

ESSENTIALS ON HEALTH AND FITNESS



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WOW! What a blessing this download stuff is! Not getting wet running to the book store (I'm assuming its raining) not having to get dressed-up (old sweatshirt and jeans?) just hanging around the house munching carrot sticks (right) and wondering what else you can do to get in shape besides following the sage advice of a fitness trainer whose been there and back (if you hadn't guessed, that would be **me!**). I know all about the extra pounds, and I mean EXTRA pounds (ok 50 plus, and I'm not admitting to higher but...), the low self esteem, the endless fad diets...(don't get me started!) the minor, then the major obesity related dis-eases, yep I've been there right along side you, you just haven't noticed me before because I was just notOk....I won't lie to you. I was pretty happy being a 'big guy' and why shouldn't I have been? Everybody said I had a handsome face and I carried the weight well AND looked young for my age! I also told myself (in between near hacking breaths) that I felt terrific!

I did move well on the dance floor, and my sex life, well...that was fine too. I did not pay much attention to those little things like my diabetes, where my sugar was out of control and my slightly elevated cholesterol count was nothing to be TOO concerned about, or was it? I was turning 48 and the doctor told me a 1000 plus cholesterol count was not something to be taken lightly even if my mom had died from diabetic complications (just a few short years ago!) no reason to think the same thing would happen to me...well it couldn't, wouldn't , would it?

Well I took a deep inhale, of my oh so refreshing but lately not quite as satisfying toke on my menthol cigarette, I decided just out of the blue, no thought, no, plan, just decided .."I'm going to do something about the shape I'm in. Why deprive the world of all this greatness?" Well I didn't think that exactly, but I *did* just one day wake up, marched over to my local gym and said "Sign me up, this big guy is ready to make some serious life changes!" And the rest, as they say, is history. Well not quite, it was and still is a bumpy road. Ever hear of maintenance? All I know is I want to live! And I want to live well, looking good and feeling great and that's where and when it all starts and ends.

Now the journey was not without its little side trips. For one, it took me all of six months to drop the habit of finishing off my workouts with a refreshing menthol cigarette once I hit the great outdoors away from the prying eyes of my fellow gym rats (I thought). I thought as they left the gym and I waved good bye with one hand and brought a cigarette to my lips with the other, what the heck were they staring at? Wait a minute, wait a minute!! That's not sniggering I hear, is it?! 'Gym rats' by the way is an oh so enduring term used by those who frequent the gyms regularly.

My gym had a great steam room, and after a while my skin improved a lot over the duration, and I used that as my motivation (not the only one) to get me to the gym! I figured as long as I'm here, getting this good skin (steam cleans the pores, flushes the toxins, warms the muscles!) I might as well see what's going on in the rest of the building. Well, a well-programmed Ipod or watching your favorite TV show while working the elliptical or treadmill, is manna from heaven. It was not long before thirty minutes became an hour and an hour became ninety minutes! Born to boogie!! I sweated to the oldies and current re-mixes and gradually watched my fat body percentage get lower while my body measurements got thinner, and I gained more strength and muscle. The one problem was that as a novice I severely underestimated the value of *water* during a sweat-inducing workout, and as a result it took me quite a while to get the muscle back in my arms that I now had in my very defined legs (yes, I was pleased, but disturbed over the odd shifting.)

To make a long story short, I gave up the cigarettes (YAY!) and graduated from being a rabid cardio freak to a more well-rounded fitness program. I lifted some weights, did some machine work and gradually decided that nothing tastes as good as fit feels! My cholesterol plunged to normal levels, and I was able to take myself off of my diabetes insulin medication. I now had more energy, moved even better on the dance floor, and my overall quality of life got better. I became a fitness enthusiast just about the time mid-life kicked in! Did I mention that being able to breathe better, while increasing my stamina and endurance helped me a lot in my 'love life' department?

Finding good trainers is not as easy as your local gym would have you believe. ("We have the most experienced trainers ...IN THE WORLD!") You have to hunt for the right fit, personality and most knowledgeable person. It took a lot of trainee-hunting and mixed experiences before I decided becoming a trainer was in MY own best interest as well as possibly in the interest of other new comers to the world of fitness. If I never lifted another weight, bounced along another treadmill, I would gain knowledge that would serve me (and eventually others) well and I would have that knowledge for the rest of my days!

One certification led to another, and then another and then another.....it seemed the more I learned, the more I knew, and the more I wanted to learn more. Fitness and Exercise will add longevity and ensure that your body becomes a lean mean fighting machine that will be better equipped in the long run to ...well, handle life!

Yeah sure, there's the physical part. Learning to lift the right weights on machines and perfecting the perfect form all takes time and desire and help from trainers and my favorite 'workout buddy' - the Internet!! In all sincerity though, knowing the exercise and perfecting your form will require some help from a fitness professional. You will want to work less for better results. Part of the secret there is perfecting your FORM.

The other part of your lifestyle re-programming, is nutrition! I used to think if I just ate less I'd weigh less. Of course later I discovered the significance of body fat and the importance of water in weight management! Who knew? The world of good nutrition is a world unto itself, but without it, your time in the gym cannot be maximized.

In my series "***Cain on Fitness***," I cover a lot of ground in four volumes; small volumes with a lot of common sense knowledge and some things not so common to the general public. Simple presentation is the key. I have amassed a lot of information regarding obtaining health and being fit, not only through study and actual participation, but through material I've learned from my clients as well. Since no two people are ever alike, there is no one size that fits all kinds of programs. That is why I encourage each of my clients to seek his or her own level of comfort, challenge, and advancement.

In ***PRAY FOR A BETTER BODY*** we examine the spiritual side of getting those large dress/pants sizes down to manageable (a size where *you* are comfortable) sizes through meditation and intent. ***FAT LAYERS AND TUBE TOPS*** is about your basic fitness measures and challenges. You take a look in the mirror and try to see what others see and realize that, that navel ring and tank top may look better on Janet Jackson, and *that* girl works HARD for those abs (but for what she gets paid, wouldn't you?). Dressing for attractive comfort is sexy if you look like you belong in whatever it is you're wearing. Turn the head of those you want to attract towards you, not away!

Anyway, eating right is a major key, to beauty, health, and vitality and it's so cheap, I mean, inexpensive. Your basic beauty ingredient for health and beauty? Are you ready? WATER!! Yep, that's all it takes. Forget those expensive creams and things and just drink your 8 ounces! And while you're at the gym, you should be sweating out all those poisons and toxins that can make you sick and affect your appearance.

But look, obviously I must already be preaching to the converted or you never would have downloaded this FREE book from me - the ***CAIN ON FITNESS*** series. Evidently, you already

know what you are looking for, or at least have an idea of what your goal toward a better lifestyle is, and have a simple no nonsense idea of how to get it done....I aim to please!

I've picked some of my favorite **TFC's** (Tips From Cain) from each of the current four books (there's a fifth in the making on 'Beauty'). Take what you need and pass on the rest to others. In the meantime I hope you'll get some benefit out of these tips and choose to follow through on a more personal program like my online training course (Where I do it all for you!) Of course, details can be found at: www.myhitechtrainer.com/cainberlinger

So enjoy your adventure. (Change is always an adventure!) I won't say today is the first day...etc....but you can make you life a little more interesting. Now let's share some of those tools for building a healthier, fitter you.

"Embrace Yourself"! And before you know it, others will be embracing you too!!!

ON AGEING

“You look Great! What Happened?”

The over 50 guide to health and fitness is full of quick easy to read reference tips, including articles pertaining primarily to the baby boomer crowd. No matter what shape you're presently in, Father Time comes up with age-related challenges every year, and being prepared is how we meet those challenges. Arthritis, diabetes, gout, hip replacements are all prevalent, but are neither common or natural. Meeting these ailments with exercise and nutrition will help you get a fix on: the origin of certain

ailments, how best to cope, how to help improve your condition and how to stay younger and remain active as you get older.

TFC: Very low calorie diets don't work! After depriving yourself of food for a long time, you're more likely to overeat when you finally give in (binge eating). Why put yourself through deprivation and slow down your metabolism? Slow and steady weight loss of one to two pounds weekly is a surefire way to succeed in reaching your goal.

TFC: It may seem like a lot of effort planning a meal for one, but it should be as enjoyable as making one for two. Plan your meals. Purchase smaller quantities of food or buy frozen varieties. If you cook large portions, divide them and freeze some for later. Make mealtime special! Set the table, light candles or add flowers. You deserve it!

TFC: Women tend to avoid weight training because it doesn't produce the one or two pound weight loss they expect to see on the scale. Remember it is of greater benefit to weigh more if your additional weight is muscle because muscle burns more calories than fat.

TFC: Exercise helps reduce the risk of heart disease and stroke by strengthening the heart muscle, lowering blood pressure and boosting HDL "good" cholesterol, which is especially heart protective. Regular exercise preserves muscle tissue and builds strength, flexibility and coordination. Exercise, along with proper weight maintenance, also helps prevent Type 2 diabetes. So KEEP MOVING!

TFC: Experts suggest that water burns twice as many calories in a 45 minute workout due to the amount of energy that is used while the workout is in progress. In a typical land workout, an individual can burn anywhere from 100 to 500 calories in a 45-minute workout depending on the type and intensity of the workout

TFC: A recent 12-week study with over 2,000 participants suggests e-mail may be a powerful tool to help people adopt and stick with better health habits. The study found

that people who received two health-related e-mails each week -- one about physical activity and one about nutrition -- improved their exercise and diet habits, while a control group that received no health messages did not. People in the e-mail group reported consuming less high-fat food, reducing the fat in their cooking, and eating amounts that were more appropriate for their activity level. Participants who received health e-mails also were better informed about exercise.

TFC: A new activity or sport can be just the thing to create new energy and motivation. When you take up a new activity or sport, the time that is spent doing that particular workout or activity can pass so quickly that you don't realize how much time you are spending actually exercising. An hour can turn into two hours before you know it. You may even be tempted to tell someone about your hobby and get a partner.

TFC: Yes, you are what you eat. The food you eat is digested, absorbed, and sent through the bloodstream to bathe every cell, organ, and tissue in your body. Eliminating a food group may be cheating your body. While this might not be evident immediately, nutrient deficiencies play a role in chronic disease and immunity. Variety is the spice of life

TFC: Traveling does not have to come between you and your workout. The first thing to remember is to pack your exercise gear. Sneakers, clothes, socks and sunscreen will usually take you far. This way you have the basics and all you will need to do is find a place to workout.

TFC: Do you believe eating after 7 p.m. is bad? The time of day you eat has very little to do with weight loss. If you find yourself hungry late in the night, choose a healthy, low calorie meal or snack. Depriving your body of food for too long can set you up for eating larger portions or a slowed metabolism. The bottom line is calories in, calories out, no matter when you finish the last bite!

TFC: Minute per minute, running burns more calories and fat than walking. A general rule of thumb is for every mile completed, you expend about 100 calories. It just takes a lot longer to walk a mile than to run one.

TFC: Who can give you fitness help? Check with an exercise professional who can teach you which exercises to do and how intensely to do them. Consult someone who has a college degree, usually in Exercise Sciences, but maybe in another health field. Or seek advice from someone who is certified by a credible certifying organization and may have special training to work with older adults.

TFC: Fat-free cooking spray. This is a dieter's pantry staple, since you can keep food from sticking to pans and add the flavor of olive oil, herbs and butter, while you eliminate the need for cooking fats that add excess calories and fat. A one-second spray, compared to a tablespoon of oil, is enough to coat the bottom of a pan and this will save you a massive 115 calories and 7 grams of fat.

TFC: You're making progress. If you exceed 15 repetitions and the weight is too light; gradually increase. Gallon milk containers make good weights; just fill to increase weight. Dumbbells and cuff weights are right for some people. At first, you will be increasing the weight every week or so.

TFC: In addition to medical problems and physical changes, aging creates different nutritional needs. Increased risk of fragile bones, especially for women, means an increased need for calcium and vitamin D in the diet. Reducing sodium can help prevent high blood pressure and monitoring fat intake can help maintain healthy cholesterol levels. Your doctor can help you assess your nutritional needs and make suggestions for meeting them.

TFC: Low levels of iron can lead to fatigue. Most individuals have adequate iron levels, but this isn't always true for older adults who face unique nutritional challenges. Often older adults lose their appetite for meat, a food rich in iron. To increase iron levels, eat more iron-rich foods like whole grains, fortified cereals, dark green leafy vegetables and beans.

TFC: Focus on food, not calories or carbohydrate! Your meal plan should give you the right portion sizes of healthy foods for you! Eat five a day! Have at least two servings of fruit and three servings of vegetables every day!

TFC: Start your day healthy! Breakfast is the first meal and can jumpstart your day. Whether you sit down for eggs and toast or you grab a bagel and juice to go, it is important not to skip breakfast. Breakfast is a great way to add fiber, too. Choose a high fiber cereal, low fat milk and a piece of whole fruit. Your body requires fuel to get started! Fuel up in the morning with a nutritious breakfast.

ON NUTRITION

“Chocolate is NOT a diet supplement” A basic guide to Nutrition for Health and Fitness, explains those ingredient charts to you, and helps you pick and prepare foods that are rich in vitamins, minerals and all that good stuff. Sometimes supplements are a good thing, but in the interests of our pocket books, eating the right foods, and enough of them, make supplements unnecessary. And on the occasion those supplements *are* needed; see how to take them with the right foods to get the maximum benefit.

TFC: When it's barbeque time, skip the commercial brand marinades for summertime grilling. Sugar is often the primary ingredient. Instead, experiment with lime or lemon juice, red wine vinegar, low sodium soy or Worcestershire sauce, spicy mustard, herbs, or low-fat Italian dressing.

TFC: Reaching for the fruit bowl more often could help keep your weight from creeping higher. A recent study analyzing changes in dietary patterns over a period of time revealed that people who consumed more servings of fruit than they did 6 years prior were least likely to have gained weight among the groups studied. Keep apples, oranges, plums, and pears on hand as ready companions to your weight-maintenance efforts.

TFC: The American Dietetic Association correlates the benefits of omega-3 fatty acids with cardiovascular health. One to two servings of fatty fish, such as salmon, mackerel, or herring offers cardiovascular benefits. Non-fish eaters can also benefit from omega-3 fatty acids by consuming walnuts, soybeans, canola oil, flaxseed, or wheat germ.

TFC: Plan your meals ahead of time! You're more likely to stick to healthful eating by developing this habit! In many cases, you can also cut up the vegetables ahead of time, essentially reducing your prep time.

TFC: Believe it or not, 70 percent of that 11-ounce smoothie counts towards your fluid allowance (1 cup). Watch out for ready-made versions, which can be loaded with unwanted calories. Make your own, using fat-free milk and your favorite fruit for a refreshing, nutritious and low-calorie drink. Smoothies are both healthy and delicious. They make an ideal snack anytime of the day. The right class for you is the one that you feel comfortable in and will attend regularly. If cost is an issue, most parks and recreation centers, community centers and schools offer low-cost classes.

TFC: Wraps (tortillas, tacos, and pitas) are everywhere... and they're stuffed with everything you can imagine. Check out the size of the wrap. Are the fillings grilled or fried? Be wary of the sauces that are added. They're often laden with calories and sodium. Make your own. Load them with fresh vegetables, lean meats and use sauces sparingly. If you're ordering out, try splitting it with a friend.

TFC: Not all items sold at health food stores are healthier. Foods available in supermarkets are just as healthy as those sold in health food stores. It just depends on the food choices. One major difference is cost and variety. Health food stores often have less variety and this can lead to higher prices.

TFC: It is always best to use low calorie condiments, like mustard, but when you need that creamy taste and consistency, substitute low-fat mayonnaise -- it contains just 1/4 of the calories and one gram of fat (compared to 11 in the original). With this smooth substitute on supermarket shelves, there's no reason to reach for regular mayo, which is also higher in sodium.

TFC: Raisins are high in heart-healthy nutrients called flavonoids, antioxidant compounds that also may reduce the risk of certain types of cancer and some forms of dementia. A recent study suggests raisins may have dental health benefits as well. Researchers isolated compounds in raisins shown to inhibit bacteria such as cavity-causing *S. mutans* as well as *P. gingivitis*, which play a role in periodontal disease. Other beneficial compounds in raisins prevented bacteria from sticking to teeth, which also could help thwart cavities. Munching on raisins is not a substitute for good oral hygiene, however. Stay on top of regular brushing, flossing, and dental screening visits to keep your mouth healthy.

TFC: Yes, you are what you eat. The food you eat is digested, absorbed, and sent through the bloodstream to bathe every cell, organ, and tissue in your body. Eliminating a food group may be cheating your body. While this might not be evident immediately, nutrient deficiencies play a role in chronic disease and immunity. Variety is the spice of life

TFC: Exercise alone is a slow road to weight loss. If you begin exercising, but don't make adjustments to your nutrition, you will improve your health and fitness. However, the weight will come off very slowly. Exercise needs to be combined with a complimentary diet to create a negative caloric deficit. All individuals will not lose the same amount of weight on the same exercise program. Exercise alone cannot guarantee your ideal weight, but regular physical activity is one of the most important factors for successful long-term weight management.

TFC: Vegetables contain vitamins, minerals, fiber and antioxidants to help ward off chronic diseases. Fresh will be better than frozen and low sodium canned vegetables are also an option. Steaming is the ideal preparation method, but you can roast or sauté

vegetables in olive oil for added taste. Raw vegetables provide a terrific low calorie, high fiber snack that is packed with nutrients.

TFC: Beans are great for the heart. The Archives of Internal Medicine reports that you are 22 percent less likely to get heart disease if your diet consists of beans, peas or legumes at least four times per week. An average serving of cooked dry beans contains about 10 grams of fiber. Eating a high-fiber diet can significantly lower your risk of heart attack, stroke and colon cancer.

TFC: It's a good idea to increase your fiber intake because high-fiber diets decrease your risk of heart disease. When you increase your fiber intake, increase your water intake as well. Consuming more fiber may cause you to feel constipated and/or bloated. Fiber absorbs water in your large intestine, so you need to drink more.

TFC: Need a snack and the vending machine is your only option? Although these machines are usually packed with candy and chips, some do have some healthy choices. For a quick snack, try pretzels, animal crackers or a fruit and grain bar. Drink machines are often stocked with bottled water or juices.

TFC: Eat small, frequent meals and watch your intake of high-fat foods. Limit or avoid caffeine, alcohol and spicy foods. Also, eat high fiber foods and drink plenty of water. And, don't forget to exercise!

TFC: Enriched pizza dough contains B vitamins and added fiber content if you chose whole wheat. Per calorie, cheese is one of the best sources of calcium you can find. Top your pizza with broccoli, and you add even more calcium plus antioxidants and vitamin C. Tomatoes are also a great source of antioxidants.

TFC: Fat is essential! Fat transports vitamins A, D, E and K in your body, carries the flavor in foods and provides a satisfying feeling of fullness. The healthiest fats are

polyunsaturated and monounsaturated, such as the omega-3 fatty acids. Omega-3 fatty acids can be found in fish, flaxseed, soy and vegetable oils, such as olive and canola.

TFC: Soy is a great protein source and there are plenty of ways to enjoy it! Soymilk comes in flavors such as vanilla and chocolate. Soy nuts make a delicious, crunchy snack! Or, try soybeans added to your recipes. Try replacing soy flour for part or all of the flour in your baked goods. Next time you stir-fry, use tofu with fresh vegetables and brown rice.

TFC: Energy bars are often packed with calories. Originally these bars were designed for high endurance athletes. In today's market, they are available to everyone for workouts, meal replacements or snacks. Be careful, though. Some bars contain as much sugar and calories as a candy bar, minus the yummy flavor!

ON BASICS

“Fat Layers and Tube Tops” is a *basic* guide to general health and fitness. Sometimes you need to take a hard look at what’s going on with you and your body. I’ve always said that as long as you’re comfortable in your body and you’re healthy, you are entitled to be as big as you like. However, the saying goes: “Oh, for the gift that God should give us, is to see ourselves as others see us”. If it is true we dress for others, then you have to wonder just how pretty are you with those layers of fat hanging out from under that tube top? Do you have to hunt to show off that new navel ring to your friends? Sexy is comfortable, with no sweating in places you never knew you had. As the insult goes, “I can always lose weight, but you’ll always be ugly!” Oh yeah? Prove it. Start on Chapter One and Good Luck!

TFC: If it's going to be, it's up to me. Only you can take ultimate responsibility for your health. Even with an arsenal of information and support, you still have to physically get

up and engage in exercise regularly. You must muster up the drive to engage in exercise often. If you do take responsibility for your fitness, the results will be guaranteed.

TFC: Practice mental fitness. Don't replay the problems of the day while you exercise. Try to maintain a state of relaxed awareness by paying attention to your breathing and noticing how your body feels. Visualize yourself getting healthier, stronger and leaner. Your exercise time is for you.

TFC: Learn new skills. Don't live with any regrets. Life is not a spectator sport. If you have any aspirations to try something, go for it. You can take up tennis, learn to ski, become an in-line skater, golf like a pro, better your weekend bike ride or get ready for a wilderness adventure vacation. You may be surprised at how taking up a new hobby and learning a new skill can whip your body into shape without even feeling like exercise

TFC: Focus on your weaknesses. Your exercise program should include cardiovascular conditioning, strength training and flexibility training. However, you should emphasize your weakest areas to balance out the stronger areas. For example, if your lower back is weak, target lower back and abdominal strengthening and stretching exercises. Workouts that use your strengths and improve on your weaknesses are efficient and effective

TFC: Find the right way to work out. You will give your body the most benefit with the least amount of risk if you find out how to use exercise equipment properly versus just

guessing. Ask a trainer to show you the appropriate form and technique and machine set up for cardiovascular work and weight training.

TFC: Women are just as strong as men. Strength differences between men and women can be explained by differences in body size and fat mass. Pound for pound, women can develop their strength at the same rate as men

TFC: Surge your strength. Moderate weight training increases a woman's strength by 30 to 50 percent. Extra strength will make it easier to accomplish some daily activities, such as lifting children or groceries. Strive for 2 to 3 strength sessions weekly to achieve strength gains.

TFC: Only you can make a change! That old motto rings true, "If you want something done, do it yourself!" It's you who has to take that first step. Don't worry about the past; look toward the future. Don't waste time fretting over things you can't change. Be proactive, think about your options and take action in making lifestyle changes for the better.

TFC: Don't run out of gas. To make sure you don't run out of energy before the end of your workout; time your meals so that you have enough fuel to last an hour of intense strength training.

TFC: Eat when you are physically hungry, not emotionally hungry. You may have developed the habit of turning to food in an attempt to fulfill your emotional needs. Write

a list of alternate methods for coping with loneliness, anger, boredom, sadness or even joy. Use food to nourish your body, but nurture your mind and soul in other ways.

TFC: Abdominal training should take 10 minutes, 2 to 3 times a week on alternating days. Your routine should include exercises for the entire abdominal region including the obliques.

TFC: Water works. You may think of water workouts for the injured, elderly or overweight, but water fitness programs can be highly challenging and effective for both improving fitness and losing weight. Even top athletes integrate water fitness workouts into their training programs.

TFC: Popping pills isn't the way to achieve permanent weight loss. If anything, you're putting your health at risk. Some diet pills have been linked to deaths. There is no magic pill to shedding those extra pounds. Instead of wasting good money on bad products, invest in a healthy meal plan and good-old fashioned exercise. You won't regret it.

TFC: Genetics plays a role. Many think that if they exercise long and hard enough that they can sculpt the exact body they desire. In reality, genetics plays an important role in how people respond to exercise. Studies have shown a wide variation in how different exercisers respond to the same training program. Your development of strength, speed and endurance may be very different from that of other people you know who are using a similar exercise program.

TFC: Weight bearing exercise promotes increased muscle mass and helps to speed up your metabolism! The more lean body mass (muscle) you have, the more calories your body burns. Why? Because muscle is more metabolically active than fat! Add light weight training to your daily regimen. You'll not only like the way you feel, you'll like the way you look!

TFC: Change your position. Counter the damaging effects of constant sitting by standing as much as possible. Standing in correct alignment requires much less muscular effort than sitting with proper form does. Try to work in a standing position when possible. You can also try standing up or lying down frequently when you are watching television or talking on the phone.

TFC: It's better to be fit and fat than fat and unfit. Studies show that obese people who participate in regular exercise programs have a lower risk of all-cause mortality than sedentary individuals, regardless of weight. Both men and women of all sizes and fitness levels can improve their health with modest increases in activity.

TFC: Evaluate your progress every four to eight weeks. Keep a detailed record of your workouts, noting exercises you perform, number of reps and sets, amount of resistance, heart rates, and distance traveled and so on. Recording your results will help you see your progress and monitor your results.

TFC: Vary the recovery time. Your greatest physical gains are made during recovery, when your body makes the adaptations needed to support further physical development. The length of your rest periods should be based on your workout schedule for the week and your training goals. If you have a long intense cardio session, you may need 2 days to recover. The same goes for strength training. Most people need 24 to 48 hours.

TFC: Check your symptoms. If you have symptoms above the neck, such as a runny nose, sneezing, or a sore throat - moderate exercise is generally safe as long as you do not have a fever. You can resume intense workouts as soon as symptoms disappear. If you have below the neck symptoms, such as extreme tiredness, muscle aches, vomiting, diarrhea, chills, swollen lymph glands, or a hacking cough, allow at least two weeks before returning to intense training.

ON SPIRITUAL

A spiritual guide to health and fitness is my favorite read. Not only because it is my first book on Fitness, but it contains more of me personally than any of the other books. “PRAY...” contains much of the work assignments I did when I attended The Interfaith Seminary. The lessons I learned there are incorporated into the book and given a twist to apply them to your health and fitness challenges. Prayer is all about intent, and from which source you gain your strength and ability to make things happen. Creating change in your life is a partnership, with the Universe, your G/god (s), and your fitness trainer.

Furthermore, PRAY FOR A BETTER BODY is about combining the powers of the Universe and connecting with the Divine within you. The Spiritual guide to Health and Fitness is all about using your faith, your intent about worshipping your body as part of the temple of the Divine. “...**FOR A BETTER BODY**” explores The Ten Commandments and how it relates to humankind's modern behavior and how your faith and meditation can be used to bring you to a healthier physical state using exercise as the result of spiritual catalyst brought on by not only learning the gift of meditation, the ingestion of healthier foods and exercising the body, training it to respond in only the most positive actions. Helping you maintain your goals are injected a series of Daily Affirmations. Below are just a few excerpts of what you'll find. Use them well.

Today, I give thanks for my union with the Universe. I claim my divine inheritance of this mystical marriage. I give thanks for the fulfillment that comes from my soul through this connection, that I am one with the Universe.

Today I realize that I live by grace. Divine right action is happening in my life and I give thanks for the remarkable ways it expresses as me.

Today, I start the day by going to the movies. I bring before me the images I would like to see manifest in my life. I remember to co-create with God, my powerful partner in creating a fulfilling life.

Today, I practice the art of ebbing. I open myself to the presence of God that is available to me in greater magnitude as I ebb and flow with life.

Today, I give thanks for my connection with God. I open myself to the vast resources that are available within me. I clear my mind, open my heart, and allow the voice of God within me to direct me with insights, creativity, and guidance.

Today, I let my actions be a love letter to those with whom I interact. I radiate loving-kindness over the breakfast table. I help someone in need. I give thanks for the love of God flowing through and as me.

Today, I remember to be more loving in my heart. I let go of the resentments that I may hold toward others and myself. I lovingly forgive myself on the way to being more loving. I give thanks for God directing my way to this love.

Streaming inspiration flows through me and out into stunning display. An artist of the soul, I attune myself to new patterns of themes and designs seeking expression through me.

I am grateful for the good in all lives everywhere, realizing how all make up the One Life in which I live, move, and celebrate my being.

Immersed in the feelings and sensations of this most special of days, I am deeply grateful for all that ever has been and ever shall be.

I relax into my life and times, knowing it's easy for me to do anything that calls out to be done, free of struggle or strain. I notice each moment and treasure it.

Great good is afoot in my world. Just when I most thirst to be reminded of this, Spirit through its human expressions reveals itself in merry and moving form.

I open all my senses to life's bounty through all the aromas and flavors, colors, tones, and textures that nature serves up. Each thrilling new sensation reveals more of me to me.

I choose what to hold on to and what to let go of. Precious moments in time, that make me feel strong and happy within myself, I cherish. That which I feel limits me, I release in favor of something new.

I participate in the world's life through all my choices, inward and outward. I lift my voice for love, compassion, and justice for all.

My spirit quickens as I move from preparation to activation, in my journey into self. The many pieces and patterns of my life that I find within me fall together and complete me.

I choose absurd, intrepid faith in what I feel led to do, that harms none and enhances all.

Today I live gratefully free, and surround in my heart all who have suffered and sacrificed to preserve and protect my rights. May the presence of Spirit be felt in all beings.

I transform my worries into wonders by lifting my inner vision "unto the hills," whence come my answers, and greater good even than I expected.

It is easy for me to know the truth in all situations, and I internalize precepts of truth and they become my flesh and blood.

Today I see by the light of my soul, and that Infinite Presence that shines through me. All people are my equals, collaborators in building heaven on earth.

Summary

Getting into shape *and staying there* is not easy, as a matter of fact its hard, consistent labor. The payoff though is amazing and everyone will tell you everyday how amazing you look and how vivacious and full of energy you are. And if you're one of my contemporaries, take it from me - you won't ever get tired of hearing how you *don't* look anywhere near your age!

My series on “**...On Fitness**” contains basic facts, is simple to learn, easy to remember, and most of all - *NOTHING* is carved in stone! You can take some time off; and you can choose *your* own method of insuring a healthy active life. You can subscribe to my newsletter “**OPTIONS AND LIFESTYLES**” through my web site www.mrcain.com and I'll personally answer all of your questions.

My online training program www.myhitechtrainer.com/cainberlinger is another great way to introduce yourself to some exciting programs for health, fitness and diversity in how you come to being your natural healthier self. You will also have regular access to me, and I will be available to answer all your questions, motivate you personally, and not just give some canned response. We can work together on your nutritional plans for a healthier lifestyle and plan an exercise regimen that is challenging and fun!

Enjoy this free book, my first gift to you, and use the tips daily in your life and most important - take the affirmations to heart daily...

HAPPY FITNESS and remember everyday to “**EMBRACE YOURSELF**”

R.D. CAIN