



Health Fitness Priorities *for Men*

When it comes to health care, most of us think of doctor's offices and insurance premiums. What it should mean to you is Self Care. By making your self care a priority, you can increase your chances of avoiding a health crisis which can cause you missed time at work, physical pain and financial issues. In this economy, you cannot afford to get sick!

Endurance Training

Endurance training is very important. It will help you lose weight, burn fat and give you the stamina needed to stand strong through the challenges of every day life. It also reduces the effects of stress on your body and may help lower your blood pressure thus reducing your risk of heart disease and stroke. Cardiovascular exercise increases your endurance. This includes running, swimming, power walking, fitness classes or any other activity that raises your heart rate. Wear a heart monitor to measure the number of heart beats per minute and the number of calories you burn during your workouts. This will help you measure the effectiveness of your workouts and monitor your progress.

Strength Training

The first mental picture for most men when they think of strength is of the perfect V-shaped guy with the six-pack abs and bulging biceps. Whether you want this type of body or not, you should do some form of strength training like pull ups, push ups or working out with dumbbells. Strengthening exercises will keep your muscles toned, keep your body lean and improve your immune system, which may keep you away from the door marked Emergency Room. Strength training is a must. It will add mass to your muscles, give you more energy and reduce your percentage of body fat. It will increase your basal metabolic rate and help your body burn calories more efficiently.

You will have more innate energy when you strength train.

Structure Training

Structure training includes stretching, developing a strong core and taking care of your spine. It will help you stand up straight, improve your balance and maintain or increase your flexibility. Keeping your spine aligned is essential to good health. Your brain runs your body through the highway of nerves that pass through your spine. It makes sense to keep a clear pathway from your brain to your body through your spine. Getting spinal adjustments regularly keeps your body in balance and the pressure off your nerves.

Nutritional Tips for Men

When talking about men's health, one of the most commonly brought up concerns is prostate cancer. Men over the age of 50 actually have a greater risk of developing osteoporosis than they do prostate cancer. You are not alone if this surprises you. Unlike women, who develop the disease from hormonal changes after menopause, men may develop symptoms through risk factors such as alcoholism, kidney stones, smoking or lack of physical activity. A diet rich in lean protein and colorful vegetables and fruit is imperative for maintaining your health which may help you ward off both prostate cancer and osteoporosis. Consume foods rich in B vitamins and antioxidants and consider a good, balanced supplement to optimize your overall health.

Take it back

Your SELF care should become part of your daily lifestyle. Own it. It's your body. Make good choices. By taking simple steps regularly, you increase your chance of standing strong as a man who personifies vitality, energy and independence for a lifetime.