

Dear Trainer, Can You Tell Me the Best Workout for Aerobics?

I got an email the other day with the caption attached above. Besides needing assistance in regards to that particular question, the client also wanted to know when to workout, what to eat and all that stuff. Well, as I told her, the truth is there is no one most effective aerobic workout for everyone. Nonetheless, for your choice to be the most effective aerobic workout for you, your program should meet the following criteria. 1. It should be aerobic (meaning you can actually comfortably breathe through the entirety of the process and unlike anaerobic exercises (such as sprinting or weightlifting) can be maintained for a reasonable length of time) and It uses large muscle groups repetitively for a sustained amount of time. 2. You should perform it for 30 to 60 minutes, three to five days a week. 3. It should meet the cardiovascular goals your doctor or exercise physiologist has prescribed for you. 4. It should be something you will enjoy doing for an extended period of time. Let's look at some of the best types of aerobic exercise. See which one is best suited for you. 1. Walking 2. Cycling 3. Swimming Activities 4. Jogging & Aerobic Dance. Although things you should keep in mind when engaging in aerobics are that they are best done AFTER your anaerobic strength training exercises and it is also advised that for the sake of general health, you've got to eat a right and healthy diet my friend. Moreover, remember as a man thinks so is he, so see to it that you strive to be happy as often as possible. Well, here's to health in '07 and beyond! To HealthAJe

About the Author

Contract and permanent certified technical instructors. Information for potential trainers and companies interested.

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