

Self Improvement Health & Nutrition Guide



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More topics may be found at

<http://www.selfimprovementguide.net/health-nutrition.html>

How To Live A Healthy Lifestyle

We all need to know how to live a healthy lifestyle for the benefit of ourselves and our families. Living a healthy life style will in fact give us all prolonged lives and better health in general.

Knowing how to live a healthy lifestyle will ultimately give you more energy to do things with our friends and family. There are a few key factors to knowing how to live a healthy life style, and these I will go into briefly for your reference.

Some of these key factors to being able to live a healthy lifestyle include:

Eating healthy, keeping your fluid intake up, remaining as stress free as possible, being happy and holding positive thoughts, exercise.

When you combine all of the above key factors above together, you have a recipe for success in knowing how to live a healthy lifestyle. Maintaining a healthy diet and a healthy fluid intake will be a great starting point to knowing how to feel healthy and therefore live a healthy lifestyle. Eating healthy foods and limiting your intake of junk food and maintaining your water intake at a reasonable level (I suggest 8 or more glasses of water a day) will make you feel revitalized and have more energy to help you get through your each and every day. When you have a good healthy eating plan in place, along with the daily-required water intake, you will be able to deal with things such as stress more effectively. This is because you have balanced energy levels. If your energy levels are low due to an unhealthy eating diet, stress will affect you more and can cause major problems. Eating healthy will in addition keep you medically healthier also.

If you want to know how to live a healthy lifestyle, simply follow a few guidelines. Do not over do the alcohol, for alcohol is most definitely not a healthy addition to your daily requirements. Keep this substance strictly limited.

If you want to know how to live a healthy lifestyle, you can look up information in books at your local library or do searches on the internet, or even visit a counselor, especially if you have stress related conditions surrounding you. Other than that, you can also learn how to live a healthy lifestyle by visiting a gym and speaking

to a qualified gym instructor. He or she can advise you on exercise needs and also nutrition.

When you feel energized, you tend to hold more positive thoughts and feel better about yourself. There are so many advantages to living a healthy lifestyle, so I suggest you find all you can on how to live a health lifestyle and what you can do for yourself right now, to change your lifestyle from what it is, to in fact being an extremely healthy lifestyle.

By balancing what you do with your days, both around the house and away from the house is as important for a healthy lifestyle. You cannot possibly live a healthy lifestyle by shutting yourself off from the rest of the world and other people. That is simply not a healthy thing to do. People need other people to socialize with at one level or another, if only briefly.

Never try to over do things, we all need time to relax and rest. No one has the stamina to be on the go constantly, even if at times we sometimes feel like we are doing exactly that. So take some time out for yourself when you have no distractions and can just do nothing. There really is nothing wrong with doing nothing from time to time, and you should never ever feel guilt about such a thing. We ALL need it to rejuvenate.

I hope this article has given you enough brief detail to explain some of how you too can in fact live a healthy lifestyle. If you feel you need to know more about how to live a healthy lifestyle, do as I have suggested above, run a search on the internet or pay a visit to your local library.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/howtoliveahealthylifestyle.html>

Living And Maintaining A Healthy Lifestyle

Most of us would like to be living and maintaining a healthy lifestyle, but don't have the knowledge to do so. If you want to know how to be living and maintaining a healthy lifestyle, then read on and I will explain to you how you can be living and maintaining a healthy lifestyle.

First of all if you want to be living and maintaining a healthy lifestyle, you must take a look at your own lifestyle and see what sort of lifestyle you are living yourself. If you are leading a destructive lifestyle, then be ready for a change. Let's start living and maintaining a healthy lifestyle.

Next thing that we need to do is write down what we need to change in order to be living and maintaining a healthy lifestyle. And a big part of learning how to be living and maintaining a healthy lifestyle is actually in what we eat. If we eat crappy food, then chances are we are going to have crappy amounts of energy and these are not the type of eating habits that we want. So here is a quick recipe to eating healthy. Eat 5-6 small meals a day, every 2-3 hours at the same time. Fruit, vegetables, low fat foods, lean meats and at least 2 liters of water need to be used as well.

The next thing that we need to take a look at when we are wanting to be living and maintaining a healthy lifestyle is exercise, if there is any at all. Regular exercise each day is what every individual needs. Simple things like a brisk walk for 20 minutes is a good workout and as you become fitter, you can increase the intensity of each exercise session. Another good routine for exercise is weight training too. Weight training can be for general fitness to if you wanted. Any type of exercise is better than none, so a regular routine of exercise and diet is so far what we have learnt about when wanting to be living and maintaining a healthy lifestyle.

The next and one of the most important things that you need to be doing to be living and maintaining a healthy lifestyle is make sure that you have plenty of sleep over night. At least 8-10 hours is enough sleep. Plenty of rest makes the day easier and help you to recover from the stresses of previous days.

This kind of lifestyle will help you on your way to be living and maintaining a healthy lifestyle and with the exercising and regular

eating patterns; you will find that you will have more energy as time goes by. Please bear in mind that with any change in life style such as this, you will find the first 3 weeks the hardest challenge because of the change. You will notice that especially within the first week, you will have less energy and feel grumpy too. The reason for this is because the body is experiencing a new stimulus and needs time to adapt. This kind of behavior will happen with any lifestyle changes as intense as these ones.

Some good pointers on living and maintaining a healthy lifestyle is to write down exactly what you want or need to change and then set yourself a goal. The goal could be to get fitter. Have little goals leading up to that goal like, being able to get over a particular hill that is looking like a really hard thing to do at the start of the exercise routine or another one could be to be able to run for 5 minutes without stopping. Use all of your lifestyle changes with goals. The success of one goal can prepare the mind more mentally for the next task to come as well.

There it is, living and maintaining a healthy lifestyle. So what are you waiting for, go and start living one.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/livingandmaintainingahealthylifestyle.html>

Free Weight Loss Meal Plan - Quick Weight Loss Diet Plan

Would you like a free weight loss meal plan and would you also like a quick weight loss diet plan? If you have answered yes to both of these questions then carry on reading and I will give you a free weight loss meal plan and I will also give you a little insight into a quick weight loss diet plan too.

Lets take a look at a free weight loss diet plan. While if I was you as soon as I saw the word "Free", no matter what it was I would jump in and take a look at it because even if it is not something that tickles your fancy, you can ditch the idea anyway. On the other hand if it is something that you like, then you may be in luck for some valuable knowledge.

Anyway a free weight loss meal plan is 5-6 small meals a day with a combination of carbohydrates and protein in each meal as well as drinking 2 litres of water a day too. It is all very well to have a free weight loss meal plan, but you also need a good exercise routine and a good sleeping pattern as well for the best results, so take that into consideration when you have a free weight loss meal plan to follow as well.

Some good sources to get a free weight loss meal plan from would be in magazines, your gym instructor can give you some healthy tips on a free weight loss meal plan and of course your friends that are experienced enough to give you a free weight loss meal plan too. Where ever you get your free weight loss meal plan from, make sure that you try it out first and see if it works for you, because one that works for someone else, may not work for you, so use trial and error my friend.

Now that we have taken a look at a free weight loss meal plan, how about we take a look at a quick weight loss diet plan. A quick weight loss diet plan can be easy to make up your self if you have the knowledge to make up a quick weight loss diet plan, otherwise the best places to get a quick weight loss diet plan would be from a dietician or a health professional.

There are plenty of quick weight loss diet plans that are around, but like the free weight loss meal plan, try different ones out and if

one doesn't work then try another quick weight loss diet plan out until you find the one that best suits your needs.

One final thing that we must observe very closely when we are using a quick weight loss diet plan is that any quick weight loss diet plan can be healthy and fun eating, by fun I mean delicious because some the quick weight loss diet plans that I have seen are pretty bland to say the least. Remember that there are plenty of natural flavors that you can add to your quick weight loss diet plan if you want to so it isn't to plain and boring.

Well that I hope that this extends your knowledge on a free weight loss meal plan and a quick weight loss diet plan. Use any of the ideas that I have on here for a quick weight loss diet plan and a free weight loss meal plan and manipulate it to suit your own needs, or simply share the information with some of your friends as well and see what they think of it.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/freeweightlossmealplan-quickweightlossdietplan.html>

Free Fitness Training Program

How would you like a free fitness program and how would you like to learn a little more about a fitness training program? If you have answered yes to both of these questions then read on and I will give you a free fitness training program that you can follow and I will also give you a little more knowledge on a fitness training program as well.

First of all lets take look at a free fitness training program. What is a free fitness training program? A free fitness training program is of course "Free" and a fitness program that can be tailored to the needs of each individual. I am going to give you a free fitness training program that you can use anywhere and it is an aerobic fitness training program which is used to lose body fat if. Aerobic purely means that you are using oxygen because of the lower intensity of the exercise routine that you are using. And basically if you are using the aerobic energy system then you are burning fat because fat is only used up with the use of oxygen.

This free fitness program is called a walk to burn fat program and you do this program three times a week, preferably on a Monday, Wednesday and a Friday first thing in the morning on an empty stomach. This free fitness training program will be done for 20 minutes on each occasion and all you have to do for this free fitness program is walk at a brisk pace for those three times of each week that you use the program. A good way to know if you are walking at a decent pace is that if you can talk while you are walking at a brisk pace then that is perfect. Every week on this free fitness training program add one extra minute to the weeks training and then if that is to easy try to walk a few steep inclines as well.

Now that we have taken a look at a free fitness program, I will now give you a little insight into a fitness training program. A fitness training program is a program that anyone can follow as well and this kind of physical activity can be anything you want it to be too. It could be soccer or football or even baseball. The main emphasis on any fitness training program is to make it fun so that all those that are doing the fitness training program are actually enjoying it as well.

There are various places that a fitness training program can be found. You can find a fitness training program in a magazine or a

book or you could even find a fitness training program on the back of some food labels that are promoting good healthy living. I believe that the best place to get a fitness training program from is from a health or exercise professional. These people are trained to give you a fitness training program and they also know exactly what they are talking about, so I would solely advise that this be the first option you take if you are looking for a fitness training program.

Well I hope that the free fitness program that I gave you, helps you to become a little bit fitter in your life and I also help that the little insight that I gave to you about a fitness training program helps you to gain a little more knowledge as well. Just remember as I said up there a bit to enjoy yourself while you are training, it makes all the difference in your performance for whatever sport or whatever reason you are training for.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/freefitnessprogram-fitnessstrainingprogram.html>

Female Muscle Growth - Womens Muscle And Fitness

Would you like to learn about female muscle growth and would you also like to take a wee peek into the world of women's muscle and fitness? If you have answered yes to both of these questions then read on and I will tell you a bit about female muscle growth and then I will give you a little sneak preview on womens muscle and fitness.

Lets take a look at female muscle growth first. There is a big difference in the average female weight trainer as apposed to the male weight lifter. As we can see very clearly the growth of a males muscles is far more superior to that of female muscle growth. The reason for this is because of the difference in hormones between a man and a woman. The bigger growth in men is due to the man having more testosterone then that of their female counterparts.

Muscle growth in the female body can take exception to some great body builders like coy Everson who has been Mrs Olympia and also been a role model for many other woman that like the idea of muscle growth. There are various factors that must be taken into consideration when looking at a Mrs Olympia and that is genetics and training knowledge and the big one is dietary and supplementation for female muscle growth.

Another thing that stands out in female muscle growth is the development of the female muscle growth industry in the world as we speak. As we can see in the world of body building the men are by far the most superior of both genders, but the female weight lifters are catching up very fast.

Now that we have taken a look at the female muscle growth, lets take a look at womens muscle and fitness. Womens muscle and fitness is by far a fast growing industry and we only need to take a look at some of the womens muscle and fitness magazines that are our in your local book store to see the influence that it is having on females around the world.

A long time ago before womens muscle and fitness came into the picture like it does these days, most woman were restricted to

kitchen and house duties. I couldn't exactly tell you why the reason for this was, but I believe the possible that it had something to do with the man having a more superior role in a relationship would probably be at the top of the list. Times have changed now and with womens muscle and fitness the roles are far becoming more equal and especially in the physical fitness department as well.

Without womens muscle and fitness it would be hard for woman to keep up with the demands of every day life with raising a child and working and also getting the tea ready when it is the womens turn to do so.

One important aspect that we do need to look at when it comes to womens muscle and fitness is the influence that one woman can have on another one. I mean take a look at those many years ago and think how hard it was to make change when we were used to the woman playing the house role. There were woman that would have had to overcome adversity and they still used womens muscle and fitness to get fit and healthy and then after that the following of woman who wanted to get into womens muscle and fitness started to rise, and what a rise in the world womens muscle and fitness has been too.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/femalemusclegrowth-womensmuscleandfitness.html>

Womens Weight Training - Weight Training For a Woman

Would you like to know about womens weight training or weight training for woman? If you have answered yes to both of these questions then read on and I will tell you about womens weight training and weight training for woman.

Lets take a look at womens weight training first. Womens weight training has become very popular these days and although men are still dominating in weight training, woman are not that far behind.

Because of a difference between the man and the womens hormones, it is understood that the man is by far stronger, allowing the man to lift a heavier weight. However in some circumstances such as that of a womens weight training champion and Mrs Olympia, Cory Everson, exceptions can be taken into account for various reasons. Exceptions like that of how many years the individual female has been in womens weight training and also how educated she actually is in the world of womens weight training, which is a very big help these days.

Another way we can take a look at womens weight training is to take a look at body building magazines, you are pretty much guaranteed that there will be an article in the magazine on womens weight training and usually there is a picture of a beautiful lady on the front with of the magazine with a body to kill for.

One last thing that needs to be cleared up for everyone about womens weight training is that womens weight training can be for any woman at all and women can do the same as men in any weight lifting discipline, but with just a little less weight.

Now that we have taken a look at womens weight training, how about we take a look at weight training for woman. Weight training for woman can be as simple as lifting weights in a gym to weight training at home.

When we are looking at weight training for woman, we must realized what our specific goals are when we enter the gym at home or in a commercial gym. The beneficial thing about weight

training for woman these days is that if we do it at home we have the privacy of our own space and no one to stare at you if you sometimes feel a bit self conscious about lifting weights. And even now days there is usually a separate gym for the women in most commercial gyms so that they have there own area to use, other then sharing it with the men as well.

In any case of using the weight training for woman in either the commercial gym or at home, take a friend with you, to help you with your weight training, challenge them in lifting a heavier weight or doing more repetitions. What ever you do if you take a friend is to make your workout fun for yourself so that you can look forward to every single gym session that you do.

Well I hope that gives you more insight into the world of womens weight training and weight training for woman. Don't forget there are various places that you can gain more knowledge about this subject like in magazines and word of mouth around your gym or fitness friends is another way to gain more knowledge about either womens weight training or weight training for woman. Jus remember this little note though, that something that works for someone else, may not work for you. Try things and out, its called trial and error, only you know what is going to be the best kind of weight training for your body.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/womensweighttraining-weighttrainingforwoman.html>

Pulled Muscle Symptom - Pulled Muscle Treatment

This article is all about pulled muscle symptoms and pulled muscle treatments. Many of us will have at some stage in our lives managed to pull a muscle, and if you are lucky enough to not have experienced this, then be aware, as pulling a muscle can happen without warning. I am going to divide this article into two sections. In the first section I will go into brief detail on the symptoms of a pulled muscle, and in the second section of this article I will go into brief detail about the treatment of pulled muscles. So if you need or want to know more about the symptoms of a pulled muscle or how to treat a pulled muscle, I make the suggestion that you read more of this article.

Symptoms of a pulled muscle:

First off, a pulled muscle is a tear you experience in the muscle fibres. If you do not exercise regularly or are unhealthy, or simply do not place enough emphasis on warming up before any given exercise routine, you run the risk of pulling a muscle, creating a tear in the muscle fibres.

There are a few symptoms of having a pulled muscle, so I will outline a few of them. One of the symptoms related to a pulled muscle is severe pain. This pain can come about very quickly and practically instantly when you pull a muscle. Over a period of a few hours, this severe pain can increase, and sometimes be basically unbearable. Continuous and increasing pain is a very good symptom relating to a pulled muscle. Other symptoms related to a pulled muscle are: Difficulties in sitting, difficulties in walking, and difficulties in bending over. These are three main symptoms of letting you know you may have a pulled muscle.

Now that I have provided a few symptoms of a pulled muscle, which are obviously very easy to recognise, I will go into treatment for a pulled muscle below.

Treatment for a pulled muscle:

Treatment for a pulled muscle can be done in the comfort of your own home, and is basic common sense. First and foremost, to treat a pulled muscle initially you will need to have some form of ice pack on hand. Whether this be a freezer pack or simply a bag

of frozen vegetables wrapped in a hand towel, both will work the same and hold the same effect when you treat the pulled muscle. You need to place the ice pack on the area of the pulled muscle when you treat it. This initial form of treatment for your pulled muscle will reduce the swelling that may arise from pulling the muscle. The most important part of treatment for a pulled muscle is rest. You must treat yourself with care and relax, stay off your feet as much as possible and rest rest rest. This form of treatment may take up to 3 weeks, depending on the extent of the pulled muscle. An additional form of treatment for a pulled muscle is bandaging the injury. Simply wrap the pulled muscle with an elastic bandage. You can also pay a visit to your family or local doctor for further advice and/or treatment. He or she may want to prescribe some medication for the pain and to help relieve the swelling that you may be suffering from the pulled muscle.

That is the treatment used for a pulled muscle. As I mentioned earlier in the article, commonsense and basis. Anyone has the ability to recognise the symptoms of a pulled muscle and then be able to treat a pulled muscle if need be.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/pulledmusclesymptom-pulledmuscletreatment.html>

Weight Training Diet - Weight Training Supplement

Do you know much about a weight training diet? Do you know much about a weight training supplement? If you have answered no to both of these questions then read on and I will tell you a little bit about a weight training diet and a weight training supplement.

First of all, let's take a look at a weight training diet? What is a weight training diet? A weight training diet is a set of meals that we eat at a specific time for any given period. The meals are usually planned ahead of time as well.

When it comes to a weight training diet, there is a different weight training diet for each individual training program. For example if we were training for weight loss as apposed to weight gain, the weight training diet would be significantly different. The same can go for any sports that we are training for. A weight training diet will be manipulated to suit each individual, depending on the specific sports that they are training for.

Some other things that we need to know about a weight training diet is that most weight training diets are set up following the same timing each day. An example of this is that any athlete or most athletes that want a weight training diet would following things such as eating 5-6 small meals every 3 hours each day and eating every meal at the time and most of all every weight training diet will have in it that you must drink at least 2 liters of water a day. In cases that the weather is really hot, you can drink more to keep the body hydrated.

Now that we have had a look at a weight training diet, how about we take a look at a weight training supplement? What is a weight training supplement? A weight training supplement is a pill or powder that can help you with extra nutrients to be delivered into the body, instead of using food.

A weight training supplement comes in powder and pill form as well. Each weight training supplement has a specific purpose, weather it be to increase vitamins or minerals or for weight loss or weight gain, each weight training supplement has a specific purpose, so if you are going to buy one from a health shop then be

specific in what you are training for. That way the shop assistant can point you out to the appropriate section of the shop.

A weight training supplement can also save you money as well. Imagine having to buy a whole lot of food that is going to be equal to the amount of nutrients that your body needs through the day. Ok so even if you can buy that much food, imagine having to prepare it, there is a half a days preparation time already where as with a weight training supplement, you just take the pill with water or take the powdered form supplement with water or milk as well, didn't that save you a lot of time.

Another weight training supplement that we can take a look at is called creatine. Basically what creating does is replenishes the energy stores because of a chemical breakdown that occurs in the resynthesising of energy. Creating has become one of the most popular weight training supplements in the world, and I mean right at this present stage. This weight training supplement s made to benefit any type of training from weight loss to weight gain and even any type of sporting code can benefit from using creatine as a weight training supplement as well.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/weighttrainingdiet-weighttrainingsupplement.html>

Healthy Diet For Kid - Healthy Diet For Child

All children should be eating a healthy diet daily. Children tend to need refueling at varying times of the day, so make sure you are providing for your kids a healthy food range for them to be eating or reaching for. Snacking is bad for kids reaching for junk food. This is simply because junk food seems to be quick and easy. However this sort of food is extremely unhealthy if not eaten in moderation. Crisps are full of saturated oil and chocolate is also full of fat, while lollies are extremely bad for your teeth. Children need to make sure their teeth remain healthy also. Fizzy drinks are another unhealthy thing for kids to be reaching for on a constant basis also. Make sure you have readily available cold water. Water is by far the most healthiest drink a child can be reaching for. Water will keep your kids hydrated and there are no bad or unwanted sugars in water.

Anything low fat is considered healthy in a child's dietary intake. This does not mean you have to purchase everything that contains low fat, just be observant of what you are buying, and make sure the intake of high fat foods, such as take-a-ways are eaten in moderation and not in your kids diet often. Most families I know of treat their kids to take-a-ways once a week, and generally this is kept at fish and chips.

In your household you should make sure you always have plenty of fresh fruit on hand for your children to be reaching for and eating when they feel the need for a snack. Fresh vegetables are another option of a healthy snack to be eaten. Tomatoes on cracker biscuits are also a healthy food for your children to be including in their diet. Other foods that are healthy that you can offer your kids in their daily diet include:

Tomatoes

Lettuce

Cucumber

Radishes

Oranges

Celery

Cracker biscuits

Cheese (in moderation)

Hard boiled eggs (in moderation)

Bananas

Apples

Grapes
Watermelon
Rock melon
Nectarines
Peaches
Apricots
Yoghurt
Strawberries

That is just a small variety of healthy foods you can offer your kids in their daily diet. Of course there are snack bars you can purchase that are just as healthy. Just remember that when you make such purchases of this sort of food for your kids diet that you check the nutritional information on the back of the packaging. This will let you know how healthy the snack food you are contemplating purchasing is. And do not forget the benefits for your child on eating healthy cereal. Encourage your child to eat a bowl of cereal each day. Bread is also considered a healthy food for a child's daily diet. Supply sandwiches in your kids lunchbox to ensure they are eating healthy foods as part of their daily diet at school.

Do not forget to include other healthy foods in your kids diet, such as: lean meats, poultry, potatoes, pumpkin, silver beet, spinach, broccoli, cauliflower, fish - just to name a few. All of these healthy foods will keep your children healthy, and we all know that healthy children are energetic children. If we have healthy children, they will in fact function more adequately both in the home and the school environment. Energy creates the ability to concentrate and focus. If we lack these components, we cannot possibly learn anything of significance. And we all know how important learning is for our kids.

Let your children be creative with healthy food, do not be concerned over a kitchen mess. If your kids are eating healthy and learning how to make their own healthy recipes, then this outweighs any kitchen mess.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/healthydietforkid-healthydietforchild.html>

Cigarette Smoking Facts - Interesting Fact About Smoking

Many people all over the globe have taken up the habit of smoking cigarettes. In this article I am going to go briefly into the facts about cigarette smoking, and may have one or two interesting facts about smoking included. Have you ever stopped for long enough to fully understand the interesting facts and consequences that surround cigarette smoking? Well, now you can learn some facts, and some interesting ones at that about cigarette smoking. I think we can all learn a thing or two about cigarette smoking.

There are some very obvious facts about cigarette smoking, which most smokers and even non smokers will or in the very least should know about. However some people become ignorant or just simply oblivious to such facts about smoking. Smoking can kill you. That is a fact and it is proven. An interesting concept to this fact involves non smokers. The fact of the matter is: Non smokers are more affected by the smoke from a cigarette than a smoker who is inhaling the cigarette smoke is. It is interesting to know that a non smoker is in fact more at risk of obtaining a smoking related illness or disease than a smoker. This is simply because of the fact that second hand cigarette smoke is more harmful to people than fresh inhaled smoke. In fact the amount of carbon monoxide that is in second hand smoke is more than in freshly inhaled smoke. This substantiates the fact that second hand cigarette smoke is more harmful to a person.

Smoking can lead to many illness and diseases. The facts speak for themselves really, for if you take into consideration the amount of illnesses or diseases related to cigarette smoking, it is quite eye opening. Cigarette smoking can cause or contribute to the following illnesses or diseases: Strokes, Heart disease, Cancer, Gum disease, Bronchitis, Stomach ulcers, Leukemia, Gangrene, Asthma, Wrinkles and Bad breath. Yes, it is a fact that smoking cigarettes can cause Gum disease. I wonder how many people knew of that interesting fact...???

It is also a known fact that smoking cigarettes will reduce your energy levels and cause shortness of breath. These facts, interestingly enough therefore contribute to your inability of playing any kind of sport to full ability or capacity. And another obvious fact

that surrounds smoking cigarettes, is the expense involved in smoking cigarettes. An interesting fact however relating to the expense of smoking cigarettes, is that regardless as to how often the cost of cigarettes increase, there is still an increase in people smoking cigarettes.

Here is a very interesting and yet sad fact for you all: Over 17,000 children are admitted into hospital each year for passive smoking. This is second hand smoke from a cigarette that a possible parent is smoking around their children. I cannot stress the fact of how bad second hand smoke is for other people strongly enough. If you choose not to think of your own health, then please think of the health of others, especially the health of your children.

Another interesting fact I fell upon and was quite taken aback with, is the fact that children as young as five have tried cigarette smoking. This is simply due to cigarette smoking being in the household and an older child cohering the younger child in to partaking in a 'game' of cigarette smoking. Another fact I found interesting, is that most adult smokers of today, actually began smoking as a teenager. So could smoking cigarettes be related to possible peer pressure? Or the pressures of being a teenager? Just a couple of questionable unproven facts for you to think on.

Above I have given you in brief some facts about cigarette smoking, some facts of which are quite interesting. Maybe it is time you sat down and gave these facts about cigarette smoking some serious thought. Or maybe you need to explain these facts about cigarette smoking to a loved one who smokes cigarettes.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/cigarettesmokingfacts-interestingfactaboutsmlking.html>

Cause Of Smoking - Dangers Of Smoking Cigarette

In this article I am going to give some brief detail on two key areas of smoking. Firstly I will give you some information on what causes smoking, what really does make a person want to take up smoking and end up becoming addicted to smoking. And in addition to that I will also give you some brief details on the dangers of smoking cigarettes. There are many dangers involving smoking cigarette, yet i feel some of these dangers are not commonly thought of often enough.

The Cause of Smoking:

There is probably not a scientifically proven theory for what does in fact cause smoking in many people all over the world. I do know that many people have a false misguided thought that smoking can and will reduce stress levels. So maybe this is the cause of many smokers having taken up smoking in the first place. It is also know that peer pressure can and will be a large influential factor in ultimately becoming the cause for many teenagers taking up the smoking habit. Teenagers are easily blindly led into doing what they shouldn't, or what they know is not wise for them. Some others causes for smoking can include: rebelliousness, contagiousness, power trips, socializing. These can all be causes of smoking for one reason or another. Socializing is a key cause to smoking. This is because smoking and drinking alcohol seem to go hand in hand, or whether the cause of smoking when socializing while drinking alcohol is simply the need to do something with ones hands is questionable as a possible cause for smoking. What ever the cause has been for so many people around the world to have taken up a bad habit such as smoking, the knowledge about what smoking can do to these people needs spreading far and wide, to prevent more people ending up smoking due to unimportant causes.

Dangers of Smoking Cigarettes:

There are many dangers involved with smoking cigarettes. The main danger involved with smoking cigarettes, is that you are opening yourself up to contracting a serious health condition and disease with every cigarette that you smoke. Smoking and the dangers of it can be disastrous. Death is a danger that arises from becoming ill with one of the serious diseases that smoking

cigarettes can cause. Other than the major dangers connected to smoking cigarettes, there are also hidden dangers. The more you become addicted to smoking cigarettes, the more you set yourself up for danger financially. Smoking cigarettes is not a cheap addiction these days, and you can quite well be heading for a financial danger zone with each extra cigarette you light up and begin smoking each day. You are in fact spending thousands of dollars on smoking cigarettes each year. The more you smoke cigarettes the more dangerous it is going to be for you when you think it is time to give up, or when your local doctor tells you have to give up smoking cigarettes. However by this stage, you may have already passed the danger stage and become too ill to make much of a difference in quitting smoking cigarettes. There are other dangers that surround cigarette smoking. If you have a family, you are in fact placing them in danger as well with your cigarette smoking. Second hand smoke is worse than freshly inhaled smoke that a smoker will inhale when smoking a cigarette. So you are therefore placing your loved ones in danger of illness also. Another obscure danger involved with cigarette smoking is the danger of fire. Yes - smokers need something to light their cigarettes with. Whether this be a box of matches or a lighter makes little difference. If a smoker who smokes cigarettes leaves either a box of matches lying around or a lighter lying around, they are entering a much greater danger zone than they could ever imagine. If a child finds such flammables, it is possible for them to be placing themselves and all others in the house in serious danger. Such a danger can create fire, a burnt down house, loss of possessions and even death. Do you really want to be placing your loved ones and your children in some of the dangers I have outlined above, simply through smoking cigarettes?

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/causeofsmoking-dangersofsmokingcigarette.html>

Effects Of Smoking On The Body - Disease Caused By Smoking

Within this article you will find information regarding smoke and the effects smoking can have on your body. The article will also contain information on what diseases smoking can cause if you persist on smoking. The article will be divided into two parts. The first part will include the information on the effects that smoking can have on our body, and then the second part to this article will contain the information regarding what diseases smoking can in fact cause us.

The Effects of Smoking on the Body:

Smoking can cause many varying effects on the body. Some effects that smoking can cause the body are far more severe than other effects. In the second part to this article I will go into further detail about those. But death can be a very severe effect of smoking on the body. Dry skin is an effect on the body from smoking. Now who wants to suffer from having dry skin all of the time. Not only is treatment for dry skin costly but also irritable. Smoking effects on the body range from gum disease to headaches and strokes. Smoking harms the body in so many varying ways. The effects smoking has on the body is alarming. Smoking may be causing effects with your breathing. A husky sounding 'smokers' cough is in fact an effect on the body due to smoking. Rapid breathing is another effect on the body from smoking. Effects of smoking on the body truly are astronomical. Smoking can cause major effects to your heart and body. The nicotine found in cigarettes raises blood pressure, which in turn can make the blood that circulates within your body clot easier. Carbon monoxide can steal oxygen from the blood in your body, causing cholesterol to build up on artery walls, therefore causing heart attacks. This is a very serious effect on the body from smoking. And worse case scenario and effect on the body from smoking is obtaining Cancer. Cancer can change your life for good, and even kill you.

Diseases Caused by Smoking:

There are a few diseases that are caused by smoking. I will provide a list of these diseases that are caused by smoking for you below. If you know a smoker, maybe you should show them this list of diseases caused by smoking, it may make them think about

weighing up what smoking does for them and whether they really want to end up suffering from one of the diseases that are caused by smoking. Some of the diseases caused by smoking include:

Cardiovascular disease - this can include Coronary thrombosis, Cerebral thrombosis, and Kidney failure.

Cancer - Cancer is a very powerful disease and there are a number of cancer related diseases that are caused by smoking. These include: Lung cancer, Bladder cancer, Cancer of the esophagus, Cancer of the kidneys, Cancer of the pancreas, Cervical cancer.

Chronic Obstructive Pulmonary Disease - this disease covers conditions such as: Emphysema, and Chronic bronchitis both of which are diseases caused by smoking.

Now don't we have a nice little collection of diseases listed above that smoking can cause?! Smoking really can be the cause of so many people obtaining the above diseases and the sooner smokers realize that smoking can be the cause of one of the diseases listed above, they will reduce their chances of contracting such diseases.

Diseases that are caused by smoking are not pleasant and can in fact be the death of a person. Is it worth running the risk of contracting such diseases caused by smoking, simply out of an addiction to nicotine or the chemicals cigarette smoking provide? Wouldn't it be easier to have strength and find a way and willpower to quit smoking, than to have to spend your life being ill with one of the diseases that smoking can cause?

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/effectsofsmokingonthebody-diseasecausedbysmoking.html>

Weight Gaining Food - Weight Gaining Pill

Do you know what weight gaining food is? Do you know what a weight gaining pill is? If you have answered no to both of these questions then read on and I will tell you what weight gaining food is and I will also give you a little insight into what a weight gaining pill is as well.

First of all let's take a look at some weight gaining food. What is weight gaining food? Weight gaining food is food that will help you to increase your weight. If you want some simple guidelines on weight gaining food then here is a direct approach to weight gaining food. Eat heaps of potatoes, pasta, oats and bread and also be sure to mix any of these weight gaining foods with some egg whites, chicken, salads, fish and lean beef.

The weight gaining food that I have mentioned to you above is the fastest way to gain weight using weight gaining food. If you are going to follow this method using the weight gaining food that I have above, then use this approach too. Eat 5-6 big meals a day every 3 hours and make sure that you have at least 2 liters of water a day as well.

Weight gaining food can be a lot of saturated fats as well, especially if your sole purpose is to gain weight, no matter what. Saturated fats have 9 calories per gram of fat and are the fats that are solid at room temperature such as margarine and butter. Just be sure to spread all the saturated fats over all your weight gaining food meals through out the day as well.

Now that we have taken a look at the topic of weight gaining food, how about we take a look at the weight gaining pill. What is a weight gaining pill? A weight gaining pill is a little pill that contains various nutrients that can help you gain weight. A weight gaining pill has been a part of the health market for years and can be bought from most health stores.

A weight gaining pill is a combination of protein and carbohydrates and in some cases extra vitamins and minerals as well, that have been combined together and then turned into a little pill through various manufacturers. A weight gaining pill is a great addition to add to a weight gaining diet, especially if you want save time. At least with a weight gaining pill, you can just chase it down with a

glass of water as apposed to having a meal in its place instead.

If you want a weight gaining pill and you are not sure what weight gaining pill to take because all the weight gaining pills have been over publicized saying that all the brands of weight gaining pills are the best, then try them out one at a time and see which one suits you. Through trial and error we are able to determine exactly which weight gaining pill is the best for our bodies. The best quote for this kind of thing is this "You are the master of your own body". You and only you know exactly what is best for your own body.

Well I hope that what you have just red has given you an insight into weight gaining food and also into weight gaining pill as well. If you eat ample amounts of weight gaining food then add some low fat flavoring sauces or natural herbs so that it gives you a bit of tasting in your food. All the best with your weight gaining supplement and your weight gaining food.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/weightgainingfood-weightgainingpill.html>

Symptom Of Low Self Esteem - Cause Of Low Self Esteem

Sadly many people all over the world suffer from a condition known as low self esteem. Have you ever wondered what causes low self esteem? In this article I am going to go briefly into what does cause low self esteem and I will in addition outline some symptoms of a person possibly suffering from low self esteem. Therefore I will split the article into two segments. The first segment will cover the symptoms of low self esteem, and the second segment will cover in brief the causes of low self esteem. So if you need or want to know more about the causes and the symptoms of low self esteem I suggest you read this article further.

Symptoms of Low Self Esteem:

A symptom of low self esteem is a person who 'sees' themselves as ugly, useless or not worthy. This is a very good symptom to recognise when you think you or another may be suffering from low self esteem. A person who has low self esteem may also show other symptoms such as: anxiety, not wanting to socialize or be away from the home unless they have to be, not wanting to partake in team sports, having a lack of friends around them. People who suffer from low self esteem will show classic symptoms of reclusiveness or the want to constantly be alone shut off from others. Other symptoms of low self esteem may also include: over-eating, dislike of the body image they portray, under-eating, depression.

There are also other symptoms of a person having low self esteem, which however relate to another possible disorder or illness this person may be suffering. But these can lead to and be symptoms of a person having low self esteem. These symptoms include:

- Alcohol abuse
- Social phobia
- Bulimia
- Post-natal depression
- Schizoid personality disorder

That's just a handful of varying underlying symptoms of a person possibly having low self esteem. To find out more about what the symptoms of low self esteem are, visit your local medical center,

they should be able to provide you the required information you need to possibly detect whether you or someone you know has low self esteem.

The Causes of Low Self Esteem:

There are many causes of low self esteem. It is even thought that having a baby can cause low self esteem. A teen at school or even a younger child at school may suffer from low self esteem. The cause of their low self esteem could quite likely be related to lack of achievement at school. A cause of low self esteem in an adult could very well be lack of achievement at work. As I said there are many causes of low self esteem.

If you are overweight and cant seem to change your weight problem, this could ultimately become a cause of low self esteem. Feeling unpopular in social circles can also be the cause of a persons low self esteem levels. It is even thought that our own perception of things said, or situations can be a cause of low self esteem.

Other causes of low self esteem may include:

Verbal, sexual or physical abuse

The feeling of being unloved

A dysfunctional family system

Children of parents who seem to spend all of their time at work

Divorce

Grief

Death

School bullying and abuse

Adults having experienced a bad or unhappy relationship

Medical conditions

As I said there are many causes of low self esteem. What I have listed above are just a few of these causes. If you need to know more about the causes of low self esteem, once again, I suggest you either speak to your family doctor or at least obtain some information from your medical center.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/symptomoflowselfesteem-causeoflowselfesteem.html>

Weight Gaining Tips - Muscle Building Tip

Do you want a weight gaining tips and muscle building tips as well? If you have answered yes to these questions then read on and I will give you a weight gaining tip and a muscle building tip as well.

Let's take a look at some weight gaining tips first. I can give you a couple of weight gaining tips that I follow myself and then I can give you another one of my weight gaining tips that I got from a friend that I used to train with.

The first of the weight gaining tips that I can give you is to make sure that you stick to a strict diet of protein foods, carbohydrates and some fats as well. When your diet and training is good, your lifestyle become more positive and you can influence others too. The diet is the most important part of any weight gain, so stick to it like it is a religion and eat at the same time every day too.

The next of the weight training tips that I can give to you is one of the weight gaining tips that I got from a friend that I used to train with. He said that any weight gaining supplements that may work for others may not work for you, so try the ones that you are interested out first and see which one suits your needs. You will never know until you do your own trial on them and then you are able to make an honest opinion on that supplement.

Well I hope that my weight gaining tip and the weight gaining tip of my friend helps you with your journey on gaining weight. But now that you have a tip or two on gaining weight, how about I give you one of my tips on building muscle?

There is one main muscle building tip that I can give you when you want to build muscle and that is protein. Protein is the linchpin of building muscle. Carbohydrates do help to push protein into our cells for growth, but protein is the boss when it comes to building muscle.

The muscle building tip on protein starts with what sort of foods give off some protein. Foods such as egg whites, chicken, fish, lean beef and lentil beans give off the best forms of proteins. Proteins are broken down into amino acids and released into the body to re-build broken down muscle tissue, which occurs

whenever you have a good workout. The protein makes the muscle stronger the next time it is faced with another stimulus.

A good example of protein is to take a look at an earthquake. Once an earthquake has struck, repairmen can come in and start to rebuild homes and buildings and what ever else has been damaged during the earthquake. The same process happens when you are doing weight training and then use protein. The muscle is broken down through weight training and then it is rebuilt when the protein is sent to the broken down muscle tissues or muscle cells.

Well I hope that this number one muscle building tip helped you gain a little more knowledge on how to build muscle. Just remember that protein is the top of the chain when it comes to a muscle building tip and with out protein in the body, the muscles will not grow any bigger.

So if you are following some muscle building tips of any sort, make sure that you include it in your training and keep an eye on any progress that the muscle building tip may give to you. Keep a record of everything that you do if you use a tip.

You can find more about this topic at:

<http://www.selfimprovementguide.net/articles/weightgainingtips-musclebuildingtip.html>

Weight Gaining Supplement - Weight Gaining Diet

Do you know the best weight gaining supplement to use? Do you know how much about a weight gaining diet? Well if you keep reading then I can tell you which is the best weight gaining supplement and also I can give you a weight gaining diet that you can follow as well.

First of all let's take a look at a weight gaining supplement. What is a weight gaining supplement? A weight gaining supplement can come in powder or pill form. Now days the most commonly used for of weight gaining supplement is the powdered form which comes in different flavors as well. A weight gaining supplement can be bought at any good health store.

Basically a weight gaining supplement is used to help you gain weight. The weight gaining supplement is simply a replacement meal if you are using the weight gaining powder or a good way to add extra calories when you are training to put on a little extra weight.

The best way to use a weight gaining supplement is to use it in your daily diet. If you want to use a weight gaining supplement in your diet then use it as either an extra on top of some of your meals or use it up to three times a day in between all of your main meals.

As I said up the top a bit, there is a powdered form and a pill form of weight gaining supplement, what ever one you choose to use the value of a weight gain supplement can save time and money. It saves time because of the preparation time, which is to just add water or milk to the powder and it can save money because of the price, compared to spending money on the same amount of foods equivalent to that of a weight gain supplement.

Now that we have had a look at a weight gain supplement, let's take a look at a weight gaining diet. What is a weight gaining diet? A weight gaining diet is a diet that is structurally set out so that the times and food are carefully placed so that they can be consumed by the exerciser at the appropriate times adding extra calories.

Without a weight gaining diet it can be hard to put on some weight if you are really lean or even if you just want to add weight to your already proportioned frame.

Here is a weight gaining diet that you can follow. I have developed this weight gaining diet as a base to work from; you can add or take off food accordingly. It depends on how fast and how much weight you want to be gaining in any given period of time.

Daily weight gaining diet

6am 6 egg whites and 4 bits of whole meal toast

9am weight gaining supplement and piece of fruit

12pm 3 large chicken salad sandwiches

3pm weight gaining supplement and banana

6pm tuna and pasta salad with 3 baked potatoes with sour cream

9pm weight gaining supplement

There goes your simple to follow weight gaining diet and also note that I have included the weight gaining supplement in the diet as well.

The last thing that I can tell you is that when your prime objective of any fitness routine that you follow is to gain weight, only do weight training 3 times a week on Mondays, Wednesdays and Fridays. This way you don't have to burn so many calories, because the more that you burn, the more that you have to replace with food and supplements.

So go and give it a try, it's not that hard to follow, if I can do it then so can you, just believe in yourself.

<http://www.selfimprovementguide.net/articles/weightgainingsupplement-weightgainingdiet.html>

Healthy Diet For Teen - Healthy Diet For Teenager

For those of you have teenagers, this article is for you. In here, you will discover just what is a healthy diet for your teenager. Now we all that teens like to eat and run at times, and more often than not will reach for something that is packaged, and a lot of the time not good for a healthy diet. It is time you trained your teenagers how to eat a healthy diet, and not rely on the junk food so much. A healthy diet can be just as quick and easy to grab. One of the key things you can do in assisting your teen eat a healthy diet and stop the junk food intake, is to readily provide healthy foods for their diet. It may take a while for your teenager to get used to the fact that the supply of junk food has been cut down, but if your teen is hungry, your teen will eat what you have on offer. A healthy diet for a teenager is very important, as healthy foods provide a substantial amount of energy. Teenagers need an adequate supply of energy to be able to function properly, both in the classroom and out of the classroom. If a teenager does not have a healthy diet, their school work will in fact suffer. They will appear lethargic and lose their ability to pay attention in their classes and therefore not accomplish the required grades they will need to be successful at school. In addition to this if your teenager does not eat a healthy diet he or she will also lose interest in outdoor activities, which could therefore lead to anti-social behavior amongst other teenagers. Interacting social skills are just as important for a teen as school work is.

A healthy diet for a teenager should include plenty of fresh fruit and vegetables. Fruit and vegetables are full of vitamins and minerals that we all need to eat to remain healthy. There are many different types of fruit and vegetables available. Some of course are seasonal fruits, but still available when the time of year is right. You can help your teenager in maintaining a healthy diet by supplying plenty of this and keeping your fruit and vegetables well stocked up at home. Also have readily available to your teenager cracker biscuits which can have tomato, cucumber, even basic marmite placed on top as a topping. In addition to the varying food groups that can be included in your teenagers healthy diet, you should also have plenty of cold water stored in the refrigerator, especially in the summer and hotter months.

In the local supermarket you will be able to purchase some healthy snack bars that come with nutritional information listed on the back of the packaging. When making such purchases always check this information to make sure the snacks are not laden with excess fat.

If your teenager begins to eat a healthy diet now, he or she will be helping the prevention of illness later on in life, such as: Diabetes, Heart Disease, Osteoporosis, Strokes and some forms of Cancer.

Bear in mind, your teenager does not have to cut out junk food and take-a-way foods completely, just merely keep a balanced healthy diet. These sorts of food should be treated as a treat and something that is eaten every now and then. If your teenager keeps a balanced healthy diet, then they will function and lead a healthy life style. And always remember that when your teenager is reaching for a snack between main meals, to watch that it is only a snack size portion of food they are in fact reaching for. After all a snack is not a main meal, and you do not want your teenager filling up on something that is going to prevent them from eating all of their healthy dinner meal.

<http://www.selfimprovementguide.net/articles/healthydietforteen-healthydietforteenager.html>

Weight Gain Recipe - What To Eat To Gain Weight

Do you want a weight gain recipe? Do you want to know what to eat to gain weight? If you have answered yes to both of these questions then read on and I will give you a weight gain recipe that you can use and also I will let you know what to eat to gain weight and this way you will be able to create your own weight gain recipe.

Let's take a look at a weight gain recipe first though. What is a weight gain recipe first? A weight gain recipe is a meal that you can prepare to help you gain weight. There is a weight gain recipe in just about every magazine or fitness book that we read, so how do we know which ones work and which ones don't work? You don't know which weight gain recipe will work for you until you try it yourself. Through trial and error we can make decisions on the type of weight gain recipe that will work for our own bodies.

Here is a weight gain recipe that you can follow. It is my favorite weight gain recipe and has been very successful for me over the years that I have wanted to put on weight.

Weight gain recipe

Super pasta

Take three cups of cooked pasta and put it back into a bigger pot and add a can of tuna, some mushrooms and onions and 6 egg whites and a whole egg. Heat up on the oven until everything is cooked and then serve.

This weight gain recipe is full of weight gaining nutrients and plenty of them too. How about you create your own weight gain recipe? All that you need to know is what to eat to gain weight, then you can make up endless amounts of weight gain recipes.

So if you want to know what to eat to gain weight then here is a list of things that you can eat to gain weight. There are two lists here that can help you to gain weight, the first is carbohydrates and the second is protein.

Carbohydrates

Bananas, apples, fruit juice, potatoes, bread, pasta, yams, sweet

corn and oats

Protein

Egg whites, chicken, lean beef, fish and lentil beans

Carbohydrates carry the most responsibility when learning what to eat to gain weight, protein is the understudy of carbohydrates but are just as important in the rebuilding of broken down muscle tissue. Also when you are learning what to eat to gain weight, take a look at some of the foods on the list and make your own weight gain recipes that suit your own taste buds.

The other thing to look out for when learning what to eat to gain weight is make sure that your water consumption is at least 2 liters of water a day and spread the water over 5-6 biggish meals every 2-3 hours through out the day.

Well they are the main things that you need to know when you are learning what to eat to gain weight. Other things that you must know when learning what to eat to gain weight is eat at the same time every day and you can consume a little bit of fatty foods as well if your primary goal is to gain weight and not worry about a little extra body fat. Just make sure that any meal that you have has a little bit of flavor and a little bit of variety too, so that you don't get sick of the same old meals. Eat them at the same time each day as well.

<http://www.selfimprovementguide.net/articles/weightgainrecipe-whattoeattogainweight.html>

Beauty Fitness Health - Food For Healthy Skin

This article I have prepared for your reading is all about fitness health for beauty and food to help promote healthy skin for women. So if you are interested in learning how to use a healthy fitness routine to improve your beauty or want to know what foods will enhance healthy skin, keep reading. Because I have two different topics within this article I will split it into two segments. The first segment will be about fitness health for beauty, and the second segment will contain information on what foods will give you healthy radiant looking skin.

Fitness Health for Beauty:

As women, we all like to hold a reasonable standard of beauty about us. Beauty is more than just skin deep, therefore fitness health is paramount to having beauty surround us. Fitness health should be a part of our everyday activities. This does not mean you have to rush out and join a health club or a fitness gym. There are ways you can promote and include healthy fitness into your daily routine without these and do it from the comfort of your own home or within the area you live in.

Fitness is a level of activity we keep our bodies working at. We have to establish healthy fitness to keep our energy levels up. Having higher energy levels will in fact promote a deeper beauty than what is just on the outside and visible for others to see. Yet in addition a healthy fitness routine will compliment our beauty on the inside and give us extended beauty on the outside. Fitness can promote healthy bones, and as a woman this is very important to veer away illnesses such as Osteoporosis. This is a disease of the bones that will cause many problems. A very simple way to keep our fitness at a healthy level is to eat a sensible daily diet and exercise. You can promote healthy fitness exercise without the high expense of becoming a member at a gym. Go for a brisk walk for at least 20 minutes 3 times a week. This is a healthy fitness activity that anyone can be doing. So make it a family activity after dinner at night if need be. Always remember when you partake in any fitness exercise to have a bottle of water on hand. Water will keep your body hydrated as you promote beauty through health fitness activities. You may prefer running to walking. This is another healthy fitness activity that will promote beauty both on the inside and the outside. Any form of healthy fitness will promote beauty on the both the inside and the outside. Fitness health will

tone your body and give you the added beauty of firmer looking muscles and body parts, such as your bottom, thighs and stomach. There are other healthy fitness exercises you can do to promote a more physical beauty. Aerobics and yoga are healthy fitness regimes, and something you can do from the comfort of your own home. Once again these forms of healthy fitness will tone and shape your body to a more beautiful you. Healthy fitness will in fact give you more energy and make you feel refreshed. This added energy will in fact promote beauty of the mind as well. And we all know to function adequately we have to keep some form of beauty surrounding our mind and the way we think. Thought creates action, so having a beautiful mind can also affect our choices we make in life. Meditation is also known to be a healthy fitness program. As I mentioned above, beauty is more than what you see on the outside. Beauty is also how we portray ourselves and how others see us portray ourselves. Being beautiful is more than appearances! Healthy fitness activities will enhance beauty in varying ways to help our body to function properly and in a beautiful way. So do not remain idle and sit on your butt constantly - this will not promote beauty in any way or form, it will only promote laziness, fatigue and simply put - ugliness!

Now that I have detailed in brief how healthy fitness activities can promote beauty in varying ways for their mind, inner and outer body, I will approach the next topic about what foods to eat for promoting healthy, radiant skin for women.

Foods for Healthy Skin:

First and foremost the number one daily intake you need to have is water. I know some people do not like drinking water and find it rather tasteless, but this is extremely important if you want to have healthy looking skin. You need to drink at least 8 glasses of water a day to promote healthy looking skin and to be healthy all round. Water is known for hydrating the skin, therefore making it more healthy and full of radiance. If you do not drink enough water, your skin can become dehydrated and dry out, causing flakiness and in general ugly skin. Now you want your skin to have a radiant glow and a sense of beauty.

In addition to making sure you get your daily intake of water to promote a more beautiful healthy skin, there are foods that will also help you gain healthy skin. You have to veer away from junk food and high fat foods to have healthy skin. Foods that are

drenched in fat will not promote healthy skin, they will in fact give you very oily skin, which can in turn cause major acne and pimples. You need to make sure you are feeding your skin all of the nutrients you need to give yourself healthy looking skin. Fresh fruit and vegetables are an excellent source of all the nutrients your skin needs to be healthy and have a radiant glow to it. Other foods to help with healthy looking skin are: nuts, seeds, grains, yoghurt, honey and yeast - all of course in liberal portions and/or quantities. It is important to eat a balanced diet of healthy food to promote healthy looking skin.

Healthy foods are full of the required vitamins and minerals we all need to have a healthy body and this includes having healthy skin. So maybe you need to evaluate what foods you are including in your daily diet and alter it accordingly to introduce additional healthy foods to promote healthier looking skin.

If you manage to maintain a healthy food diet, it is in your best interests, as a healthy food diet will enhance healthier looking skin for you.

You can also try using foods in other forms to promote healthy skin. Apparently using a cabbage face mask is very good for obtaining healthy skin and radiance. And many will know that cucumbers sliced, and placed on the face will increase skin beauty.

<http://www.selfimprovementguide.net/articles/beautyfitnesshealth-foodforhealthyskin.html>

Fun Healthy Kid Snacks - Recipe For Healthy Snacks

Kids need snacks and most kids have so much energy they want snacks every five minutes, especially if they are fun healthy kid snacks. To make some fun healthy kid snacks, we need to have some food that the kid actually likes and depending on the presentation on of the food, the kid may even eat something healthy that they didn't like in the first place.

Lets take a look at fun healthy kid snacks a little bit more and then lets take a look at a recipe for healthy snacks, we could even take a look at a couple of recipes for healthy snacks.

As time goes by, most of us are getting the message that to be healthy we need to eat healthy and most importantly this includes our children. What we mould into them as kids is something that they will live by and pass onto the next generation. So let's take a look at what fun healthy kid snacks we can give to our children.

Fits of all, fun healthy kid snacks are the little meals that your kid has between all of there main meals such as breakfast lunch and tea. For fun healthy kids snacks I would recommend to have the snack about an hour or two after your main meals. This should give your kid a good chance to hold off any hunger pains before the main meals.

Another thing that we have to look at is presentation of fun healthy snacks. Make a face shape out of some fruits. Use a banana for a mouth, two pieces of apples for eyes and oranges for a nose. Kids love fun things to look at, it amuses them. Other fun healthy kid snacks are to use muesli bars and other foods such as watermelon to make things out of, kids love this and it satisfies both there mind and there hunger.

What about a recipe for healthy snacks? Shall we take a look at a recipe for some healthy snacks? Yeah, why not. Here are a couple of recipes for some healthy snacks. These can be used for children and for adults, just manipulate the recipe for healthy snacks that I am going to give you to suit your own needs.

First recipe for healthy eating is one where you need an apple, a

banana, a kiwi fruit and an orange. Dice all these fruits up into a bowl and then pour over some fat free plain yoghurt. You have just made the recipe for low fat yoghurt and it has plenty of vitamins and minerals in it from the fruit too.

The next of our recipe for healthy eating snacks that we are going to look at is one where you need is to take a banana and cut the middle out of it so that it looks like a boat. Fill the middle up with muesli bar bits and also if you want you can tip a little orange juice in there as well and some mango bits as well. Then the next part is to eat it, you have just made a banana boat. And a healthy banana boat too, mmm yum, sounds delicious to me.

With both of these recipe for healthy eating snacks that I have given to you, they are especially made for health purposes and have a good sound balance of nutrition in each snack as well.

I hope this extends your knowledge of fun healthy eating snacks and also recipe for healthy eating snacks. Try and make your own healthy eating snacks for your kids, just remember to make it fun.

<http://www.selfimprovementguide.net/articles/funhealthykidsnacks-recipeforhealthysnacks.html>

Healthy Eating Recipe - Healthy Diet Food

Do you have a healthy eating recipe or recipe's that you can follow? Do you know much about what types of healthy diet food there are? If you have answered no to both of these or if you even just want to extend your knowledge, then keep reading and I will give you a couple of healthy eating recipe's that you can use and also I will give you an in depth explanation on healthy diet food.

First of all we all like to eat healthy and we also like to stick to follow the same old recipe book knowledge that we have week in and week out. Well how about a change? Instead of following a boring old recipe, try my 2 healthy eating recipes that I am going to give to you. These 2 healthy eating recipes can be used for any of the main meals through the day as well.

The main thing that we have to remember about a healthy eating recipe is that it has a good balance of healthy nutrients. I will show you a couple of healthy eating recipes now and then I will explain to you what I mean by healthy eating nutrients.

First healthy eating recipe

Super fill omelet

For a super fill omelet, take 5 egg whites and one whole egg and mix with some cut tomato and cut onions and a little bit of skim milk. Tip the mix into a non stick wok and cook the omelet until it is golden brown on both sides. Once it is cooked, serve it up with some whole meal toast and a little bit of light margarine spread on the toast.

Second healthy eating recipe

He man sandwiches

Take 4 bits of whole meal bread. One for the top and one for the bottom and spread some light margarine on them and then put some grilled chicken with no skin on the sandwich and some tomatoes and lettuce and some low fat cheese and then sprinkle a little light salt on the sandwich to and put the top on. Mmmm yum I hear you say. Now eat your heart out.

These two healthy eating diets were much such that there were a good mix of nutrients in them and the main nutrients being carbohydrates from the bread and protein from the eggs and cheese and also from the chicken. The vegetables are there for

vitamins and minerals, they make a complete meal along with a glass of water every meal.

Now that we have some healthy diet recipe's to follow. What are some other healthy diet foods? Do you know any? Maybe you do know some healthy diet foods that you can choose from, but what is a healthy diet food and what does it do? Well let's take a look at some healthy diet foods then and take a look at the purpose of the food too.

First of all a healthy diet food is just that, the type of food that is going to help you live a healthy lifestyle.

But there are different types of healthy diet food and they serve different purposes. Let me give you a couple of examples of healthy diet food then. The first is a banana which is termed to be a carbohydrate or energy food, the purpose of eating a banana is to release carbohydrates into the body to be used as energy in the gym or in any sports that we play at all.

The next healthy diet food that we are going to look at is protein. The purpose of protein is to rebuild broken down muscle tissue, which happens when we are exercising in the gym. The protein in such foods as egg white and chicken is transported into the body as amino acids and used to rebuild the broken down tissue.

Other healthy diet foods such as fruit and vegetables are good for vitamins and minerals and should be used at least 3 times a day within your healthy diet food selection.

<http://www.selfimprovementguide.net/articles/healthyeatingrecipe-healthydietfood.html>

Benefits Of Eating Healthy -- Healthy Eating Advice

Now we all need to know how to live a life with good health and we all want to live as long as possible, well I am sure most of us do, so we need to know the benefits of eating healthy. To enable us to have a longer life span, it is imperative that we know about healthy eating and the benefits of healthy eating. In this article I will go into brief detail on the benefits of eating healthy, as well as some advice for you on healthy eating. I assure you, this information and advice on how to eat healthy will give you great benefits for a healthy future.

People think of healthy food, and do not often enough reflect just how eating this healthy food can benefit them, and what sort of benefits they are actually gaining from eating healthy foods. It really is a shame, because the main benefit of eating healthy food, is the prolonging of ones life. The more healthy food you in fact begin eating, the more likely you are to have a longer and healthier life. However there are many other benefits from eating healthy foods throughout your life. But this has got to be a benefit worth making you want to eat healthier to start with.

One benefit from eating all the healthy foods in your daily diet as possible, is reduced health risks and disease and illnesses. We as humans really do gain a lot of benefits from knowing about eating healthy foods. The healthier we are eating, the healthier our bodies will be in retrospect. There are also some healthy foods available for us to be eating that are known or thought to be known to in fact prevent some illnesses from striking us. Therefore, in saying that, eating healthy foods can in fact prevent us from becoming very sick. That has got to be a great benefit from simply eating healthy foods.

Other benefits we gain from eating healthy foods can include: raised and efficient energy levels. When we are eating healthy foods, the foods feed our brains and our bodies. These healthy foods give us all of the vitamins and minerals that we need to function sufficiently and appropriately. The healthy foods we are eating do in fact contribute to how we feel, how much energy we hold - which will in turn affect our attention span, how we focus, how we go about our daily chores and activities, even how we

function in the work place. So some benefits are actually quite life affecting and without these benefits that eating healthy foods gives us, we would be all like zombies, appearing to be half asleep.

So as you can see, there truly are many benefits from making sure we are eating healthy foods. Maybe now that you have read some of the benefits we all gain from eating healthy foods, you can relay the information on these benefits to others who may need to learn about how eating healthy foods will benefit us and our lives in some way. Make the most of eating healthy foods and gain all the benefits that being healthy has to offer to you. If you are healthy, your family will also benefit, simply from you being healthy. It works in a cycle basically. When you benefit from eating healthy and can get through each day with a positive attitude, your children will 'feel' this attitude, therefore also benefit from you eating healthy foods.

Healthy Eating Advice:

In this segment of the article I am going to give you some advice on how to be eating healthy. Sometimes we think we are eating healthy and that we do not need any advice, however sometimes there are bits and pieces of advice floating out there that we can use from time to time. Or maybe you simply know of someone who could do with some advice themselves on eating healthy. If so, then you could print out this document which provides advice on healthy eating for them to read at their leisure at a later date. Or maybe you can give them advice on how to find information about healthy eating yourself. You have found this document full of advice, therefore you must know how to research for advice on varying topics.

It is suggested that you eat several small meals a day, not necessarily three large meals. Keep your meals light and of small quantity. Healthy eating includes fresh fruit, fresh vegetables (which you can eat as many of as possible). Bear in mind though, it is wise to not eat more than 5 bananas a week. Other advice I can give you for eating healthy is:

Less more often is better

Lots of water

Salads

Grilled meats as opposed to baked

Soups

Cracker biscuits

Additional advice for eating healthy can include:

Eating when you feel hungry, but a little, and something that is good for you, therefore being healthy. Keep what you are eating low in fat. Never over eat! This is simply not healthy at all. And never starve yourself! Once again this is also not healthy.

Hope the advice I have gone into brief detail about covers some of what you want to know about eating healthy. Maybe you can now head off and evaluate whether or not you are already eating a healthy diet, or whether or not you need to take some of this advice and change your diet to being more healthy. As you can see we can all in one way or gain benefits from waiting healthy foods, so what are you waiting for?!

<http://www.selfimprovementguide.net/articles/benefitsofeatinghealthy--healthyeatingadvice.html>

Cause Of Weight Gain - Healthy Weight For Height

What is the cause of weight gain and what is a healthy weight for height? If you keep reading on I will explain to you exactly what the cause of weight gain is and what healthy weight for height is.

First of all let's take a look at what the cause of weight gain is. There are various factors that can contribute to the cause of weight gain. Some of these factors can be influences from delicious foods which contain the worst nutritional factor in weigh gain, saturated facts. Some of the other factors that can contribute to the cause of weight gain are genetics, stress, smoking, diabetes and plenty more.

There is no one factor that stands above them all. Sure enough the cause of weight gain in food is normally the consumption of to many saturated fats, but we need to look behind the scenes of what the deeper problem is? I mean the cause of weight gain can simple come from some stresses that have arisen from the past, such as a family or personal tragedy that has happened. Another cause of weight gain that happens in a lot of guys that like to bulk up is an over consumption of carbohydrates. Once the carbohydrates are fully stored in the body and in the bodies reserves it then stores as fat in a process called de-nova-lipogenesis, which is something that you really don't really need to know about in technical terms. Just the basic understanding of that cause of weight gain is all that is needed.

Another cause of weight gain is stress related weight gain. This is such that a person is under an amount of stress from various things in there life and they just eat whatever they want and in excess. A lot of people use the eating habit to get rid of stress, only it is developing another stress as well.

So what is your healthy weight for height? Do you know what your healthy weight for height is? If you do not know your healthy weight for height, then read on, I have a little something that you may be interested to know when reading your healthy weight for height ratios. Something that you may not know about the healthy weight for height charts.

First of all when you want to read your healthy weight for height ratio's, there are charts that any doctor will have or you could simply go down to your local hospital and ask to look at one of there charts.

The next thing that you need to know is these charts are only designed for the sedentary person, which is a person that doesn't do much or any exercise at all. This means that a healthy weight for height ratio is never always a correct reading and more so it could be just about completely wrong because it does not take into consideration the amount of muscle mass that you have. Take for example if you have been training for about 6 months and you have put on an extra 3 kilo's. This could be muscle, but on the healthy weight for height chart this could deem you as being obese because of the extra muscle mass that is does not calculate into the equation.

So as I said, a healthy weight for height chart can probably most of the time always be wrong, so do not be discouraged by the fact that it says your over weight, because this may not be the case at all and usually is not.

Well I hope that what you have just red gives you a good indication on the cause of weight gain and also how to read healthy weight to height charts too.

<http://www.selfimprovementguide.net/articles/causeofweightgain-healthyweightforheight.html>