

Women's fitness - fit and healthy lifestyle.

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Fitness in general is the path to healthy living which includes healthy food, day schedule, various activities like running, weight lifting and etc. But women fitness is somewhat different from men fitness and I would like to describe those differences and reasons of those.

Majority of people relate term fitness mostly to weight lifting and muscle building which generally is what men fitness is about but in case of female fitness even pure bodybuilding programs will not result in bulky and masculine figure because women body can't naturally produce as much testosterone as men do. This hormone is responsible for increasing muscle size. Only those girls who are aiming for bodybuilder muscles will use drugs such as anabolic steroids which is basically synthetic testosterone and achieve muscle mass which is above average for women body. Drug usage coupled with very heavy weight lifting in gyms will transform woman into such manlike woman with large muscles and unnatural body shape.

Another concern that most woman have regarding fitness is that after doing constant training for some time and then suddenly stopping any activities will in result turn your muscles into fat and in some cases even more than before starting fitness program. This generally is not true and only reason for such result can be returning to bad eating habits together with stopping gym activities will make this double effect look like muscle transformation into fat but in reality lack of activity makes people loose muscle because it is not needed anymore and bad eating habits will accumulate fat.

To make female body loose fat and firm it up proper diet and weight training program is required customized to each individual because there are many aspects that affect this. Just weight training will not turn body fat into muscle as many assume but will only ensure more flexibility and build some shape but to loose those body parts with excess fat eating habits need adjustments towards more healthy food with more natural products. That's one of main reasons why thinking that you can eat anything that you want as long as you exercise is incorrect for achieving fit body. Individual metabolism determines how many calories human body burns at rest and while exercising. If more calories are consumed than burnt on consistent basis then body will accumulate these extra calories as fat regardless of amount of exercise that is done. Only those who have high metabolic rates will be able to eat what they want while doing or even not doing any exercises but keep their body as fit as before.

Main difference from men fitness for women is that they only need to do cardio and light weights if any. This would ensure that both muscle and fat are used for fueling your body and none of these are increased. Light weights will help sculpturing female body in shape that is dreamed about which is as slim and lean as expected.

But quite a lot of affect to how people want to look like is coming from media such as TV, press and etc. Majority of pictures used are representing people brushed up by professionals who will look more average in other circumstances but what matters is general population is accumulating this image of perfect body and looks as standard for beauty. Because of such pressure from media quite many push themselves hard to achieve same looks and quite often go overboard with using diet and weight training programs to their extreme limits which can bring

health issues as well. So it is much better to compare ourselves with people we meet everyday rather than try to compete with looks represented by media.

Bodybuilding is term mostly used in men fitness world but body sculpturing is what women fitness experts commonly use. Main difference here is that first one requires heavy weight lifting with extreme programs but latter will include moderate amount of weight training and less demanding program. In conjunction with a balanced diet that consists of small meals throughout the day to boost the metabolic rate and accelerate fat loss while gaining some muscle, and nutritional supplementation, the results provided by the program can re-shape any woman's physique in no time.

Whether you want to be involved in fitness with the purpose of competing or just staying fit, you are working out to better your quality of life. Choose how you want to look rather than how someone else thinks you should look.

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Men and woman are physiologically pretty similar but women tend to store body fat in different places than men, mainly the hips, glutes and triceps. Therefore, the routines for women should be designed to target those problem areas and tone them. And of course caloric requirements for women diet are different than for males as well.

Getting fit isn't just simple go to gym and use diet concepts. It's a different lifestyle and learning what is optimal for you is part of education process when starting that quest for healthy life. It's not necessary to become supreme athlete and push yourself hard to achieve those fitness goals as fast as humanly possible but better enjoy the process and have fun. Quite often gym is also place to socialize and meet new friends who share same interests. But still to make your time spent in gym most effective it's essential to learn correct training program application and if possible use of personal trainer who will customize this program for every individual body shape and goals that can be achieved.

Frequency of fitness activities should be at minimum 3 times a week with 45-60 minutes spent in gym and coupled with 3 days of cardiovascular activity. But this should be balanced as making too much cardio and too little weight training by thinking that weights will result in more muscle. Balancing both of these will ensure proper body shape instead of just either losing fat but body shape staying pretty same or just building some muscle in addition to fat that didn't go anywhere. Another mistake many are doing is not eating enough by thinking it's part of diet to keep within calories limits but such approach will not increase metabolism that ensures fat usage and eventually will result in low caloric intake and instead retain body fat and lose muscle.

And don't focus on weight values too much as women fitness in beginning isn't about pounds but more about inches.

In general good diet should include brown rice, oatmeal, sweet potatoes and vegetables, protein food like lean sources such as turkey, chicken breasts, lean fish and lean red meats and also good essential fats such as extra virgin olive oil, fish oils and flax oil, is best. Calories wise, 1200-1500 calories is enough for most though if activity levels are higher there will be need to increase intake. It is crucial that meals are consumed every 2-1/2 to 3 hours to keep feeding the body so instead of three large square meals there should be 5-6 small meals per day. The least amount of meals any woman should have would be 4.

And to achieve those fitness goals remember to be consistent, determined and prepared.