

Title:

How to get back in shape

Word Count:

541

Summary:

Getting back into shape after a long period of laziness is hard to do, but since your life rea

Keywords:

health, fitness, wellbeing, sports, leisure activities, casinos,poker, gambling, entertainment

Article Body:

Before starting to work out make sure you get a full physical from your doctor and a letter st

Depending on how long it has been since you last did regular exercise it is recommended that y

It is generally recommended to start off at the gym with just the treadmill and the lifecycl

You will generally want to find a speed on the treadmill that is a pace you can keep up with l

Remember that pushing yourself too far is taking a gamble that you may not be able to live wit

Many people make the mistake of getting back into an exercise program and going all gung ho an

Depending on how long it has been since you last worked out, I recommend working out 4 or 5 da

Working out 5 days a week does not necessarily mean you have to go to the gym every day. I rec

Most professionals will tell you that if you work out your arms and chest on a Monday do not e

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