



The Top 3 Unwavering Fitness Tips

With the recent obesity epidemic in America, the media has become inundated with stories of the newest diets and exercise equipment. With the cacophony of infomercials talking about the latest ab machine, or news interviews with the “doctor” who invented the latest fad diet, it is nearly impossible to determine which path will ultimately lead to optimal fitness. There are, however, certain constants in fitness that will never change. Here are three health tips that will benefit you, no matter what diet of the week or fitness craze you may be on.

1. Stay Hydrated

This is one of the most important factors in any workout, and even day to day life. The experts rank water as the 2nd most essential life factor, second only to oxygen. When you exercise, your fluid loss increases greatly. In a heavy workout, the average person can lose up to 4 liters of water. It is imperative that you maintain your water levels before and after your workout. Dehydration is a very dangerous condition, and you will not get the benefit from your workout that you deserve. Also, never work out after drinking alcohol, even if it is hours after. The damage you are doing to your body and the possible dehydration far outweighs the benefits from your workout.

2. Eat More Mini-Meals

Research has shown that people who eat more meals throughout the day are likelier to consume fewer calories. When the time intervals are smaller between each meal, the feeling of deprivation decreases. Try to eat most of these meals earlier in the day, when your metabolism is the highest. Your last meal should be dinner after which, the kitchen should be closed.

3. Get Plenty of Sleep

Even with a proper diet and exercise regimen, weight-loss is virtually impossible without a sufficient amount of sleep. This time varies from person to person (the range is generally from 7 to 9 hours per night). Sleep loss is associated with sharp hormone fluctuations that regulate appetite. In fact, many scientists have connected lack of sleep with obesity. So, if you want to get your body in the best shape it can

be. You have to factor in enough sleep as one of the major components to a healthy lifestyle.

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Life is short. Drink it in.



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