

Aerobic Training – „CARDIO”



Bodybuilding Training

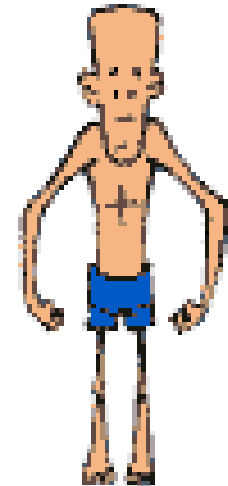


Why Should We Perform Physical Exercises ???😊

- Physical exercises retard aging of muscular tissue and cause its development, that in consequence leads to better physical condition and vitality improvements
- Increased muscular tissue enables more effective calorie burning to fight obesity and reduces the risk of diabetes
- Physical activity increases the level of HDL cholesterol, which is effective protection against cardiovascular diseases
- For elderly people, the physical exercises increases bone mineralization, that retards osteoporosis

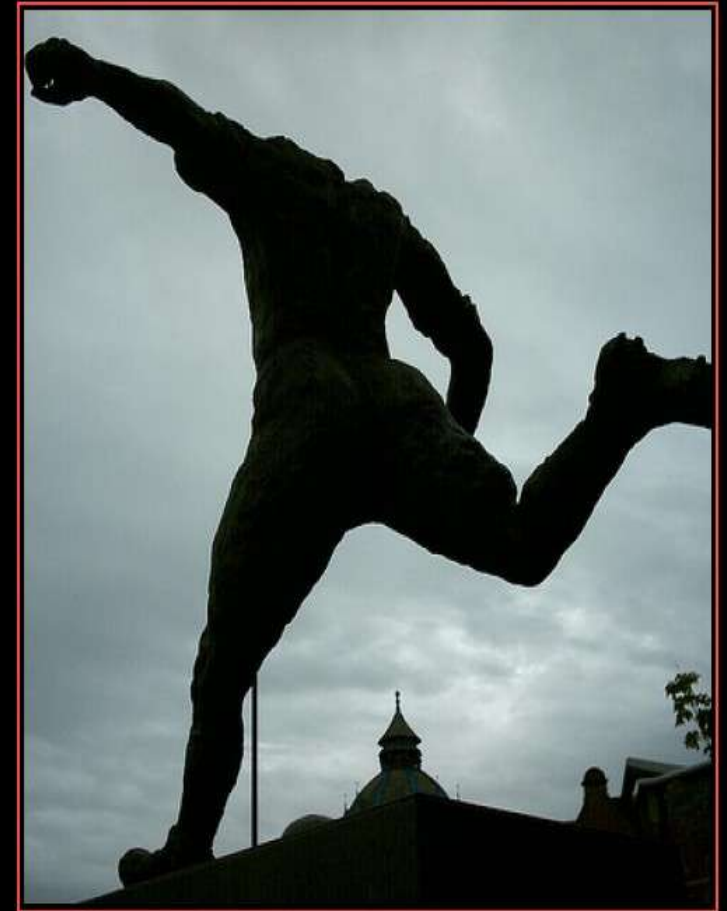


- **Physical exercises increase your metabolism**
- Physical exercises energize our body and relieve it from anxiety and tension
- Physical exercises strengthen heart and circulatory system, improve body profile, stamina and work efficiency
- **While your workout is performed, the quinone reductase activation is intensified. It acts as a scavenger to neutralise or dispose the cancerogenic and toxic agents out of your system**



Let's Get Some Physical Activity

- If you don't have enough time for physical activity ...**JUST MOBILISE YOURSELF**😊
- Work out with friends and others
- Learn to take pleasure in performing your physical workout
- **Plan physical exercises as you plan other activities in your daily schedule.** Build it into your routine and make it convenient
- Summarize little physical exercises (stair climbing, short walks etc.)
- Exercise in the front of TV at home. Favourite concert or soap opera is a good reason to get on the stationary bike
- Have in your mind, that your every workout increases physical activity level
- Start slowly
- **Train wisely**😊
- Set specific attainable goals and monitor progress



EXERCISE

IF YOU ARE A STATUE YOU DON'T HAVE TO DO IT
IF YOU ARE NOT THEN DO IT

March 5 km/h Table tennis Volleyball Gymnastics	5 kcal/min	300 kcal/h
Tennis Badminton Dancing	7 kcal/min	420 kcal/h
Basketball	9 kcal/min	540 kcal/h
Football Swimming 40m/min. Skiing Biking 20 km/h	10 kcal/min	600 kcal/h
Running 10 km/h	> 11 kcal/min	> 660 kcal/h



Just Stick to The Right Plan 😊



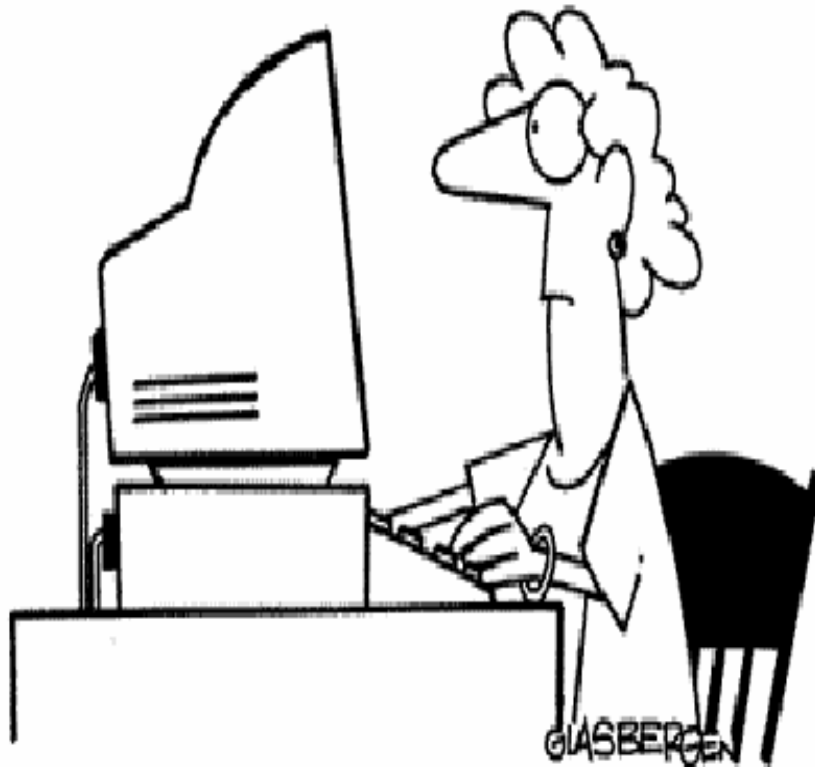
"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



EXERCISE

Feel the burn!!

And The Time Is Always Right...☺



**"Welcome to the Weight Loss Forum.
To lose one pound, double-click
your mouse six million times."**



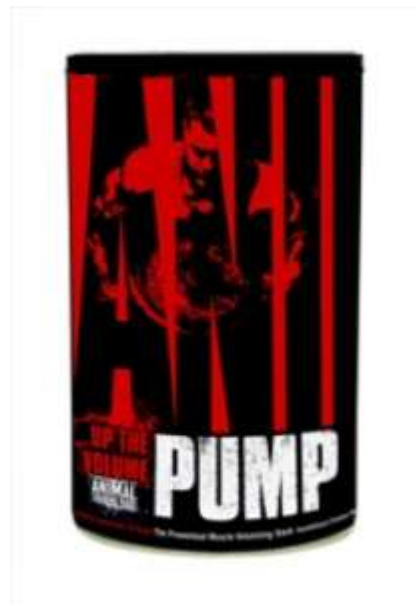
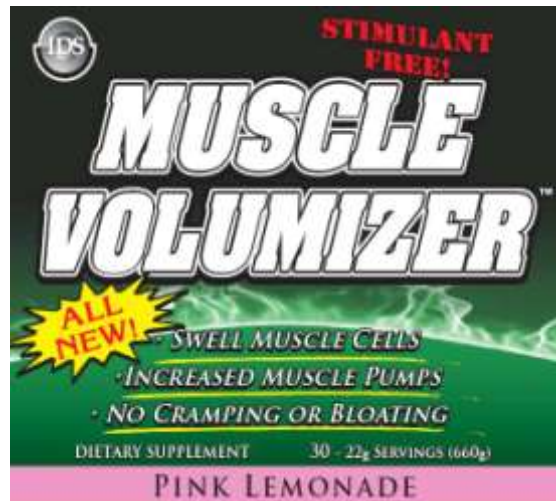
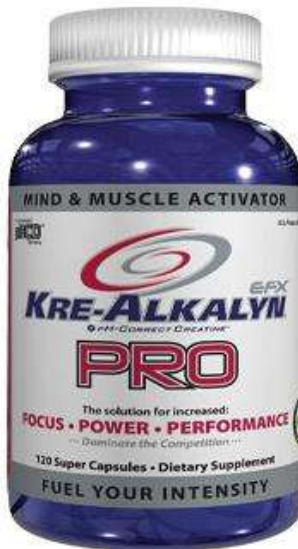
Weight Loss and Fat Burning Supplements



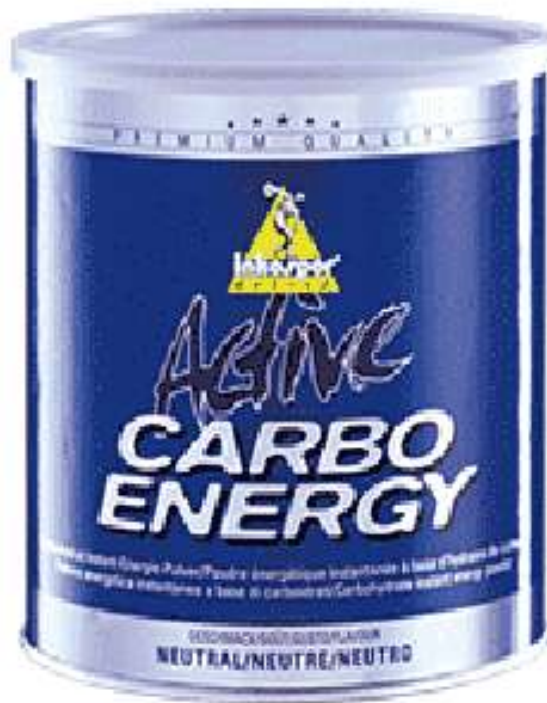
Weight Loss and Fat Burning Supplements



Muscle Volumizers and Stimulators



What Supplements Should Be Eaten Immediately After a Workout ?



Just Help Yourself to Release Natural Growth Hormone

- Growth hormone treatments are very long lasting and expensive – that's why we should activate the one in our body
- Following treatment must go together with physical exercises, during which, the hormone is activated. **So taking the pill is not enough...**
- Obesity is another factor to be inhibiting for the growth hormone release. Growth hormone=anti-insulin activity. The more insulin, the less space for growth hormone



Supplements to Intensify Natural Growth

Hormone Release



- **Melatonin** – free radical scavenger. A miracle pill for good and healthy sleep. Immune system stimulant and supportive factor in cancer curing



- **DHEA** – considered a youth hormone. Often called the good health factor, since it is disease preventing agent. Homeostasis stimulating, the optimal state for our system to function



- **Arginine** – growth hormone secretion regulator. Responsible for acceleration of regeneration processes (wound healing, bone fractures). Stimulates fat reduction, anabolic processes and increases immunological barrier for infections

The Products to Enhance Growth Hormone Release



- **Ginseng** – supports to fight mental and physical stress and tension. Ginseng has also shown great promise at reducing fatigue, increasing memory and even fighting off colds, flu and other infections

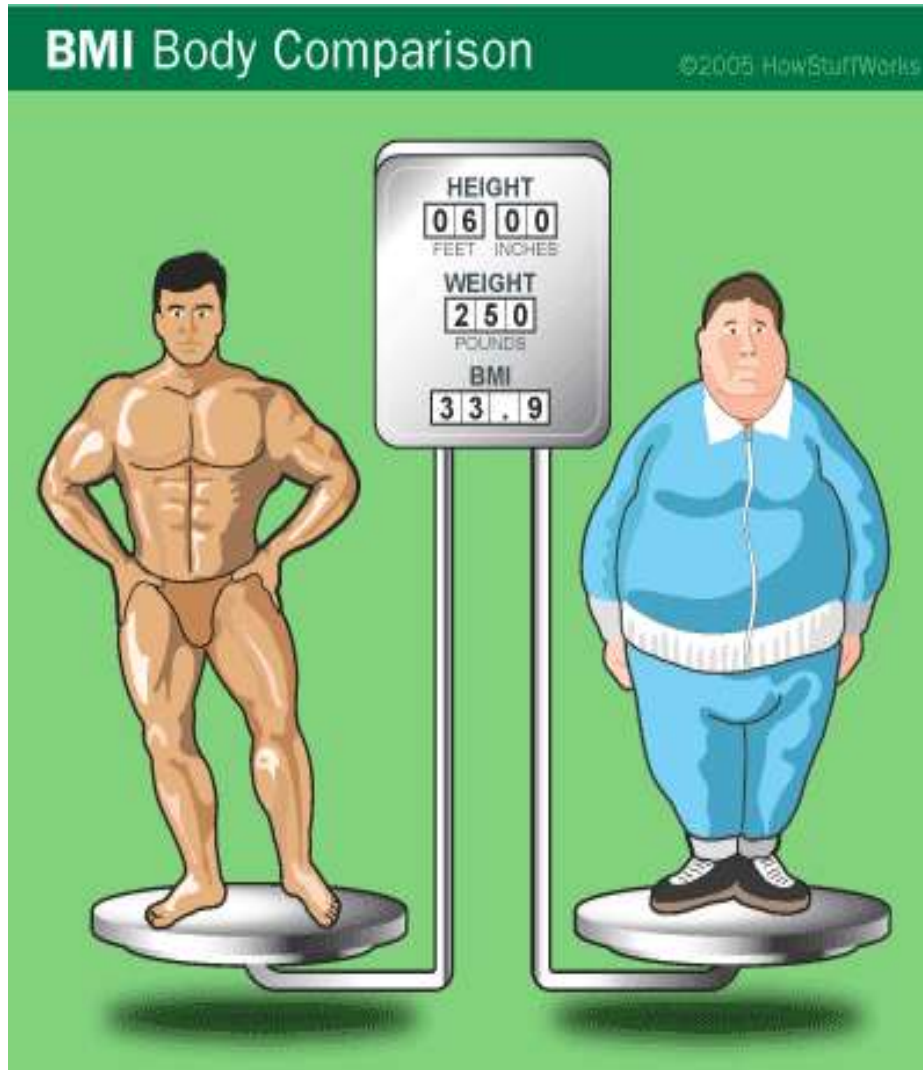


- **Vitamins** (mostly B-group) – Stress eliminating preparations. Stress is associated with cortisol secretion (adrenal gland hormone). The more cortisol, less space for growth hormone



- **Resveratrol** – acts prophylactically. A substance proven to repair damaged cells. It also thins the blood, dissolves cholesterol which protects us from heart disease

Is BMI (Body Mass Index) Always Objective Factor for Body Condition Evaluation?☺



Eat Healthily 😊



Try to Rest as Much as You Can😊





**Thank You Kindly For Your
Attention !**