

## Women's Health and Fitness Tips

Imagine what the world would be like if no one exercised. Never mind, you can already see it when you walk down nearly any city street. Our society is faced with an epidemic of obesity, and people need to become more in tune with their own health and fitness.

There is no question that exercise is essential to living a healthy lifestyle. Exercise is the best way to lose body fat, as it boosts the metabolism and helps the body to burn excess calories. Exercise also revs up your heart and gets your lungs pumping at maximum capacity. People who exercise regularly have healthier bones. They look good and feel great about themselves. Exercise gives people increased stamina, so they are able to keep up with life's busy pace.

The unfortunate reality is that, although nearly everyone is aware of the many benefits of fitness, many women ignore the facts and choose to do nothing. It's too easy to press the snooze button, take the elevator or drive to work. In our society of convenience, people are suffering with a lack of health and fitness.

The following tips can be helpful in reaching and maintaining your ideal body weight. The specific issues that women face, like a higher susceptibility to osteoporosis, make health and fitness of particular interest to them. To maintain optimum health and keep your body strong, it is recommended that at least two of these tips be incorporated into all women's health and fitness routines:

1. Don't feel as though you're not doing enough. It seems that women are born with the innate feeling that they're letting someone down. But it doesn't matter if you can't spend ten hours a week at the gym or jog every evening. The important thing is that you make a commitment to improving your health and fitness, and then stick to it. Women's health and fitness advisors suggest that you exercise three to five times a week, for 20-60 minutes. In reality, this isn't always possible. Don't frustrate yourself by aiming for someone else's ideals when you know it's just not possible. If you can work out twice a week at twenty minutes per session, you're doing a great job.
2. Focus on your successes. Concentrate on how good you feel about your new health and fitness regime. If weight loss is part of your plan, and you're struggling to meet your goal, don't beat yourself up about it. Focus on what you've done to this point, and use today as a new starting point. You've made a commitment to yourself, and that is your biggest success.
3. Weight lifting comes first. Many women begin their health and fitness routines with cardio exercises, and then go on to weight lifting. The disadvantage of this is that it is possible to miss out on a critical component of the routine, and spend all of your time on cardio training. When this happens regularly, the outcome can be disappointing despite countless hours at the gym. By reversing the order, and performing weight training first, women are more likely to realize a positive visible outcome.
4. Don't overdo it. The average women's health and fitness regime requires a workout of no more than an hour at a time. Spending too much time at the gym or doing the same exercises over extended periods can become tedious and boring. By focusing on the exercises and narrowing your time frame, your workout sessions will be more fun and more efficient.
5. Monitor your heart rate. It is recommended that women exercise at 75-85% of their maximum heart rate. Too low a rate means you're not exerting yourself to your potential. Too much, however, can be potentially dangerous. Sticking it out at 50 percent is not going to help you realize your fitness goals. Use a heart rate monitor or do a manual count incrementally during your workout to ensure that you're reaching and not exceeding the prescribed target heart rate.
6. Get support. It's important to be involved in some sort of fitness social support web. If you are currently in a regime with no fitness community, you may find that your workouts are lacking or not that successful. A social support can bring a greater sense of camaraderie, kinship and even healthy competition. If you normally workout alone at home, try visiting a gym for a sample workout, or joining a yoga, pilates or sailing class. Running clubs and golf courses are other ways to keep in shape and meet new people.
7. Support yourself. Taking on a new health and fitness routine can be tough. It takes commitment, discipline and a lot of hard work. Give yourself the support you need with a pep talk. Don't pressure yourself too much; give yourself a well-deserved pat on the back. There's nothing wrong with giving yourself some great feedback for a change.

Women's health and fitness has become a bigger issue than ever before. Fast food and sedentary lifestyles are robbing women of their good health and stripping them of their self-esteem. It's up to you to make the change to a healthier lifestyle. Go at your own pace, and you'll be amazed at how far you can go.