

Boost Your Fitness Program with Proper Nutrition

When you exercise, your body is put under higher than normal stress. This stress is healthy and necessary if you wish to stay as physically fit as possible. However, if your nutritional intake does not increase along with the increase in exercise, the results of your workout will decrease significantly and your body will stop operating at its optimum level. What does this mean? Increased workout means you must increase the availability of easily assimilated nutrients in your system. Unfortunately, most people do not take this critical action. Even if you add a protein after or before your workout, it's not helping you as much as you may think. It does help to build muscles, but it is not nearly as effective as a combination of protein along with a full spectrum of nutrients. The vital nutrients your body needs range from vitamins and minerals to antioxidants, phytonutrients and fatty acids. Protein alone does not have this full spectrum of nutrients. While the body can become more toned and lean with just protein and a good diet, it will take considerably more effort and time. If you are consuming proper doses of all essential nutrients, your body will reach its peak operating efficiency, resulting in superior physical health and performance. Metabolism is another major function nutrients have an effect on. Proper amounts of vitamins and minerals increase the speed of the metabolism, providing the perfect environment for weight loss and muscle development. The reason so many people over 40 tend to have more weight problems is that as the body ages the metabolism slows down. This slowing of the metabolism makes it much easier for you to put on weight while not necessarily eating any more. Years of not getting enough nutrients rapidly increase this metabolic slowing process. Once you see what a big difference a proper nutrition and a faster metabolism will make on your fitness regimen, you will always strive to keep your body filled with plenty of bio available vitamins and minerals. Where can I get the proper nutrients? Go to <http://vibrantlives.com>.

About the Author

The exercises described here are recommended as prevention of low back pain. Maintain a neutral spine and abdominal brace with the bird dog exercise.

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