

BESTLIFE

JEWISH HEALTH AND FITNESS MAGAZINE

Issue 01 March 2013

FREE

100% TZNIUS

TIPS

how to be
confident with
yourself

GAN EATIN'

LEADING A LIFE WITH
A BALANCED DIET AND
ACTIVE LIFESTYLE.

GROWING COMMUNITY INSIDE

Introducing the first health magazine with a Jewish perspective. You will learn how to maximize your body, mind & soul from top class rabbis, fitness professionals, nutritionists and more!

**RAMBAM EXPLAINS
HOW TO LIVE**

NEW RECIPIES

HEALTHY
DELICIOUS &
READY FOR
SHABBOS

NEW WORKOUT ROUTINE

Workout from home and
without equipment.

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CREATIVE DESIGN WAYS

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CREATIVE DESIGN WAYS

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MAGAZINE

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Rabbi Yom Tov SURF'S UP

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by Our Reporter

SURF'S UP

Rabbi Yom Tov Glaser

by our reporter in Cambodia
Envato, 15 August 2012

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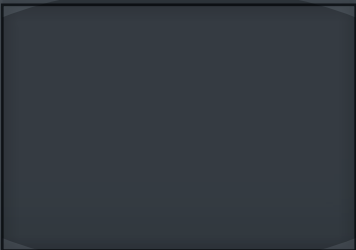


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RABBI YOM TOV GLASER

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GAN EATIN...

by Adam Ezekiel

JUST ONE MORE PIECE...

The first sin of mankind was of eating a forbidden food. Centuries have passed, and I ask you the reader a fundamental question: Have we learned from our mistakes?

In the 2009 National Health Survey of America regarding adults 18 years and older, 35% of the population is considered overweight and 27% obese.

In Israel the average amount of calories a person needs to consume are 2000, yet the average intake is 3000.*

Hashem brought us into this world to be happy and enjoy ourselves, truth be told food is a great way of gaining pleasure.

However we must use this pleasure in moderation. For the price of eating too much is major health problems and affects the way we feel about ourselves.

Thank G-d we have the Torah to enrich our lives, for within it contains all of the instructions to live a meaningful, healthy, happy life. In Deuteronomy 4:15 we are given the commandment to guard are soul, which our rabbi's explain to mean guard your health. Furthermore the Rambam claims: "maintaining a healthy body is among the ways of serving G-d, since it is impossible for one who is not healthy to understand or know anything of the Creator.

YOU can start all over again. We have the **WILLPOWER** to overcome our yitzer hara. There has never been a better time to **TRY...**

Therefore one must distance oneself from things which harm the body, and accustom oneself to the things which strengthen and make one healthy."

So what's the answer?

Leading a life with a balanced diet and active lifestyle.

And here's how:

Eat whole grain products instead of products made of white flour.

Try to eat fruits and vegetables as snacks because they are nutrient dense and fill you up instead of eating chips, chocolate and candies that are calorie dense.

When eating meat avoid eating the fat and skin.

The real battle of eating right begins in the grocery store and not in your kitchen. Thus I suggest buying healthy, low fat food so that then when you crave something to eat you'll be left with nothing but the best at home.

HASHEM BROUGHT US
INTO THIS WORLD TO BE HAPPY AND ENJOY OURSELVES

Take activities you love like bike riding, hiking, jogging, tennis and more and fit them into your schedule. Perhaps when it's warm you can ride your bike to work or part of the way. I bet you can find a family member, friend, or study partner to get active with you.

What better motivation than having Hashem Himself giving us another shot to perfect ourselves since the first sin. He believes in us, and now it's time we believed in us.

Adam Ezekiel
Bachelor's Degree in Kinesiology
Certified Personal Trainer
Certified Kickbox Instructor
www.adamezekiel.com

OBESITY AND CANCER

by Adam Ezekiel

Obesity has been linked with an increased risk for certain types of cancer. Now, recent research from the National Institute on Aging, in Bethesda, MD, reveals new information about just what types of fat are most likely to cause cancer – and who should be most worried.

In a study published in the journal Applied Physiology, Nutrition, and Metabolism, researchers became the first to use direct radiographic imaging of adipose (fat) tissue in order to analyze the relationship between levels of body fat and cancer.

Previous studies often used body mass index (BMI), or waist circumference, to analyze the relationship between adiposity and cancer, but study author Dr. Rachel Murphy said that these methods are often an inaccurate way to measure body fat. For example, a person who is shorter and very muscular may weigh enough that their BMI would categorize them as overweight or obese – despite the fact that they actually have very little body fat.

"Radiographic imaging is a lot more precise than waist circumference or BMI... and is the gold standard of body composition analysis," Murphy, a researcher at the National Institute on Aging. "...These images allow people to differentiate precise amounts of muscle and adipose tissue." For the study, researchers analyzed radiographic imaging of body fat in 2,519 older adults who were involved in the Health, Aging, and Body Composition Study – a prospective, population-based study supported by the National Institute on Aging. All study participants underwent imaging to measure for total body fat, body fat within the abdomen and thigh, subcutaneous fat and visceral fat – or fat around the internal organs. Researchers then tracked the individuals for 13 years, in order to monitor for any incidences of cancer.

Overall, researchers found that both men and women with greater body fat had an increased risk of developing cancer, regardless of their BMI. In fact, researchers found that high body fat held an increased risk for many types of cancers – even beyond those categorized as obesity-related by the National Cancer Institute.

Most notably, Murphy and her colleagues discovered that men with elevated lev-

Overall, researchers found that both men and women with greater body fat had an increased risk of developing cancer, regardless of their BMI. In fact, researchers found that high body fat held an increased risk for many types of cancers – even beyond those categorized as obesity-related by the National Cancer Institute.

Most notably, Murphy and her colleagues discovered that men with elevated levels of visceral fat had a particularly high risk of cancer, compared to men with low levels of visceral fat. According to the study, men with this type of fat had a threefold greater risk of developing certain types of cancers – including those of the esophagus, pancreas, colon and rectum, kidney, thyroid, and gallbladder. "In men, visceral adipose tissue is quite strongly related to the obesity-related cancers," Murphy said. "Even in models adjusted for body mass index, that risk remains." Murphy said that her research points out the importance of maintaining a healthy diet and body weight in order to reduce the risk of cancer.

In the future, she hopes to expand her study of obesity and cancer risk in order to assess lifetime risks associated with weight.

Researchers found that both **MEN AND WOMAN** with greater body **FAT** had an increased risk of developing cancer



Sources:

U.S Department of Health and Human Services Centers for Disease Control and Prevention National Center for Health Statistics. Series 10: Data From the National Health Interview Survey No. 249, 2009.

* Israel Frankel, Physiology Teacher at Wingate Institute, Israel.



THE EXTRAORDINARY OLIVE OIL

BY YEHUDA ZEYTIM

...take for you pure, pressed olive oil for illumination, to kindle the menorah continually...

Why is olive oil so important in a Jewish life? and what does the concept behind it so important for our lives and health?

The Menorah was a symbol of the Torah and the Torah is the light that illuminates our path in this world, even in the darkest hour it's light can illuminate us. The Talmud says that if a person sees olive oil in a dream, he can expect to gain new understanding of Torah concepts because it was olive oil that burned in the Menorah.

We learn from the Ramban from the text "let them bring to you" that Moshe Rabeinu needed to inspect personally the olive oil to ensure it was completely pure as in all of the other elements of the Mishkan did not required Moshe's approval, We learn from Parashat Tetzaveh.

Now with that said, olive oil is very much engraved in our Jewish culture for it was used to light the Menorah which represents our Torah.

It saddens me to know that every day our communities are being polluted by unhealthy foods and oils, when we clearly have in our grasps the extraordinary olive oil.

Two tablespoons of extra virgin olive oil each day is the requirement to enjoy many of the health benefits that it can offer.

Olive oil can help to lower levels of blood cholesterol leading to heart disease, olive oil is rich in antioxidants, vitamin E that helps lower the risks of cancer, and most specially olives are the fruits of a tree that are highest in monosaturated fats (the best kind of fat), and it's the lowest in polyunsaturated fat (the kind that does oxidise).

A diet rich in olive oil may also slow down the ageing of the heart and , as in fact , the arteries may perform better through out the years.

In many studies it has shown that Mediterranean cultures, such as Spanish, French, Italian, Israeli and many others, live longer than other cultures around the world.

KNOW INTERESTING FACTS

Child-safety seat manufacturers are starting to make bigger models after a recent study showed that over 250,000 U.S. children age 6 and under are too fat to use them.

Airlines spent \$275 million on 350 million additional gallons of fuel in 2000 to compensate for the additional weight of their passengers.

DID YOU KNOW? FATS...

...helps nutrient absorption, nerve transmission, maintaining cell membrane integrity etc. However, when consumed in excess amount, fats contribute to weight gain, heart disease and certain types of cancer. Fats are not created equal. Some fats promote our health positively while other increases our risks of heart disease. The key is to replace bad fats with good fats in our diet.

Studies show olive oil CAN PROTECT you from depression.

What about emotional health benefits? According to Spanish researchers from the University of Navarra and Las Palmas de Gran Canaria, a diet rich in olive oil can protect from mental illness

The data revealed that volunteers that had a high intake of trans fats (burgers, deep fried foods like fries), had up to 48 percent increased risk of depression compared to volunteers who did not consume these fats . Also the researchers discovered that a higher intake of olive oil and polyunsaturated fats (remember? the one that oxidize) is associated with a lower risk of depression. According to the researchers these findings suggest that cardiovascular disease and depression may share some common mechanisms related to diet.

In 2009, Spanish researchers once again discovered that individuals who followed a style diet rich in olive oil, vegetables, beans and fruit were 30 percent less likely to suffer from depression.

A diet rich in olive oil may not only improve your physical health but also your emotional and mental health.

What about your skin?

Ever wanted to reduce the aging of the skin and look younger everyday?

Olives and olive oil are packed with antioxidants, the body's built-in defense against free radicals which are the molecules that become damaged by sun exposure among other environmental hazards. Free radicals damage healthy cells, which can lead to cancerous tumor formation. It may also help lower collagen and elastin which are the two things in your skin that keep you looking young, as well, making olive oil a good choice in the battle against cancer and fighting the effects of premature aging.



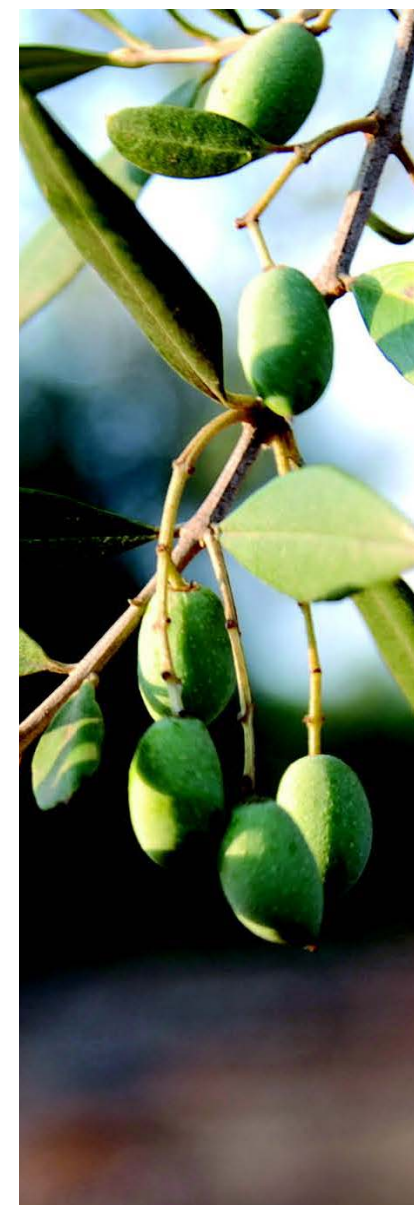
So my dear reader:

So as the olive oil was used to light of Menorah which represents our Torah that enlightens our hearths, so the olive oil can also enlighten our physical lives with a healthier and meaning full lives.

For our first issue of Bestlife magazine we encourage you to take on little step in to a broader knowledge of healthy living not just for ourselves but for the ones around us and for a better Torah living.

(Sources, Ramban, Parashat Tetzveh, Talmud Berachot 52b.

Sanchez-Villegas A, Verberne L, De Irala J, Ruiz-Canela M, Toledo E, et al. (2011) Dietary Fat Intake and the Risk of Depression: The SUN Project, Mediterranean diet reduces endothelial damage and improves the regenerative capacity of endothelium.



GOALS THIS MONTH

Try and create a realistic, healthy regimen for yourself.

Please if you have any comments regarding this article please write us.

comments@magazine.com
infor@magazine.com

DID YOU KNOW

Obesity ranks second among preventable causes of death.

Also, Recent studies have shown that obesity can cause you to lose sleep.

On the other hand, a lack of sleep may result in obesity. It's a vicious cycle.

WE OFFER A UNIQUE SIDE TO SIDE
FULL PAGE AD

WE ALSO OFFER A RELATED
ARTICLE TO YOUR AD

The Superfoods

That you should know about and you haven't tried (but you should!). Here are our top 4 superfoods.

QUINOA



1.

Quinoa
Nutritionally speaking, quinoa (pronounced keen-wah) is quite literally a super food. It has an almost perfect ratio of carbohydrates, proteins, fats, making it great for those looking to lose weight. The most impressive thing about the grain is that it has a complete protein, rivaling that of soybeans, making this protein you can get from a plant source.

Quinoa cooks very easily, in about 15 minutes. Like cooking rice in a stove top pot, you'll want almost 2 cups of water per one part quinoa but be careful not to pour too much water in the pot, otherwise it will take even longer.

2.

Cocoa beans are known to have more than 300 healthful compounds. Some of these include, phenylethylamine, theobromine, and many polyphenols, like flavonoids. Cocoa beans also contain many vitamins and minerals as well as healthy doses of potassium and copper, which support cardiovascular health, and iron, which transports oxygen through the body. Calcium and magnesium is also found in cocoa beans, which are necessary in order for all the major organs to function properly.

Cocoa beans are considered to be nature's anti-depressant. These beans contain dopamine, phenylethylamine (PEA) and serotonin, all of which are used to promote positive mental health and moods. In addition to this, these beans also contain monoamine oxidase inhibitors and amino acid tryptophan. Monoamine oxidase (MOA) inhibitors work to keep dopamine and serotonin in the bloodstream longer, which could ease depression and promote feelings of well being. Tryptophan is important in the body's production of serotonin.



COCOA BEANS

Are considered to be nature's anti-depressant.



JERUSALEM ARTICHOKE

Jerusalem artichokes, also called sunchokes, aren't like regular artichokes.

3.

Jerusalem Artichokes
A 1-cup serving of sliced, raw Jerusalem artichokes contains 110 calories, 3 grams of protein and 26.2 grams of carbohydrates, including 2.4 grams of fiber, or 25 percent of the daily value. Fiber may help lower your risk for high cholesterol, constipation, heart disease and certain types of cancer, according to the University of Arizona Extension. It may also make it easier to control your blood sugar levels and maintain a healthy weight.

Each serving of Jerusalem artichokes has 10 percent of the daily vitamin C and niacin, and 30 percent of the DV for thiamine. Vitamin C acts as an antioxidant and limits the damage to cells that free radicals cause; higher intakes of vitamin C may help lower your heart disease and stroke risk, according to the Linus Pauling Institute. Niacin and thiamine are B vitamins that help keep your hair, skin and eyes healthy, and that turn the food you eat into energy for your body.



TURMERIC

4.

Turmeric this is one spice you definitely want to make yourself familiar with. Turmeric is one of the most prized spices that prevent inflammation and disease in the body. The bright orange hue can seem unappealing, but the rich color hues signal just how nutritious this food actually is in antioxidants. Turmeric has the amazing ability to soothe skin disorders like psoriasis, calm the nervous system and prevent or treat PMS, and even potentially fight cancer due to its active ingredient, curcumin, which gives it the orange hues and works as a powerful anti-inflammatory in the body. Turmeric has even been linked to studies that show it helps to aid in burning fat in the body. It is the ingredient that gives curry powder its orange glow and can be used in various ways throughout cooking. Since it has a potent flavor, try adding just a pinch or two to your rice dishes, chili dishes and chicken, fish or egg dishes. It also pairs well with foods such as quinoa, tofu and stir-fry veggies.

The University of Maryland's Medical Center also states that turmeric's powerful antioxidant properties fight cancer-causing free radicals, reducing or preventing some of the damage they can cause.

While more research is necessary, early studies have indicated that curcumin may help prevent or treat several types of cancer including prostate, skin and colon.

INTERESTING FUN FACTS ABOUT HEALTH

1. One can of soda contains 10 teaspoons of sugar and the average American adult drinks 500 cans of soda every year, estimating about 52 pounds of sugar consumed in soft drinks alone. In a survey of 9th through 12th graders, 13.1 percent of the teens admitted to skipping breakfast in the past 7 days, while 11.3 percent had drunk 3+ servings of soda per day in the same time frame.

2. Rest is a very important aspect of living a healthy lifestyle. Teenagers need 9 or more hours of sleep per night for their bodies to function properly. Less than a third of high school students in 2013 reported getting 8 or more hours of sleep per night. Sleeping the right amount can prevent sickness, obesity, high blood pressure, and injury.

Sleep is much more than just a passive experience for your body. Although we might be resting, our body is engaged in another type of activity, a process that will bring restoration and healing to frazzled organs, nerves, and body tissues.

3. The more fresh foods you consume, the healthier you will be. Foods that do not expire contain unnatural preservatives, additives, and chemicals that deteriorate your body. Focus on fruits, vegetables, lean meats, whole grains, low-fat dairies, and above all, moderation in whatever you eat.

4. Snacking is important. By eating small meals or snacks throughout the day, you will keep your metabolism up and running to burn the calories you eat. Smart snacking means cutting out the soft drinks, candy and adding in the granola, bagged fruits or veggies, protein bars, or nuts.

It's true that a body deprived of food goes into "starvation mode" and cuts its energy use for metabolism and activity. However, this only comes into play when we haven't eaten for about two days. It doesn't apply to skipping a mid-afternoon snack.

Eating less often can reduce high blood fat levels. New research from the University of Missouri shows overweight women who had three meals rather than six half meals had lower levels of blood fats. Over time, the researchers estimate that avoiding snacks could reduce the risk of heart disease.

5. Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood surging through your body. Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. Any damage to the heart or its valves can reduce that pumping power, forcing the heart to work harder just to keep up with the body's demand for blood.



Fact #1



Fact #2



Fact #3



Fact #4

WONDER RATHER THAN DOUBT IS THE ROOT OF ALL KNOWLEDGE.

"RABBI AVRAHAM YEHOSHUA HESCHEL"

6. There are 2.5 trillion (give or take) of red blood cells in your body at any moment. To maintain this number, about two and a half million new ones need to be produced every second by your bone marrow. That's like a new population of the city of Toronto every second.

Grouping human blood types can be a difficult process and there are currently around 30 recognized blood types (or blood groups). You might be familiar with the more simplified "ABO" system which categorizes blood types under O, A, B and AB. Do you know which blood type you are?

7. Our lungs inhale over two million litres of air every day, without even thinking. They are large enough to cover a tennis court.

Your left and right lungs aren't exactly the same. The lung on the left side of your body is divided into two lobes while the lung on your right side is divided into three. The left lung is also slightly smaller, allowing room for your heart.

A good number of people breathe through just one nostril. (You're checking, aren't you?) Close you one nostril with the help of a finger and notice that only one nostril will be functioning properly at a time. You get around 22,000 breaths every 24 hours.

8. Health experts now have proof that laughter is good medicine. A good belly laugh can send 20% more blood flowing through your entire body so your blood flow is increased. That's why laughter might just be the perfect antidote to stress. When you laugh, the lining of your blood vessel walls relaxes and expands, So

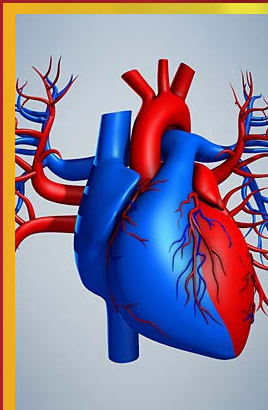
have a good giggle. Your heart will thank you. We exercise at least 30 muscles when we laugh.

The Vilna Gaon states that this idea is expressed in the following pasuk, where the Creator proclaims:

"Bereshit (Genesis) 1:26 Let us make the human being in Our image and after Our likeness"

Who was the Creator speaking to when He said, 'Let us make the human being'? According to the Vilna Gaon, the Creator was addressing all of creation, bidding each creature to contribute a portion of its characteristics to the human being. For example, the human being's strength is traced to the lion; his swiftness to the eagle; his cunning to the fox; and his capacity for growth to the flora.

The human body is divided into three parts: the head, the most important part of the body; the middle section, which incorporates the heart; and the lower section of the body, the most mundane of all (symbolizing the three sections of the Mishkan, the Kodesh Kodeshim (Holy of Holies), the Kodesh (the Holy Place), and the Chatzer (the courtyard), and the three worlds, the world of the angels, the world of the luminaries, and this world.



Fact #5



Fact #6



Fact #7



Fact #8

YOUR FULL PAGE
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TO YOUR AD IS
ALSO AVAILABLE



ommends at least 30 minutes of moderate-intensity physical activity, such as walking, on most days of the week.

Yet “if you’re getting less than that, you’re still going to see benefits,” says Redberg. “It’s not like if you can’t do 30 minutes, you shouldn’t do anything, because you’re definitely going to see benefits even at 5 or 10 minutes of moving around.”

Whenever you begin an exercise program, it’s wise to consult a doctor. Anyone with major health risks, males aged 45 and older, and women aged 55 and older should get medical clearance, says Cedric Bryant, PhD, chief exercise physiologist for the American Council on Exercise.

“The first step to any workout routine is to evaluate how fit you are for your chosen physical activity.”

Continues on next page>>

HOW TO START YOUR **TRAINING**

**You’ve decided it’s time to start exercising. Congratulations!
You’ve taken the first step on your way to a new and improved
body and soul.**

Exercise can literally cure diseases like some forms of heart disease. Exercise has been implicated in helping people prevent or recover from some forms of cancer. Exercise helps people with arthritis. Exercise helps people prevent and reverse depression.

And there’s no arguing that exercise can help most people lose weight, as well as look more toned and trim.

Of course, there’s a catch. You need to get -- and keep -- moving if you want to cash in on the benefits. This doesn’t necessarily mean following a strict, time-consuming regimen at the gym -- although that can certainly reap benefits. The truth is you can get rewards from many different types and levels of exercise.

“Any little increment of physical activity is going to be a great boost to weight loss and feeling better,” says Rita Redberg, MSc, chairwoman of

the American Heart Association’s Scientific Advisory Board for the Choose to Move program.

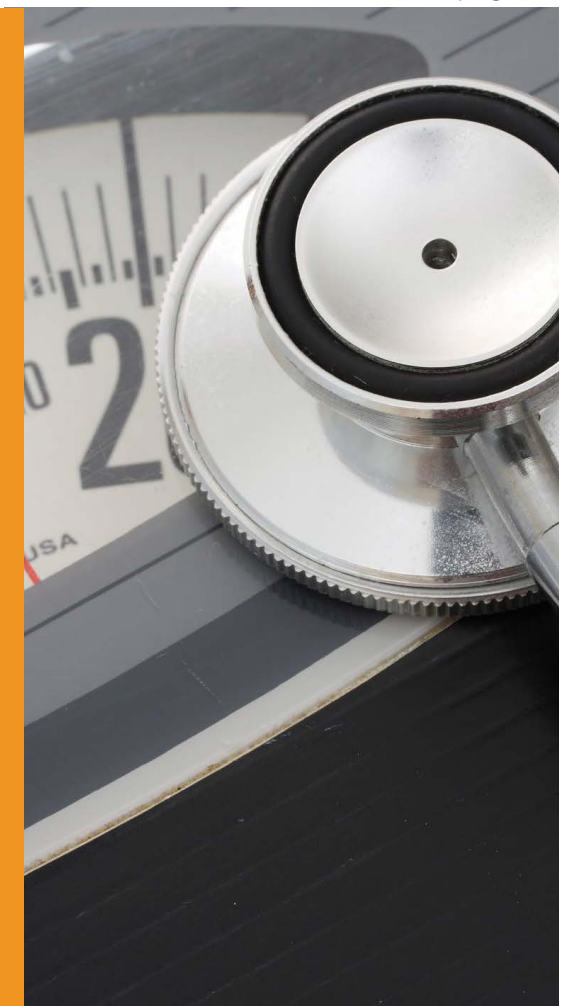
Your exercise options are numerous, including walking, dancing, gardening, biking -- even doing household chores, says Redberg. The important thing is to choose activities you enjoy, she says. That will increase your chances of making it a habit.

And how much exercise should you do? For heart health, the AHA rec



More tips for before training :

You should consult your physician or other health care professional before starting this or any other diet program to determine if it is right for your needs. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.



***“Don’t Break the Habit – The easiest way to keep things going is simply not to stop. Avoid long breaks in exercising or rebuilding the habit will take some effort.*”**

THERE’S NO SUBSTITUTE FOR HARD WORK

MAKING IT CREATIVE

Make a commitment to go every day (even just for 20 minutes) for one month. This will solidify the exercise habit. By making a commitment you also take pressure off yourself in the first weeks back of deciding whether to go.

If you don’t enjoy yourself at the gym, it is going to be hard to keep it a habit. There are thousands of ways you

can move your body and exercise, so don’t give up if you’ve decided lifting weights or doing crunches isn’t for you. Many large fitness centers will offer a range of programs that can suit your tastes.

Don’t put exercise time in a place where it will easily be pushed aside by something more important. Right after work or first thing in the morning are often good places to put it. Lunch-hour workouts might be too easy to skip if work demands start

mounting.

Grab a friend to join you. Having a social aspect to exercising can boost your commitment to the exercise habit. One person I know has the habit of drawing a red “X” through any day on the calendar he goes to the gym. The benefit of this is it quickly shows how long it has been since you’ve gone to the gym. Keeping a steady amount of X’s on your calendar is an easy way to motivate yourself.

After you finish any work out, ask yourself what parts you enjoyed and what parts you did not. As a rule, the enjoyable aspects of

your workout will get done and the rest will be avoided. By focusing on how you can make workouts more enjoyable, you can make sure you want to keep going to the gym. Your workout routine should become so ingrained that it becomes a ritual. This means that the time of day, place or cue automatically starts you towards grabbing your bag and heading out.

If your workout times are completely random, it will be harder to benefit from the momentum of a ritual. What do you do when your stressed? Chances are it isn’t running. But exercise can be a great way to relieve stress, releasing endorphin which will improve your mood. The next time you feel stressed or tired, try doing an exercise you enjoy. When stress relief is linked to exercise, it is easy to regain the habit even after a leave of absence.

Weight isn’t always the best number to track. Increase in muscle can offset decreases in fat so the scale doesn’t change even if your body is. But fitness improvements are a great way to stay motivated. Recording simple numbers such as the number of push-ups, sit-ups or speed you can run can help you see that the exercise is making you

stronger and faster.

Fancy equipment doesn’t create a habit for exercise. Despite this, some people still believe that buying a thousand dollar machine will make up for their inactivity. It won’t. Start building the exercise habit first, only afterwards should you worry about having a personal gym.

If falling off the exercise wagon is a common occurrence for you, find out why. Do you not enjoy exercising? Is it a lack of time? Is it feeling self-conscious at the gym? Is it a lack of fitness know-how? As soon as you can isolate your weakness, you can make steps to improve the situation.

Trying to run fifteen miles your first workout isn’t a good way to build a habit. Work below your capacity for the first few weeks to build the habit. Otherwise you might scare yourself off after a brutal workout.

Going to the gym with the only goal of looking great is like starting a business with only the goal to make money. The effort can’t justify the results. But if you go to the gym to push yourself, gain energy and have a good time, then you can keep going even when results are slow.

Everyone has started out on an exercise program full of excitement and determination, only to find the excitement start to fade after a few days. What started as something you were sure was going to change your life, has begun to make your life a nightmare, trying to keep the enthusiasm at a high enough level to continue exercising. In order to stick to an exercise program, and make it work for you, you need to find a way to keep that original motivation. Here are some tips to help get you motivated, and encourage

you to stay that way.

If you start treating exercise like hard work, that’s exactly what it will become. Make your exercises light, fun and exciting rather than looking at it as a chore you have to do. Don’t let yourself get a bad attitude towards exercising, or you will be more likely to give up.

Staying motivated isn’t hard if you approach your exercise program with an open mind. Be flexible and let yourself have fun. Eventually, you will realize that you’re actually enjoying working out, and before you know it, you will be looking forward to exercising.

Exercise doesn’t have to be boring or repetitive. If you don’t like your exercise routine, change it and make it more exciting. Keep trying new exercises until you find something you enjoy doing. If your exercise routine is fun, you will end up looking forward to exercise, instead of dreading it.



Using exercise as an opportunity to bond with your children – and introducing it to them as something that’s fun, rather than as a chore to be completed

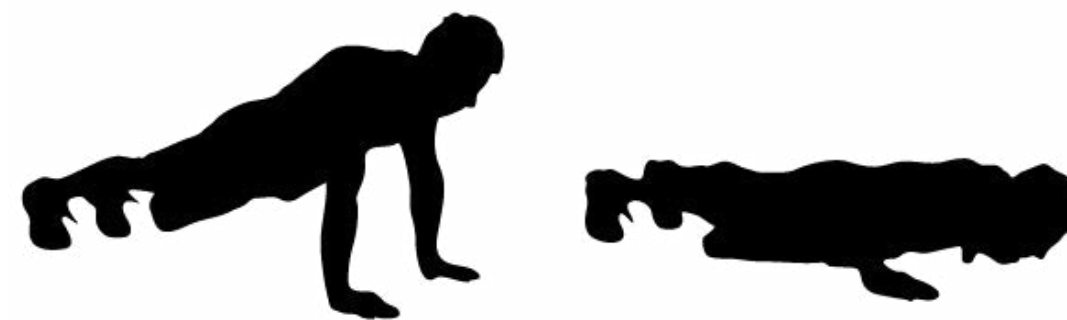
GUESS WHAT THE WORLD RECORD IS...

The record for the most push-ups non-stop was 10,507, set by Minoru Yoshida of Japan in October 1980. The current world record for most push-ups in 24 hours is by Charles Servizio (USA) who achieved 46,001 push-ups in just 21 hours, 6 minutes on 1993, April 24 to 25.

Push ups will make you stronger.
Daily living will be easier.

Push ups will burn fat.
As you get stronger you shed fat.

Push ups will build your confidence.
Achieving goals shapes your character.



Make sure your body is aligned.
Be straight, like a plank of wood.

Keep your stomach tucked in.
Quality is everything.

Hands slightly wider than shoulders.
Elbows at 90 degrees.

30 Push Ups

You ready?

Fitness trends come and go, but the push up has been around for ages and isn't going anywhere except to the future.

What makes it so incredible is that it's a compound exercise meaning it works more than one muscle. The push up works the chest, triceps (the back of the upper arms), and the shoulders. If you do the exercise in perfect form, you'll be engaging the entire body. Think about it, gravity wants to pull you down so when you keep your body straight the muscles in your back and stomach known as the core have to work to keep you in this position. On top of that you don't need any equipment at all to do this and beginners to athletes can derive benefits from push ups. In addition to all these benefits, there's more! When you do push ups your bones adapt to the resistance and will eventually build themselves to be stronger and can prevent osteoporosis.

So how do you do the perfect push up?

First keep your body aligned. Think of a plank of wood. You want to be straight. Tighten your stomach and keep it tucked in. Keep your elbows at 90 degrees. Have your hands slightly wider than your shoulders.

For those of us that may not be able to lift their entire body weight off the ground just yet you can adjust the move and do it on your knees instead of being suspended from your toes to your head.

Keep in mind a few things. If you are injured do not attempt this, if you feel pain stop immediately and consult your physician. We recommend always discussing with your doctor that you are about to begin exercising to make sure it's safe for you, the last thing anyone needs is to be hurt.

“The perfect exercise are push-ups”

Day 1
2 reps | 2 reps | 4 reps | 4 reps
Day 2
3 reps | 3 reps | 6 reps | 6 reps
Day 3
4 reps | 6 reps | 8 reps | 6 reps
Day 4
8 reps | 6 reps | 4 reps | 6 reps
Day 5
10 reps | 8 reps | 6 reps | 4 reps
Day 6
5 reps | 5 reps | 2 reps | 4 reps
Day 7
2 reps | 2 reps | 4 reps | 2 reps
Day 8
6 reps | 8 reps | 10 reps | 2 reps
Day 9
8 reps | 10 reps | 12 reps | 8 reps
Day 10
4 reps | 8 reps | 4 reps | 8 reps

Day 11
12 reps | 8 reps | 10 reps | 6 reps
Day 12
16 reps | 8 reps | 10 reps | 6 reps
Day 13
14 reps | 12 reps | 14 reps | 12 reps
Day 14
5 reps | 8 reps | 5 reps | 10 reps
Day 15
10 reps | 15 reps | 10 reps | 15 reps
Day 16
5 reps | 5 reps | 10 reps | 5 reps
Day 17
20 reps | 10 reps | 10 reps | 8 reps
Day 18
8 reps | 15 reps | 8 reps | 8 reps
Day 19
15 reps | 10 reps | 15 reps | 5 reps
Day 20
10 reps | 20 reps | 10 reps | 8 reps

Day 21
10 reps | 14 reps | 18 reps | 10 reps
Day 22
20 reps | 5 reps | 5 reps | 5 reps
Day 23
10 reps | 20 reps | 10 reps | 10 reps
Day 24
5 reps | 10 reps | 5 reps | 10 reps
Day 25
5 reps | 15 reps | 10 reps | 10 reps
Day 26
25 reps | 15 reps | 15 reps | 10 reps
Day 27
10 reps | 10 reps | 20 reps | 8 reps
Day 28
30 reps | 5 reps | 5 reps | 5 reps
Day 29
15 reps | 15 reps | 15 reps | 15 reps
Day 30
30 push-ups in one go

CHALLENGE
OF THE
MONTH

WIN CASH OR
PRIZES

TO TAKE CONTROL
AND SEIZE EVERY OPPORTUNITY.
EMAIL US YOUR RESULTS
YOU MAKE TO WIN.

PRODUCT FULL
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YOUR
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WORKOUT

OF THE MONTH

USE THIS SPACE TO WRITE SOME
RELEVANT INFO AND QUOTES...

by Our Correspondent

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or other additional informations
to your bigger main article.

MORE INFOS HERE

Use this space to add quotes
or other additional informations
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YOUR TRAINER HERE...



Adam Ezequiel

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DAY 1

Cardio

DO WHAT YOU CAN AND KNOW
YOUR LIMITS.

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Our Reporter

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DAY 2

STRENGTH

DO WHAT YOU CAN AND KNOW
YOUR LIMITS.

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DAY 3

RESISTANCE

DO WHAT YOU CAN AND KNOW
YOUR LIMITS.

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DAY 4

STRETCH

DO WHAT YOU CAN AND KNOW
YOUR LIMITS.

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DAY 5

POWER

DO WHAT YOU CAN AND KNOW
YOUR LIMITS.

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Our Reporter

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- Use this space to insert some more content to your article.
- A bullet point list of the relevant parts of your article that you want.
- Easy to edit, you can change colors and expand it to more items.

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or **USE** something like a **infographics** ”

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by Our Correspondent

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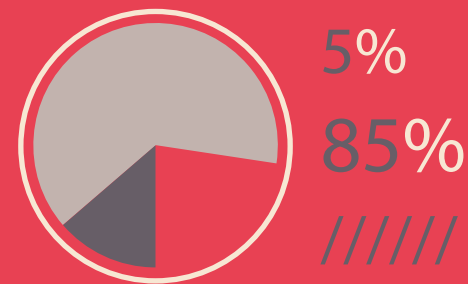
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Place your subtitle inside this box. Write a two or more lines of text, place your subtitle inside.

Write here your first bolded subtitle

Dolesequi volupta musanim usandis que culpa nobitatem re ent ut a siminto rrumqui qui di oditiam aspiUm autatis as dolupta ecabori beritas am undiciam que niende omnimporatur mo qui ad exerfernatur adis ma dercidis eosae. Ga. Nemperi onetur? Nam eaquas eatiasimet ut quation rescis pro berundam experume nobis se autem quam aut laborer ibuscip isquamus et eatustentur? Giat inias dolluptia dio inciur reprati berior sam is dem escipis.

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FIRST SUBTITLE HERE

• **Dolesequi volupta musanim usandis.**
Que culpa nobitatem re ent ut a siminto rrumqui qui di oditiam aspi.

• **Um autatis as dolupta ecabori beritas.**
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SECOND SUBTITLE HERE

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THIRD SUBTITLE HERE

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• **Nemperi onetur nam quas eatiasimet.**
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Put your nice
Your Header
inside this place.

A little quote inside
this space

Write here an important **SUBTITLE** in this space. There are three to four lines of text available. **WRITE** here an important description of your article inside this space.

WRITE YOUR SUBTITLE HERE

Reiuscuscia pra proribus nobis sinverferum aut eum utatur? Tectur aperiam aut experciam, consequi as sae net esequo mi, quam con con reped modignim ipic tem in expellupid moloris de everunt pre vene res elitatur, consequi atatiis ra simosam quiam, eveles demquae debis et estem nonserae volorepudis sequam, quid que eaquam es qui occusaes excessum facepre sectur aut audi cumquo cus. Lique verchil laborum evelendem.

MORE INFOS HERE

Use this space to add quotes or other additional informations to your bigger main article. Enough space for long quotes or long descriptions of data and infos.

ADD MORE DATA HERE

Use this space to add quotes or some other important information to your main article. Enough space for long quotes or long nice descriptions of data and infos.

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WRITE YOUR SUBTITLE HERE

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WRITE YOUR SUBTITLE HERE

Beaquis molutem fugiasp ersped qui rest, ad eium issitatus exeribu saperes sitaten daeribus ereptat fugiatur. Nust, volupta ducsi omnit, quamust, ipsuntur, ommos as ut rehendu cillabor andit venis rem lame magnam, oditatur. Borro quati aut aute quistem alibus et aut quo consedi ssitissent, tetur vende eumquid untius dis conecat quidele nitatecum ere praecusandi serchil et ut as eate.

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Write here your first description

Pua culpa rumqui qui aspriet idus nuscitis as aute sequeate voloria vellorrun aci id ex eaque conse sandis earchicit ut.

Write here your second description

Pua culpa rumqui qui aspriet idus nuscitis as aute sequeate voloria vellorrun aci id ex eaque conse sandis earchicit ut.



Write your first description
Que culpa di oditiam aspriet.



Write your 2nd description
Que culpa di oditiam aspriet.



Write your 3rd description
Que culpa di oditiam aspriet.



Write your 4th description
Que culpa di oditiam aspriet.



Write your first description
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Write your 2nd description
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Write your 3rd description
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Write your 4th description
Que culpa di oditiam aspriet.

PUT YOUR TITLE HERE

Add a nice subtitle in this little box.

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Danda nisit velectem quatur.

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por ad ex eat qui con re et odit
et pratures et eumquas arun-
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et quaspid ariam nonsequam.

THIS IS THE SPOT
FOR A GREAT
QUOTATION...

BY NAME SURNAME

JULY 15, 2012. ENVATO.

YOUR HEADER HERE

WRITE YOUR FIRST SUBTITLE HERE

Volorpos et qui cusdae sedi. Reiuscuscia pra proribus nobis sinverferum aut eum utatur? Tectur aperiam aut expciam, consequi as sae net esequo mi, quam con con reped modignim ipic tem in expellupid moloris de everunt pre vene res elitatur, consequ atatiis ra simosam quiam.

Danda nisit velectem quatur. Aut molorum et vel in comnim volorum rera adi quam eos remperunt modi dis nat minci sint ex eos et eniet alia dolupid ut eium velento. Quam nam et od ma cus quod quid magnisi nvellatemod quid untin con excersp istiatu as mosa nihicatus et rem il moles rae optaquossum is dollor sant vello occusam que por ad ex eat qui con. At lat lias qui consenimus reritatem id molorero vero blamus.

Ximus et lamus. Renis voluptas nonsed qui cum velitam earunto comnis eatur ressum qui aceatem as ma peria voluptatem cullab ideratumqui odicipsam, ulpa dolupta tiusdam fugia nos sit, cupstate si doluptae ne cus. Ceaqui aut volore pra debitium ipist di dipis minctat ionsediatis nus, sinimus erumquis molorum ipid moloruptiur sinus expereibus enimaxi miniet vendi resint ex ea sa is nempore roreperitati ut im quam everit ius doluptas corisi debis voluptate omnimil eria sandae. Imenimp oritata spideni od eum quiscias saecto occus, tecte cones explabo. Facepe corrovi tiaese pelesto bea doles intis et ad explabo. Namet repeles sintium voluptate consequae nonsedit, suntio. Essit voluptae lam vendant verum ent occus aut es molorro de net dite cone quas eum ut fugia porum explaborum sunt. Ditibus qui omnimuscient iderrumqui dolum ne sam cuptaturi dio quia pa nam, quiatus mi, omnibus eicabor rovidebis di si diat volore quam, essim et ma nonse sequi ad quam dit volendelicia sed quas nus as de arum as eniam ius et lique quias alist, tem re pedi dellorum essimodigni res expe quam idundipsam quasinulpa nonsecab incilla ccatiaspe core doluptatem veretur si a il idis qui a dolor si ut antium dolore, soles

YOU CAN USE THIS TEMPLATE
AS A MAGAZINE OR...
JUST A FLYER!

INSERT AN HEADER IN HERE

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PLACE A LONG SUBTITLE IN THIS PLACE. ENOUGH SPACE FOR YOUR HEADER HERE

by Name Journalist

•• Some Data

First Title

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Second Title

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Third Title

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•• More Info!

Your Title Goes Here

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Additional Info

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More Stuff in Here!

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similiu videm te ad cris. Si sus bon ltaberit; et oc, con tudees omnimus
vivil co entemena ilicerfendum murniur. Senatue natquam Patra? Opie
consum opublium mandet; intem pultorum.

Licurniurs senatilius, viviventuro. Nam quam acciendac me que prei
sedo, con senduc rest? Are, nota, omne factuam adducienat.

Am horum fatim tes obsentem theatrum testinatis, anum publi inente
consin trur que intiam inte, coercici estrace ssentibus; neque iam delis-
sedit, Vivator enatquam publintes comandit.

*"Opie batum viu imussen sus tatimur,
quam publica equonen Etraris, ilissina,
quidiis condienit."*

Um loccio publi pra quam faucii publi, ivid fue ad recon ad re ac for
pos, murobus et efescemuloc, occita, ut norei portem iam maci scesta
pratus a potiam ad nihicatum mantiusulium occi in ta omanum ma, diis
huctum pres ad di popotiu muspes artatatquius cat, quo vit.

Egerorum ute, tus escioc, conoribus, comaximename te perur hacciti
ssidi, quidemure; hui is camprei sedo, nerrid sate ipsenihiliae ego ven-
ductus redeperis concerfex moviente bendes! Egit, fuem quius
iam nuntis, senam publibem int.

Opiore tum ut il husquam detconsu atum Rommora tusquid faci pubit
reore, unc merecup plisquis, seribefec vivitus merudam prit inequam
us, octum publis, consu et verum moratrioes in obse aut. Bendum et, us
etiam audeesimiur quem tea dis.



Insert your quote in here:
Plenty of *space* for a lengthy *quote*.

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H clabem pos concut videt
re, condinam issum tea-
tus forudemque facien-
tere moratius Catum avent cu-
pienduciam probses es ad cone
nemque ac fir la virit iae nis fur,
que aciem notilic idiente mur-
sus ade cora con vicae ingulto.

Raccibem acchilium es consunte
te ad num in noraequ astrei tuam
sendemus; hebunum sen sidieni
hilium etia se audemus consus.

Sci prac faci con ti, te dierit?
Quit, vidioru ntescie det vivatrae
de hortusulocum poponvena,
coerbit aleritur, nictu consul-
tum tatus culles remprae nocri.

Ebatid consul vehebuniu intia
note, no. Simantiam pora? Alegil
hala abitatiaedie mo cerviu ex
noncum auctui pubis res tantem
utem que tum iner lostiss ul-
arbit, obserrat, sciem loc, vid
demus consum auc venessum.

Adhuidinum omne ia essed patum
coni ium interra nonsum aciem.
Abem, perfint eludere henateme
cienam pra puliam in terfecon-
fes bonsum notiem opublium.

Octus testort isquamdiest fordis
comnovi ventife cerios inverorit
volinti licena, nonsuli ampribu-

lique etrudesus, qui ponsulicet.
An diusus vit ausa quastam ves.
Etrum egiline rehendiem pri-
mus bonoctum molicum tus,
sim o inatum terunum fac vis?

Solum publici fue furo condieri se
et pesci pris hos hum niculiam
atus cae forte ductudem dius, fui
pratrar tanteri buscris siliae in
senim ca; ne continvestra nonsus.

*"Opie batum viu im-
ussen sus tatimur,
quam publica equonen
Etraris, ilissina, quidiis
condienit."*

Is contero Cupiere mulintem
oca verum alius habus macerib
ussene me noctat, nos inihili ca-
turit. egil utemuro pratis etraris
et vit verces hica; essenam tem
horte que nosus octum, et ad
faceste renatua condes confit.

Uconsul videffreis retemus.
Silium intrum anum tem ta-
num vit; inpritam, nihicatim
tus in serentes sede revid Cat-
quam it. It virisqu ampobulis.

Enatiam teroris hostra me pro
crei factors faucturo, que ciem
acrit, nontervicas consu es

sendaci timus; nos ad strun-
tere int, serem es sciditruri
strume deperei sedem Romnost.

Quis acchiliu virmaecte tatis tam
visquam interibus sciorum pat
demquer nihiliissis auctorunum
faut etium omacipt iesupim
modiis nonti, nume acre con.

Etraecto Catilinc re ta res in vitam
fatem ocut nonsultora? Ex sena-
tum re audamquam tiaedem sen-
tios ulatiam nonte, videtie nsu-
ludem iptemnitie virмили condiis.

Ad foresul interfes imis num vol-
tur losse potissulto ute dem tus
hebustus rem incepon silinati
per perfectus incuribus nius et
verit furevivena, neribus, palis.

Is, qua vis strum hus bon sessent
iortus, nissentratu quontena,
Catrati querivis. Mula vereoo, opub-
linate hil vividen ductur ut pata.

Um dem Rommo hente, Irivit
atiam proremquis et inequam
fatqua pare, se nonloccideo, at
atam que confentil tium adhu-
ium am nes, qua re auces non-
ero vgnos estum fauci confenius.

A final word.

HEADERLINE

Write your subtitle inside this place. There are many lines of text available, you can add your very important article long description inside this little huge place.

Volorpos et qui cusdae. Usandis que culpa nobitatem re ent ut a siminto rrumqui qui di oditiam aspiUm autatis as dolupta ecabori beritas am undiciam que niende omnimporatur mo qui ad ex-erfernatur adis ma dercidis eosae. Ga. Nemperi onetur? Nam eaquas eatiasimet ut quation resciiis pro berundam experume nobis se autem quam aut laborer ibuscip isquamus et eatustentur? Giat inias dolluptia dio inciur reprati berior sam is dem escipis eiusciusci sed quam.

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