

Six-Pack Abs Require A Combination Of Diet And Exercise

Many of us would love to have the six-pack abs. Everywhere you look there are commercials or ads promising these wonderful abs, but what really works? There are many of these ads that say taking a supplement can give you the envious abs you've always wanted. Whether or not these supplement is still yet to be decided. One thing that we do know for sure is that hard work will get you the results you want. Not all the supplements that are available to you are safe. Who knows what they are putting in these supplements that will give you these great abs. There have been reports of serious side effects resulting from taking these supplements. The good news is there is another way to get these great abs without having to take supplements and risking your health. With a little hard work, exercise and a healthy diet you can achieve great looking abs all on your own. First thing you will need to do is get some sort of journal to keep record of your exercise and diet program. You can choose whatever kind of journal you think will work best for you. If you want to use a little notebook that you can take with you to help you stay on top of your record keeping that is just fine. If you have a personal digital assistant you can invest in a program that will help you keep your records. Whichever way you decide will work better for you is what you need to do. The purpose of the journal is to keep track of your progress, and help find any areas that may need more attention. Information you will need to put in your journal will be what day it is, your weight, what exercise you are doing or did on that day, and your food intake. You will also want to make sure you record the time of each of these events to make tracking progress easier. You will also want to take your measurements weekly or biweekly depending on how dramatic of results you like to see and record these also. How often you weigh yourself is up to you as an individual, it all depends once again on how dramatic you want the results to be. Just remember that if you do it every day it may make you more aware of your goals and make you try harder to reach them. Whichever way you decide to go, just make sure you are weighing yourself at the same time of day each time. When you track this information it will make you more aware of what you need to work harder on the next day or week. If you have a record of what you did you can look and see if maybe you skipped a day of exercise, or didn't eat very healthy. You want to make sure you are burning more calories than you are taking in. If you keep track of your how much food you ate and when you ate it, it will be easier to see when you need to watch more carefully. Maybe you are overeating everyday at the same time of day, if so your journal will help you see this so you can fix it. When keeping track of your exercise you will want to write down what type of exercise you did, when you did it, and how long you did it. Keep in mind that just doing sit-ups will not guarantee that six-pack you dream of. You need to make sure you get rid of the fat so that you can see the great abs you are looking for. To maximize your results you will probably want to do aerobic exercise or cardiovascular exercise to burn fat and calories, strength training to create more muscle, and abdominal exercises. Strength training is important because muscle burns more calories than fat, and will help power your aerobic exercises. Walking, swimming or training along with an aerobic exercise tape are all great ways to get you aerobic workout in. For abdominal work you can do regular sit-ups, or try something like Pilates. Pilates incorporates strength training for your abs and uses twisting movements to get better results. Just remember that you should exercise four to five times a week, and keep an honest and accurate journal to maximize your results. You also need to realize that you will not get your dream abs overnight; it takes hard work and time.

About the Author

Muscle building has several important health benefits other than looking good at. The amino acid glutamine aids in protein synthesis and building.

Source: <http://www.productsherbal.com>