

CHANGE YOUR BODY



CHANGE YOUR LIFE

Change your Body – Change your Life

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Disclaimer

The information contained in this report is based on personal experiences, research and is the opinion of the author alone. Your results are NOT guaranteed in any way. Your results are determined entirely by your own actions and circumstances. You are solely responsible for your own wellbeing and health, and taking every possible precaution to keep yourself safe and informed before taking any advice given in this e-book.

Gaining the Willpower to Lose Weight and Building the Body You Want

You can lose weight and build the body you want if you set your mind to it!

The most important question to answer is however - Are you ready to take action to achieve the body of your dreams?

The most important thing to remember is – weight loss while building lean muscle is more than half the battle won.

If you want to achieve your dream body, losing and or managing excess weight is perhaps the most important part, which is why this e-book spends so much time sharing with you secret shortcuts to achieve this.

And the biggest barrier you face is your self-discipline and willpower.

You may have fallen into a vicious cycle. The cycle starts with eating a poor diet full of fats, carbs, and processed foods. These are the kinds of foods that make you feel tired and lethargic all the time. Then, because your body lacks proper energy, you don't feel much like exercising.

What's the end result? You end up with a huge loss of willpower and you feel miserable and hopeless.

But there is hope! You *can* make the change! If you truly want to lose weight and build the body you desire, you first have to build the willpower to make it happen.

Here's a List of Things to Consider When Boosting Your Willpower

1. **Don't Wait For Something Bad To Happen.** Your willpower is within you and you don't want something bad to happen in order to find it.
 - We've all heard the stories about someone suffering a severe trauma, like a heart attack, and how that life event leads to a permanent change in their habits. ***You don't need this to happen to you in order to get motivated!***
2. **Watch Your Portion Size.** This is one tip that can allow you to start small. It's hard to muster up the willpower if you're trying to go from one extreme to another. Decide that you're going to have the same meal tonight that you would normally eat - but give yourself a smaller portion size.
 - The trick is to use smaller plates so the plate visually appears full.
3. **Give Yourself A Cheat Day.** It'll be an easier transition for you if you ***allow yourself some fun once in a while***. Tell yourself that next Saturday you can enjoy that pizza for dinner or that chocolate cake for dessert. You'll be less likely to give up knowing that you can eat some pizza next Saturday instead of "never."
 - Your "cheat" day doesn't mean "over-eat" day.
 - Savor the flavors of your food, even if it means having a smaller piece than you're used to. Once you've finished your piece, your willpower should kick in and say "no more!"
4. **Take Photographs.** You can motivate yourself to lose weight by taking some self-portraits. We usually don't have the best idea about how we truly look until we see ourselves in a photograph. Keep a picture with you and

look at it when you feel like giving up.

- Update your photo often and compare them as you start to lose weight.

5. **Make A Food List.** Write down all the foods you enjoy eating, then evaluate whether or not these items are healthy. Chances are there are at least some healthy foods that you actually enjoy eating - such as fruits and vegetables. Make sure you start buying these foods for your home.

6. **Exercise In Moderation.** Adding exercise to your routine can also be a daunting task if you try to jump in too fast. Nobody is telling you that you need to join a gym and engage in rigorous workouts if that's not your style. You'll actually be surprised at how energized you can feel just by taking a 30 minute walk, three times a week.

Set Small Goals

No matter how you choose to approach your weight loss and body transformation, it's important to *take small steps and remain in good spirits*. Doing too much, too fast will only set you up for failure. Instead, set small, manageable goals like one pound per week. By focusing on the smaller, more attainable goal, you'll actually see results far more quickly.

In the end, remember to *reward yourself for a job well done*. After all, you deserve it! Once you have mustered the willpower to succeed at weight loss, you can succeed at anything in your life!

How to Stay Focused on Losing Weight

What is the hardest thing you have ever tried to do? If you ask 100 people from all walks of life, I'd bet the majority would mention losing weight.

Losing weight can be challenging because we all want to shed the extra pounds just in time for Sally's wedding or next weekend's beach trip. Even though it took time to put on the weight, somehow we want it to magically disappear instantly. *The reality is that losing weight takes time for everyone*. You're not alone!

Unfortunately, weight doesn't just fall off our bodies, and that's why most of us find it difficult to stay focused on our weight loss goals. Fortunately, there's a solution and it all begins with a positive mindset.

Weight Loss Affirmations and You

The problem that many of us have is that when the weight doesn't disappear right away, we get frustrated or discouraged, and then we easily give into temptation. We have all had those, "Nothing's ever going to work so I might as well just eat" thoughts that set us back when we are just getting started in the weight loss process.

Instead of allowing these thoughts to plant a seed in your mind, you can use affirmations to positively react to negative thoughts. Doing so will also serve as a reminder of your goal. Weight loss affirmations can help you shed pounds by encouraging you to stay focused and motivated, even in times of struggle and disappointment.

Defeating Self-Defeating Thoughts

We all want to think we have the self-control needed to lose weight. However, when the weight loss takes more work or time than we expected it's easy to get discouraged and give in. ***The problem is that when we get frustrated or impatient, we lose sight of why we initially started on the journey.*** If you decide to give up or are tempted by a forbidden food, you can pull up your list of affirmations and use them to combat the self-defeating thoughts and attitudes.

When you are about to quit and get that bucket of ice cream, you can tell yourself, for example, "If I stumble, it's okay! I have already made the conscious decision that I will not revert to old habits." When you say this aloud, you are taking power back from the negative thoughts and replacing them with positive ones. Taking back this power is a key step in re-establishing control over your negative actions. Besides, it's okay to stumble along the way. Overcoming obstacles only makes your victory even sweeter!

When you use weight loss affirmations, you will suddenly realize the power of

words. Affirmations help you replace negative thoughts and actions so you can combat the cravings and deal with frustrations and pain directly without resorting to food.

The greatest thing about affirmations is that they can be used any time of the day or night. After all, they will become embedded into your subconscious! The more you use them, the more your behavior and decisions will change, and the more power you will have over self-defeating thoughts.

Overcoming a Distorted Body Image

If you look to TV, the media, or any form of advertising, chances are you're viewing unrealistic images of women. Unfortunately, some women feel that, in order to be accepted, they need to have unrealistic weight goals and a distorted body image.

There is no wonder why health issues like anorexia pop up in developed countries. We are told that thinner is better and we might be tempted to take it to the extreme. However, for the majority of women, ***drastic weight goals are unattainable and severely detrimental to our health.***

The Answer to an Unrealistic Body Image

It isn't always easy, but the answer is to ***accept ourselves for who we are.*** When we learn to love ourselves just as we are, we open up to accept love from others. In order to do this we need to change the way we think. There are certain pieces of advice we can use in order to change our previous patterns of thinking.

Here Are Some Tips for Overcoming a Distorted Body Image

1. Understanding Imperfection. Everyone is "imperfect" in some way or another. ***If you wait until you're perfect to enjoy your life you'll never get the chance to enjoy it.***

- The ladies from the magazines are imperfect too. Images are touched up and women are made to look thinner, without blemishes.

2. **Don't Talk About It.** One of the important steps toward having a better body image is to talk less about the things you find imperfect.
 - When you get together with your friends try not to say things like: "I wish I had better thighs" or "if only I had clear skin."
 - This piece of advice also works for your internal dialog. Whenever you catch yourself thinking negative things about yourself, stop!
3. **Focus on the Good.** Spend less time worrying about the things you don't like, and spend more time focusing on what you *do* like about your body.
 - A woman's body is an amazing thing. It can create life and nourish children. It should be loved, honored, respected, and appreciated - especially by you!
4. **Set Attainable Goals.** Of course there are certain imperfections that you can do something about. If this is the case, it's important to *set realistic and attainable goals*.
 - If you're overweight, set a weight loss goal that's within your normal weight range. Don't overdo it!
 - If you suffer from face blemishes, try different facial soaps and use an acne prevention gel to prevent pimples.
5. **Study the Problem.** It may help you to gain an awareness of the widespread problem of body image issues in developed countries. Read some books or do additional research online. Just having an understanding can help you change your perspective.
6. **Know When to Get Help.** Sometimes body image issues will go above and beyond the average problem and manifest itself as a Body Dysmorphic Disorder. If you think you're imperfect at all times, and you refuse to go out in public unless you have a great deal of time to spend on your appearance, you may have a problem. It can help to speak with a counselor about your thoughts and feelings.

Believe In Yourself

Most people aren't going to be 100% happy with themselves at all times, and that's okay. After all, it's important to question yourself from time to time so you can make positive lifestyle changes.

However, you have to learn to love yourself the way you are. Getting too caught up with your body image can make you miss out on the joys in your life!

7 Worst Foods to Avoid

There are certain health-offending foods out there that are so bad for your health that they can do some real damage, even in small quantities. While it's true that everything is okay in moderation, *you'll be doing your body a good service by keeping some of the worst food to a minimum.*

Chances are there are healthy food alternatives that you can introduce into your diet that you'll actually enjoy. While you may still miss some of the offending foods, you can save them for special occasions and, instead, indulge in some new healthier foods.

A List of the 7 Worst Foods You Can Eat

1. **French Fries.** French fries are everywhere. While some fast food places are currently offering alternatives to French fries, for the most part they're still served as a standard. Potatoes can be healthy when cooked in certain ways, but you should avoid deep-fried potatoes, like they are in most restaurants. If you enjoy potatoes, consider eating a baked potato or opt to enjoy mashed potatoes. Also, try to have more sweet potatoes as they're packed with even better vitamins and fiber.
2. **Donuts.** Donuts can be delicious treats, but the calories and fat content add up quickly. While it's okay to have a little treat, most people end up eating more than they should. If you're looking for a good alternative to this popular morning treat, consider a plain whole grain bagel and some fresh fruit. You can also try banana, pumpkin, or zucchini bread.

3. **Ice Cream.** Ice cream can be a popular way to end an evening, but definitely save this treat for special occasions only. The fat content is high and bedtime is the worst time of day to eat high calorie foods. The good news is that there are some healthy treats similar to ice cream that you can enjoy instead. Try some low fat alternatives like Italian Ice or Tofutti.
4. **Fruit Smoothies.** Fruit smoothies make the worst offender list because they're a health food in disguise. Sure they are made of fresh fruit, but there is often added sugar and/or cream. They're also often served in large portions. This means that one smoothie may even eat up all of your calories for the day. You can combat this problem by making your own smoothies out of lower calorie fruits, or you can opt for smaller portions or diet smoothies.
5. **Pie.** Pies are another dessert item that's best left for a special occasion. They're packed with extra sugar and, often, large amounts of trans fat. One slice of pecan pie can actually top the 500 calorie mark. You can attempt lower calorie pies by *using more fruit and less sugar*, cream and nut additives.
6. **Chocolate.** Chocolate is certainly a tough one to give up! It tastes great and can even make you feel better. However, it's high in calories and fat and, therefore, should be limited. If you must have chocolate opt for dark chocolate in small quantities because it actually has the health benefit of antioxidants.
7. **Margarine.** While margarine was once advertised as a healthy alternative to butter, it's actually not. It doesn't contain cholesterol, but many cheaper varieties contain trans fatty acids. Data is coming back about the health risks of consuming trans-fats, so they're best avoided all together. Your best bet is to use smaller quantities of butter when necessary, or *opt for margarine that is labeled as trans-fat free*.

Low Fat Alternatives

You'll find that most of the offenders have lower fat alternatives. While they may not taste as good to you at first, it's best for you and your health in the long

run. Keep in mind that *you can indulge yourself every once in a while*, but control is key.

Making Healthy Food Choices in Our Busy Lives

You already know how important it is to make healthy food choices for you and your family. But how can you fit the best choices into your busy life?

You'll be pleased to discover that a hectic life *doesn't* mean that every meal has to be fast food on the run! Sometimes it's difficult to make healthy changes, but with a little planning and know-how, it can be done.

Some Strategies to Help You and Your Family Make Healthy Choices

1. **Avoid temptation.** It's so easy to walk into the store with good intent, but walk out with bags full of unhealthy foods. Unfortunately, our wills are weak, especially if we've trained ourselves over the years to buy junk foods.
 - *Never shop when you're hungry.* This way you won't pick out unhealthy choices because they look good at the moment.
 - *Get rid of the unhealthy foods in your home.* If they aren't around, you won't be tempted to eat them.
 - *Think of healthier alternatives to your family's favorite unhealthy foods.* Rather *than* high calorie chips, try trail mixes or rice cakes. Low calorie puddings or frozen yogurts are better alternatives to higher fat ice creams.
2. **Eat fast and healthy meals at home.** When you're tired at the end of the day and you realize you still have to feed the family, it's easy to go to a fast food chain and throw fast food on the table. It may save some time, but it won't save your health – or your pocket book!
 - The great thing is that there are many easy, fast, and healthy foods you can make at home. This takes some planning, but you'll be more satisfied, save money, and be healthier as well.

- ***Look online for quick and easy recipes made with all natural ingredients.*** Many recipes can be made in 30 minutes or less and only have 5 ingredients. Taking the time to do some recipe research will save your sanity in the long run. Then once you find a “hit” with the family, store the recipe in a book or on your computer.
3. ***When you cook, make large batches and freeze the leftovers.*** This way, you’ll already have meals in the freezer that you can just thaw, heat, and serve. No muss, no fuss! This is the opportune way to enjoy “fast” food at home.
 4. ***Eat Slower.*** Since the brain takes about 20 minutes to get the signal that the stomach is full, if you eat too fast you'll pack in a lot more food than you need. When you're still thinking you're hungry, it's easy to make the wrong choices about food. If you slow down while you’re eating, you'll eat less and you'll still feel full.
 - ***Set a calming mood before sitting down for a meal.*** Avoid having the television on or eating as you’re rushing the kids out the door to another activity. Sitting calmly at the table will allow everyone to relax and enjoy their meal.
 5. ***Make dinner time a social experience.*** Dinner should be about enjoying your company and taking pleasure in the foods you're eating.

When you begin to look at mealtime as a social experience, it becomes easier to make the right choices about healthy foods. Suddenly you aren't so worried about rushing through and making it quick.

Dinner becomes a great experience when you’re able to enjoy healthy foods together. Take time to eat as a family and enjoy a real conversation with each other. Talking will naturally slow down your eating pace, while also reconnecting you with your family members.

Using these techniques will bring all kinds of healthy benefits to your family and teach your children a healthy lifestyle. Healthy food choices are a

possibility in your busy life if you take the time to plan ahead and make dinner time a priority in your home.

Eating Out at Restaurants and Staying Healthy

Restaurants are notorious for sneaking in unhealthy ingredients. Some people think that the only way to remain truly healthy is to avoid eating out at most restaurants altogether. Or perhaps you can *only* eat at restaurants that are geared solely towards maintaining health. This simply isn't true!

The truth is that *with a little research and smart thinking, you can enjoy most restaurants* from fast food joints up to four-star establishments and still maintain a balanced diet.

Some Important Tips to Keep In Mind As You Continue To Enjoy Eating Out

1. **Look for the light menu.** Every restaurant won't have a light menu, but a growing number of chain restaurants are promoting light alternatives without much searching. You may even find light menus up on the fast food board. You'll soon find that *light doesn't always mean you'll be giving up flavor*.
2. **Take half your dinner home.** Dinner is served in larger and larger portions all the time. Sometimes your meal won't be unhealthy, but your portion size will be. To avoid overeating, you can simply ask your waiter to serve you half the meal and box up the other half for you to eat for lunch tomorrow.
3. **Go grilled.** One way to eat smart is to opt for grilled instead of fried items. Fried foods have gobs of additional calories and fat. Grilled chicken or fish make great choices because they're lean proteins as well.
4. **Avoid drinking extra calories.** If you're watching those calories, don't forget to count the calories that you drink. Drinking soda products or alcoholic beverages while you're out can add calories quite quickly.
 - Choose water as an alternative and then you'll only need to worry about the calorie content of your meal.

5. **Be salad smart.** You can choose a salad as your main dish as a way to eat smart. You'll probably find that there are bigger salads on the menu beyond the house or side salad. Many of them contain a bigger vegetable variety or meat such as chicken.
 - Ask them to serve your salad dressing on the side rather than on the salad. Then the amount of dressing you put on the salad is up to you. When it comes to dressing, *a little bit can go a long way*. Here's a tip: avoid the creamy dressings. That's the fatty stuff!
6. **Appetizers can make the meal.** If the restaurant serves tasty appetizers, you can order an appetizer as your main dish. If that's not enough food, you might want to order two appetizers. Many times two appetizers will still be less food than a main course selection.
7. **Choose healthy sauce.** Be aware of how the sauce is made in the dish of your choosing. If you're eating Italian, for example, choose an option with a tomato-based sauce. This will provide you with a bigger benefit than a cream based alternative. This is also the case when it comes to choosing your soups; avoid the cream based ones if possible.
8. **Include fruits and veggies.** You know that fruits and veggies are an important part of your diet at home, so you should continue to seek them out when you're making your selections at a restaurant. Steamed vegetables can be a great side dish, and fruits can likely be ordered in place of a dessert item.

Keep in the mind the same healthy information you use when building your home meals while you're out. Don't be afraid to indulge yourself from time to time, but *maintain an awareness of your eating habits and portions* and you can't go wrong.

Eating Healthy on a Budget

With the economic situation in the world being what it is, it's important to find ways of eating healthy on a budget. It's possible to purchase foods that are good

for you *and* your budget; you merely have to plan ahead to get the best food you can for the money you have available.

Having a plan and sticking to it can help you get more food at less cost and allow you to prepare better, more healthy meals.

Some Tips to Help You Succeed In Eating Healthy On a Budget

Grocery Shopping

1. **Set aside time to make your food plan.** Find the sales ads for each of the grocery stores in your area and decide on your meals for the coming week ahead of time.
2. **Make a list.** After you've planned your meals, write down everything you need for each meal. Check your pantry, freezer, and refrigerator to see if you already have some of the items. ***Make your grocery list and determine to stick with it!***
 - Include what you'll need for drinks, snacks and desserts.
 - Remember your ingredients for preparation, such as butter, flour, sugar, and spices.
 - Replenish cleaning supplies.
3. **Clip coupons** for items you know you'll use. Leave the remainder of the coupons at home so you're not tempted to "save" money on items you don't need.
4. **Never go grocery shopping on an empty stomach** because you're more likely to buy items that look good rather than those on your list.
 - If you can't go to the store right after a meal, take along a light snack to help you resist temptation while in the store.
5. **Buy items on the perimeter of the store first** because these items are the healthiest choices. This will include fruits, vegetables, meats, and dairy

items. The center items are processed or convenience foods. Not only are they more expensive, but they aren't healthy.

6. **Look for fruits and vegetables that are in season** as these will often be cheaper than non-seasonal choices. While you're looking at the fruits and vegetables, see if there are any sales on these healthy, nutrient rich foods.
 - Choose large bags rather than individual pieces of fruit. The larger bags are often cheaper by the pound.
7. **Buy store or generic brands.** There usually isn't much difference in the way the foods taste but you can definitely see a difference in the price.

Other Ways to Eat Healthy on a Budget

1. **Make your own snacks** for your family's time away from home rather than allowing them to purchase food from vending machines. Fresh fruit and vegetable sticks with dip are much healthier than the bags of chips or crackers that come from the machines.
2. **Eat at home.** Whenever possible, make your food from scratch and eat it at home. Not only will this give you more control over what your family eats, but it can also save you a considerable amount of money.
 - Eating out also encourages overeating because portion sizes are massive.
3. **Drink healthy.** Finally, when eating healthy on a budget, don't forget to think about what you're drinking. Expensive, sugar-laden drinks are the bane of your budget and counter-productive to healthy eating.
 - Look for 100% pure juices.
 - Drink low fat milk.
 - Drink more water.
 - Cut out soft drinks.

If you follow these tips, you'll soon discover the joys of healthy eating and you'll save money in the process. You may have to spend some extra time preparing food, but the benefits are astounding!

12 Super Foods to Add to your Diet

There are certain foods out there that have come to earn the label *super food*. Super foods can improve your health by lowering your risk of heart disease and stroke, while boosting your energy, focus, and mental sharpness. The best part is that you get these benefits using *all natural foods, instead of items containing chemicals and drugs*.

A List of 12 Super Foods and a Description of How They'll Help Your Body and Mind

1. **Sweet Potatoes.** Sweet potatoes are packed with added fiber, potassium and vitamin C. You can cook them in many ways including baked or mashed, as well as cubed in soups.
2. **Blueberries.** Blueberries are definitely a super fruit! They contain beneficial antioxidants as well as vitamin C and fiber. They make a healthy treat and they're easy to eat on their own or in smoothies and baked goods.
3. **Bananas.** Bananas make the list because of their beneficial nutrients as well as high potassium content. They also contain a healthy dose of vitamin B6.
4. **Broccoli.** Broccoli is a vegetable that contains a healthy amount of vitamin C and folic acid. If you don't like the taste, you can use some spices, cheese, or dip to add some flavor.
5. **Spinach.** Spinach comes packed with many beneficial ingredients. It's one of the *best leafy green vegetables that you can eat*. It contains folate, potassium, magnesium, iron, and more. Plus it's easy to add to salads.
6. **Apples.** So now you know there's truth to the saying that an apple a day keeps the doctor away! They contain many of the benefits of the other super food fruits, as well as a decent fiber content. They're also a low glycemic index food. Apples can help you stay full and may *help with weight loss*.

7. **Baked Beans.** Protein, fiber and calcium are just some of the benefits of this low GI super food. Baked beans have also been known to lower the chances of bowel type cancers because of the unique way they're digested.
8. **Yogurt.** Yogurt is a super healthy way of getting your dairy intake for the day. In addition to being an excellent source of calcium, yogurt has also been known to improve your bowel health overall. Yogurt can help with regulating the digestive system.
9. **Salmon.** Lean fish are always good alternatives for healthy meats in your diet. However, salmon is extra special because it contains Omega 3's. Omega 3's alone have many health benefits such as reduced risks of heart attacks as well as mental disorders such as depression.
10. **Olive Oil.** Olive oil is one type of oil that's okay to add to your diet in moderation. It's a good idea to keep in mind that a little bit goes a long way. Olive oil can lower bad cholesterol levels and it also contains a healthy amount of antioxidants. Use olive oil mixed with balsamic vinegar for salad dressing, instead of the creamy stuff.
11. **Dark Chocolate.** This is usually the shocker on the super foods list. Dark chocolate can be yummy and beneficial to your health. Dark chocolate, in small amounts each day, can lower your blood pressure and it also contains antioxidants.
12. **Citrus Fruit.** Many like the taste of sweet citrus fruits, which makes it quite the popular super food. You'll still want to eat these fruits in moderation because they have a higher sugar content. However, citrus fruits also come with a high amount of vitamin C, fiber, and folic acid.

There are many other foods that are earning the title of super food, but this list should get you started in the right direction. It's always a great thing to hear when a delicious food also ***helps you live a happier and healthier life!***

You Can Train Anywhere

With your hectic daily routine - getting ready for work, getting the kids ready

for school, making sure your socks aren't floating in the dog's water bowl, a busy day at work, coming home and fixing dinner, cleaning up the house and getting everyone, including yourself, to sleep - exercise is usually the last thing on your mind!

Stress levels and obesity are at an all-time high and health concerns are making themselves a priority in many people's lives.

However, exercise is the one thing that can energize you to handle such a busy lifestyle with flying colors! Exercising reduces stress, helps you sleep better, and keeps health concerns at bay, while also boosting your self-confidence.

No More Excuses Allowed

It's a good thing the human body is made the way it is, because there are many exercises you can do anywhere, at any time. All you need are a couple of makeshift weights you can find around the house and the physical weight of your body.

When exercising, ***remember to get a good warm-up and finish off with a slow cool-down.*** This is important to prevent injury and is easy to accomplish no matter where you are. Walking works well for both your warm-up and cool-down routine.

5 Simple Exercises You Can Do Anywhere

1. **Tricep-Dips.** Sit on the edge of a chair or bench with your hands next to your thighs. Lift your body out just in front of the chair, with your feet flat on the floor and your knees bent. Lower yourself down so your elbows bend no more than 90 degrees and push yourself back up.

- Start off with a few small sets and build up from there.
- Straightening your legs increases the workout.
- Avoid this exercise if you have wrist or shoulder problems.

2. **Pushups.** Everyone knows the standard pushup position, so let's try some

things to change it up a bit.

- You can do pushups with your hands wider than shoulder width to get more of a shoulder and chest workout.
 - If you bring your hands together into a diamond shape near the center of your chest you will work more of the triceps and shoulders.
 - Working half pushups - either going only half way down and then back up, or starting from the floor and only pushing up half way and then going back down - will intensify your pushup workout.
3. **Crunches.** Crunches are great for your abs if you do them correctly. Done incorrectly, they can put undue stress on your neck and back. To avoid injury, be sure to use the correct techniques.
- The biggest risk is if you jerk your neck to give you the force to crunch. *While doing crunches, keep your hands behind your head and your elbows back while using your stomach muscles to lift your head and chin towards the ceiling.*
 - Once you've mastered this technique, try lifting your legs off the ground or assuming a bicycle position with one leg bent and the other straight off of the ground.
4. **Squats.** Body weight squats are a great exercise you can do anywhere and a fantastic way to learn proper technique. Start off your squat workouts by lowering yourself only a foot or so. Then work up to deeper squats as your muscles become accustomed to the exercise.
- If you're feeling a bit advanced and in need of a more intense workout, grab two 2-liter bottles filled with sand and try performing squats while holding one in each hand.
5. **Calf Raises.** *Calf raises can be done wherever there is a raised surface, such as a stairway.* If you need balance, hold onto the railing. Facing the stairs, stand with only your toes on the stair and your feet extending out past

it. Standing straight up, lower your body down below the level of the stair and then back up onto your toes.

- Even though it seems as if this is an ankle exercise, it also works out your calf muscles.
- The biggest emphasis on this exercise is the ability to go from an extreme negative position with ankle below toes to an extreme positive position, ankle fully raised.

With these five exercises, you have a full body workout. Remember to pay attention to your body and take it easy at first. ***Soreness is a good thing, but pain means you need to stop.*** Try these exercises out today and feel the healthy difference of fitness on the run.

Conclusion

You have in your hands a simple but powerful e-book that can help you beat the flab, change your body and ultimately change your life. All you need to do is act on it.

With this e-book you got a pair of Korus gloves that will assist you on your journey, and when they wear out from all the training just go and get another pair.

But whatever you do, keep at it and give yourself the gift of health and fitness. Nothing makes you feel better on the inside, and nothing makes others take you more seriously than a powerful, healthy and strong body. Combine that with a strong and focused mind and positive attitude and you'll soon find yourself stand out from most others who settle for mediocrity.

But, YOU are not average and the fact that you've come this far tells me you're serious about your life.

I'll be rooting for you.

Michael Penn, Korus