

Title:

Beer And Fitness - Can You Drink Beer And Stay Fit?

Word Count:

683

Summary:

This week I was asked an interesting question concerning drinking beer and exercising. It seem

Keywords:

lite beer, excercise, diet, fitness, loose weight drink beer,

Article Body:

This week I was asked an interesting question concerning drinking beer and exercising. It seem

Over 90 million Americans enjoy drinking beer! Drinking moderately has been proven by many doc

Anything done in excess is naturally unhealthy. "Moderation" is defined by most doctors as 1-2

The average can of beer has over 100 calories. Drinking one beer is equivalent to eating a cho

The "inactivity" belly is caused by excess calories in your diet AND lack of activity to burn

Calories IN < Calories Out (burned) = Weight Loss

If you can add exercise into your schedule for 20-30 minutes a day, your daily consumption of

Workout #1: This is a great full body calorie burner:

Repeat 3-5 times

Walk, run or bike 5:00

Squats - 20

Pushups - 10-20

Situps or Crunches - 20

Workout #2: Swimming and elliptical gliding (cross country skiing) burn the most calories per

Swim 20-30 minutes non-stop

Elliptical Glide 20-30 minutes

There is no reason why you cannot have "six pack abs" and still drink a six pack a week. Once

Adding exercise daily and observing the dietary recommendations in these eBooks will enable yo

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