

## The Top 4 Body Building Benefits You Never Considered

OK, so you've built yourself into a hulk of a man, enjoying formidable body building benefits such as being able to crush walnuts with a single twitch of your pecs. Bet you never knew there were other important benefits – maybe not as impressive as being able to dead lift a Cooper Mini, but important nonetheless. Surprise Body Building Benefit #1: You probably lowered your cholesterol...a LOT! The byproduct of inactivity and excess flab is an LDL that's way too high, HDL that's too low, and triglycerides off the charts. Essentially a heart attack waiting to happen. One of the best body building benefits is getting all these cholesterol readings to a healthy, normal level. Of course, if you mess around with steroids, this one's a goner. Surprise Body Building Benefit #2: Strong bones. Again, unless you're doing bonehead diet or drug stuff that's leaching calcium from your bones. In that case, better invest in a good rocking chair and cane, because you're going to crumple like a soda can in old age. Among the many benefits you get from lifting weights is that all this movement and weight-bearing activity helps to prevent osteoporosis. Surprise Body Building Benefit #3: Flexibility. OK, you're probably not ready to join the city's ballet troupe, but if you've been training correctly with proper warm up and stretching (during and after your workout when your muscles are warmed up!), then you're the poster boy for four areas of body building benefits: strength (duh), flexibility, endurance, and balance. Surprise Body Building Benefit #4: You can tackle that honey-do list without getting exhausted. OK, man of steel, admit it. You may be built like a Mack truck, but when your perfect specimenship helps attract some lovely young lady, you'll melt like a tub of goo. Putty in her hands, you'll gladly move the sofa here, there, and back to where it started just because she asked. The body building benefit here? You can do domestic manual labor all day without pulling, spraining, wrenching, or tearing anything... and you get to be the hero.

### About the Author

Muscle building and bodybuilding programs, fat burning, thermogenics, bodybuilding diets, supplements and fitness.

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