be catered specifically to men. Practice the top 10 weight loss and fitness tips for men listed below for a tight, toned body that will have the ladies looking and the waistline shrinking.



1) Water Is Your Friend!

This is both a weight loss and fitness tip. Keeping properly hydrated is a great way to automatically detoxify your body and improve your digestive process. And when you are working out or exercising, proper hydration is important for your muscles to repair properly. Studies have also shown that when your body has a plentiful supply of water, you can exercise longer and more often.

Do you have a tendency to overeat at meals? Drink a glass of water before you eat, and you won't feel like stuffing your face. WebMD explains that compulsive snackers should also keep water and other zero calorie beverages nearby, for the same reason.

2) Keep Your Workouts Varied

Variety is the spice of life, and that includes your fitness routine. As a spokesperson for the American Dietetic Association, Jim White reminds you that variety not only helps more effectively work your body through muscle confusion, it also keeps you interested. A varied

workout routine keeps your mind involved, and can even lead to fewer injuries because you are paying more attention.

Sleepwalking through the same exercises on the same days at the same times can really get you in a rut. This often leads you to dread your exercise regimen, and might even cause you to skip a few days here and there. Keep your body guessing and your mind sharp by combining different types of fitness workouts together, and also varying the tempo of your training.

3) Add Spice to Your Food

Speaking of spice, adding the appropriate heat to your meals can help you eat less and improve your digestion. Certain spices and chilies not only give you a flavor boost that makes you feel satisfied, but they can also crank up your metabolism. This burns more calories as you eat, without you having to remove anything from your plate or portion.

Flavorful food stimulates your taste buds which in turn tells your brain that you are enjoying what eat. This satisfaction actually causes you to eat less. If you love snacks during the day, opt for a red-hot fireball piece of candy, which has very few calories. And during your meals, the Journal of Proteome Research recommends eating peppers, which contain capsaicin. The spicy substance actually begins protein changes in your body that promote weight loss and fight fat storage. Cayenne, Datil, Habanero and Jalapeño peppers are just a few you should add to your meals immediately.



4) Read the Nutrition Labels

You are not reading enough ... nutrition labels that is. In the United States and most other major countries, packaged foods and drugs are required to clearly display their ingredients. All you have to do is turn over that package or look on the back of that can you are about to purchase, and a wealth of good and bad health information is revealed.

What is considered a portion? Are there any unhealthy trans fats in your food? Is the food you are about to buy packed with sugar? You should aim for less than 7 g of sugar per serving, no matter what type of food you are buying.

Also steer clear of high sodium content, as this excellent food preservative can be found in extremely high quantities in many modern day foods. Merely reading the nutrition labels on your food products can instantly help you in your efforts to lop off your love handles and uncover your six pack abs.

5) Purge Your Pantry

Remember, if it isn't around, you can't eat it. That means performing a pantry purge, **immediately**. If you remove all the unhealthy foods, or most of them, from your kitchen cabinets, they won't be around to tantalize you when you need a snack or late-night nibble. This also means replacing those unhealthy items with healthy convenience foods that are ready-to-eat immediately or require very little preparation.

There is microwave popcorn available which delivers only 20 to 25 cal per cup, and is almost entirely fat-free. Frozen vegetables can be zapped in the microwave or quickly warmed in a pan, and whole-grain pitas and tortilla wraps help deliver filling fiber. You can always precook high-fiber brown rice and grill chicken breasts ahead of time and have them on hand for a quick and healthy snack or meal.



6) Stay Active

This may sound like common sense, but more and more men every year wind up in jobs that require very little physical activity. This causes you to feel run down and exhausted at the end of the day, and you look at exercise and fitness programs as if they are a form of punishment. Mentally a negative thought pattern begins to develop, and even though you feel great after exercise and physical activity, you may begin to avoid it.

Begin reprogramming your brain to recognize how much better you sleep, how much more energy you have and how awesome you feel when you exercise. Whether you are trying to burn fat, lose weight, get fit or stay in shape, physical activity is an excellent way to help you achieve your goals.

7) Eat More Often!

To burn fat, lose weight and get fit, eat more ... often, that is. The old three meals a day dietary advice can work for some people, but your body burns calories and increases its metabolism, properly regulates its digestive system, and helps keep your heart healthy and your mind clear when you eat several mini-meals throughout the day. Obviously, this means you will have to begin to control your portion size.

Obesity researcher Rebecca Reeves points out the obvious when she says that you are guaranteed to lose weight when you burn more calories than you ingest. But when that there are significant periods of time between meals, you may feel hungrier, and end up eating more calories when you do sit down to the table. 4 to 6 snacks and meals throughout the day is the best way to control your appetite and weight.



8) Break Your Workouts Into Chunks

We discussed miniaturizing your meals above, and you can do the same thing with your cardio workouts. There is no need to schedule a 5-mile run at the end of your workday. Whether you work from home or in a traditional workplace, there are several opportunities throughout the day to elevate your heart rate. That burns off calories and helps keep you fit, and is also a great fat burner.

If you are a work-at-home professional, take several breaks throughout the day to alternate walking and running around your neighborhood, or simply around your block. Tackle the stairs at work in an aggressive manner. Get off of the bus a few stops further away than usual when heading to work and coming home. All of these mini-cardio workouts added together have a significantly positive impact on your waistline and your heart health.

9) Eat More Varied Meals

Tip #2 pointed out that variety is important in your workout routine. The same can be said for your diet. Sometimes men get in a rut where they eat the same foods at the same times over and over, creating rather boring and possibly unhealthy habits. When you tease your taste buds with new flavors and foods, and focus on eating right while expanding your horizons, mealtime becomes enjoyable instead of dull.

And even if the foods that you eat are good for you, by narrowing the scope of the items you ingest, you could actually be headed for health problems because you are limiting certain minerals and essential vitamins and fats your body needs. This can also lead to a lower energy level. Add some of those exotic fruits and vegetables, whole grains and lean proteins to your diet that you are not already enjoying.



10) Think Positive

Remember the good times. Remember when you were trim and slim and in shape? Close your eyes and visualize those great times and the wonderful feelings you experienced. Your brain has held onto those memories for a reason. Use them to your advantage. If you need to, place a picture in your wallet of yourself when you enjoyed your ideal physical form.

A man's willpower can be enough by itself to keep you from overeating, and eating unhealthy foods. This also provides powerful fuel for your next workout or exercise regimen.

Remember how great you felt about yourself as a person when you were slim and trim, and combined with a regular fitness regimen and proper diet, you will have the motivation to get fit and stay in shape for good.

Best Wishes,

Alex.Tawiah