

10



BENEFITS
of
EXERCISE

Franklin S. Antoian

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PART ONE

TAKE THIS PILL

There is a new pill on the market that will make you look good, feel great, become stronger & leaner. It will help you lose weight, improve your sex life, help you sleep better and even help prevent heart disease.

Do you want it?

The mayo clinic recommends it. So does WebMD.
Your doctor, spouse and friends may do the same.

Will you take it?

Well, sorry to say, there isn't a pill, but what if you could get these and other benefits from something else. Would you try it?

It's been proven.

ABOUT THE AUTHOR

I'm an American Council on Exercise (ACE) Expert Certified Personal Trainer. I'm the owner and founder of iBodyFit.com, the world's largest online personal training website. I'm also the author of *How To Get In Shape: Workouts For Today's Busy Professionals*.

I left a lucrative job on Wall Street to pursue my passion for health and fitness. My clients include entrepreneurs, CEOs of Fortune 500 Companies, and Ms. Figure & Abdominal Champions. I train clients at the top-rated country club in the United States, the Royal Palm Yacht and Country Club, and through one-on-one private sessions in Palm Beach County, Florida.

I'm eager to share my knowledge and expertise with everyone interested in a fitter, healthier life! Please email me with any fitness related questions.

Stay Fit!

Franklin S. Antoian

Franklin@iBodyFit.com

www.iBodyFit.com



PART TWO

EXERCISE

Everyone knows the benefits of exercising. Exercising can help you look good, feel great, lose weight and even become healthier, right?

In addition to all of the amazing benefits above, exercising offers many more benefits, some of them surprising!



Let's discuss these surprise benefits, but first, so we are all on the same page, let's briefly define *exercise*.

EXERCISE DEFINED:

Exercise can be divided into three categories:

- 1. Cardiovascular Training.**
- 2. Resistance Training.**
- 3. Flexibility Training.**

CARDIOVASCULAR TRAINING

Commonly known as *cardio training*, Cardiovascular Training is used for strengthening and improving your Cardiorespiratory System. Your Cardiorespiratory System consists of your heart, lungs, blood and blood vessels. Cardio Training also helps with excess body fat weight loss.

WHO SHOULD DO CARDIO TRAINING?

Everyone can benefit from Cardio Training. There are different programs for different ages, exercise levels, and goals.

CAUTION

Be sure to get approval from your doctor or physician before you begin any cardio training program, especially if you or your family has a history of heart disease.

HOW MUCH CARDIO TRAINING?

According to the American College of Sports Medicine (ACSM), it's recommended that healthy people do 20 – 30 minutes of Cardio Exercise per day, 5 days per week.

If you are a beginner, start out slow and less frequently.
Add in more training as you progress and feel comfortable.

CARDIOVASCULAR TRAINING

EXAMPLES OF CARDIO TRAINING

Any exercise that elevates your heart rate can be considered cardio training. For best results, choose an exercise that involves your whole body, not just one specific area or muscle group.

Examples:

Walking

Jogging

Running

Biking

Swimming

MAXIMUM BENEFIT

For maximum benefit, refer to your **Target Heart Rate Zone**.

Training below your zone may not be very beneficial and training above your zone may impede your progress and can be dangerous.

Everyone has a guideline for their personal THR. The guideline is based on age, gender and health, among other variables.

What's my THR???