

10 Great Answers to 10 Great Questions About
Your Physical Fitness
For Beginners and the Curious

From Bluelady's "10 Great Answers to 10 Great Questions" Article Series



"What may seem "fit" to you may be seen as "insane" for somebody else."

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You are invited to join Bluelady Muse's Wellness Group!
Come talk about Fitness and many other ways to become and stay healthy
of body, mind and spirit!

Visit <http://groups.msn.com/BlueladyMuse> or email Erin Chavez at
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Foreword

It's all over the place! Join this gym, buy that workout tape... where does the insanity end?! The true question should be – where does one begin? In this fitness segment of 10 Great Answers to 10 Great Questions, you will find the answer to this and many more questions. If you have any more questions, email us and we will get the answers out to you!

1. How do I start? Take this quiz and find out!

- a. You enjoy doing things around other people
- b. You would rather do things on your own
- c. You sometimes would enjoy others while sometimes you want to be on your own

If you answered "a"

Consider joining a gym, or structured exercise classes at your local recreation center, community college, or YMCA.

If you answered "b"

Consider investing in some workout videos that seem fun to you! You don't have to go right out and pay full price however, check out your library, movie rental store, used book stores, and mail in video rental retailers, like NetFlix. After you have found a type of exercise you enjoy – then buy a tape or two! You can also walk outside or ride your bike.

If you answered "c"

Don't make a big commitment like joining a gym. It is best with your comfort level to leave your options open. Choose the options you like best from "a" or "b".

A note to everybody:

First and foremost, start at your doctor's office! Find out where you stand with your blood pressure, cholesterol, triglycerides, blood sugar, the whole works! And take in a list of all of your aches and pains, your and your family's medical history, and any questions or concerns you may have. FEAR NOT! You are on your way to a happier, healthier you!

When it comes to exercise, the bottom line is to find something you enjoy, then "enjoy" it on a regular basis.

2. What does it mean to be physically fit?

This is really a very personal question. What may seem "fit" to you may be seen as "insane" for somebody else, or visa versa.

There are major components to being fit: cardiovascular (the

condition of your heart and lungs), strength (how strong your muscles are), flexibility (how far you can comfortably stretch your muscles), and mental clarity (how you handle stress and how you manage your life).

To be physically fit, set goals for yourself in each of these four areas. After you have reached your goals, you will naturally (yes, even you) want to improve yourself to a higher level of fitness, therefore, improving your physical fitness more and more over time.

3. Can I be fit and fat?

Yes and no. Sure, you may weigh 205 pounds and be able to out do your skinnier friends, but the advantage they have over you is less internal fat. In recent studies, the more stomach and abdominal fat you have, the higher risks you have for heart disease and diabetes.

The good news is that if you are outdoing your size 8 buddies, your cardiovascular system is in better shape than theirs! So keep it up and remember that each time you exercise and choose healthy foods, you are that much closer to losing that fat!

4. What are the top three things I need to know in order to become fit?

Eat Right. Exercise. Relax.

Eating right is really easy, once you know the basics! To start, fill $\frac{1}{2}$ your plate with fruits and veggies, $\frac{1}{4}$ of your plate with a lean protein, and $\frac{1}{4}$ of your plate with a starch, preferably of the brown variety (brown rice, whole wheat bread, and whole wheat pasta).

Exercise is obviously important to becoming fit. Even if you are already within your recommended weight range, exercise will make your heart and lungs healthier. (If you are just starting to exercise, get your doctors okay.) Thirty to 60 minutes a day is ideal. Remember, you can break that hour up into small chunks and make it fun! Who wants to do something they don't like?!

Relax, ME?! Oh yes, you! This is especially important if you believe you don't have the time to relax. It is easy to fit in 5 minutes of deep breathing in the morning and 10 minutes at bedtime (or at any point during the day where you can steal some quiet time to yourself).

Relaxing is easy! Simply close your eyes, inhale deeply through your nose for 5 seconds, hold it for 3 seconds, and then exhale through your mouth for 5 seconds. You can concentrate on your breath, keep repeating one calming word such as "Relax", or visualize your goals.

You will be amazed at what this simple relaxation exercise will

do for you. And the even better news? It only gets easier and more beneficial with time!

5. Do I need to buy fancy equipment?

A great big resounding NO!! Sure, you can if you want to, but you can also fill up some gallon milk jugs with water, grab some soup cans, and even use your own body weight for resistance!

If you want to try some exercise equipment, go to a discount store and buy the non-name brand items. If there was one single item I would recommend, it is a stability ball. Not only does it give you a great workout, but you will have an absolute blast!

6. How much money will it cost me to be fit?

It will cost anywhere from \$0.00 to thousands of dollars! It all depends on how and what you want to do. Before you go out and buy a \$2000 treadmill, try that exact model at your local rec. center, or purchase an inexpensive \$100 treadmill to make sure you will even use it at home on a consistent basis!

More money does not equal more fitness! The important thing here is to find something you enjoy then you can decide if you want to spend your money on it.

7. Where do I find the time?

To be blunt... if you can't find the time, you are making excuses.

You have read or heard about fitness clubs open 24 hours, breaking up your exercise into 15 minute sessions, exercising during commercials, walking during your lunch break... you already know how to fit exercise into your day.

Now you simply need to realize that you are worth it, and get up and do it!

8. Where is my motivation?

Ahhh. If there was only a simple answer to this question! Your motivation is within you. You have to find it. You must care about your future as much as you care about right now. Why do you care about your future? That is the answer you are searching for.

Until you find the right answer for you, fake it! Psych yourself up and get moving! You will find that you enjoy the feelings that exercise brings to you. Your motivation will reveal itself to you when the time is right.

9. I have a family! How do I change my ways without interrupting their lives?

The best influence is a positive influence. You can either invite

them to join in, or let them know that you are taking your exercise time for yourself.

When your family sees that you are making yourself important, they will realize that they should take time for themselves because they are important. You are not interrupting them, you are inspiring them!

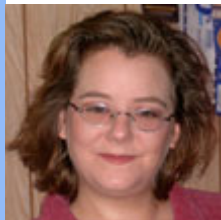
10. Is fitness all about an exercise routine?

Well, it can be, but it doesn't have to be! The only thing that has to be routine is exercising almost everyday. Other than that, you most certainly can mix it up! Tennis one day, horseback riding the next, lifting weight another day! On the other hand, if you want a routine, indulge yourself! Schedule your workouts and post it so you can mark off your progress. Bottom line – do what fits best for you.

One Last Note

Fitness is what you make of it. It does not have to be hard core pain, it does not have to be going to the gym and working out in front of all of the gym “babes”. It is simply living a simple life, moving your body in ways that you enjoy, eating healthful foods, and letting go of stress. As Americans, we have created a life for ourselves based on rush here, must do this, have to do that. It is time that we slow ourselves down.

Enjoy life, enjoy our bodies. Savor the beauty all around us, and especially the beauty within us. Take a moment to realize what an impact this could have on your life - if you allowed it.



About the author:

Erin Chavez's mission is to help you find whatever it is you need to live a healthy, fulfilling, joyful life. She believes that nutrition and fitness are the building blocks of a long and healthy life.

Erin began her fitness journey when her father died at age 54. She realized that she was following his footsteps, and decided to make a change.

Erin would love to help you learn to love fitness, too! Email Erin at ErinJoi@blueladymuse.com to find out how wellness coaching can work for you!

Remember to visit [Bluelady Muse](#) and [Bluelady's Wellness Group](#) to get the answers to how you can create the life of your dreams!