



## "No Sweat" Fitness Newsletter

### IN THIS ISSUE

[Pain = Gain?](#)

["90 is the new 60"](#)

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### Pain = Gain?

#### Exercise with a nasuea bag

We humans tend to be creatures of habit even when it comes to exercise. Some people only like classes, others prefer the solitary lifting of weights, and still others would never give up going from strength machine to strength machine. That being said, there are a small percentage of us that are looking for alternate and "fun" ways to get fit.



Recently, thousands of people paid for the P90X® set of DVDs with the promise of getting "absolutely ripped in 90 days". The basis of this exercise method is called "Metabolic Conditioning." These workouts involve intensive training with little rest. At some facilities that use this method exercisers are encouraged to work so hard that they vomit. This training is not recommended for beginning exercisers as the risk of injury can be greater than in other types of methods. However, most people want these "fast track" results, forgetting that the faster you take off weight the faster it comes back. Additionally, infomercials for this type of exercise gloss over the nutrition component needed to see real weight loss. If you visit the P90X® website you will find other ways to spend your money: supplements, vitamins, and "recovery drinks".

In reality, most of us simply do not have the time or

desire to workout for an hour and-a-half every day at a very intense level, let alone sustain this type of dedication for a year, 5 years, or the rest of our life. But exercise doesn't mean you can't have any fun try mixing up your workout. If you normally only swim, try a kickboxing class. Stuck on machines? Try lifting dumbbells one day a week, or take a yoga class, or run on the beach. Find a way to offer your body fitness alternatives and your risk for injury lowers as the fun factor rises!

## "90 is the new 60"

### Blue Zone recipe for longevity

Best-selling author, Dan Buettner, believes that "Blue Zone" people have much to teach us Americans about living to 100 years old. In his book, *The Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest*, Dan found that these centenarians suffer a fraction of the rate of heart disease and cancer that we do. Based on his findings, Buettner has identified 9 common habits of these blue zone populations:

- \*Exercise is a regular part of daily life
- \*Most have a mission or purpose in their life
- \*They slow down, work less, and take vacations
- \*They eat less
- \*They have a plant-based diet
- \*They drink in moderation
- \*Family and community are vital
- \*They have a spiritual belief system

Buettner believes that all people can make changes in their environment to create their own "blue zone" and live a healthier and possibly longer life. For more information, check out his book or click:

[Blue Zone longevity projects](#)

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