

## How to Get a Good Looking Body

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To get a body you feel well with, you must first decide for a realistic body style to aim at. Then you must apply targeted training activities and diet measures.

It is often possible to get very near to that amazing body you always have dreamt of. However, it can cost a lot of effort and time to get all the way to the goal. Still you can achieve a lot with less time and cost, as long as you are persistent in your endeavors. Here are some advices to get a better looking body:

You should first plan how you will look. You must decide which body parts you want to be muscular and have round curvatures, and which parts you want to keep slim and gracious.

Most persons will probably feel most well with a balanced body shape: Muscular in the area under the shoulders, strong breast muscles, strong muscles around the shoulders, moderately muscular arms, slim around the mid, firm but not too great belly muscles, round and muscular buttocks, muscular thighs and strong calves.

Other persons will prefer a more v-shaped figure with more muscle mass on the top, and somewhat less at the bottom.

You must also decide if you want changes in you posture, and define these changes. By consistent training you can greatly improve your posture. Your plan must however be realistic. You skeleton sets some limitations of shape and size you cannot surpass.

You must also decide if you want to loose body fat or perhaps gain some fat on your body. You must decide how important it is for you to get a better general condition and gain general wellness, and decide if these goals are more important than improvement in body appearance.

Then you must make a plan for your training, your diet and otherwise for your lifestyle.

The training should contain exercises to gain muscle mass and strength, exercises for your general condition and exercises to get a flexible and agile body. Improvement of posture will result from the combination of stronger muscles and flexibility training.

A repetitive three day's plan with training 45 minutes to one hour each day will give you great results, if the plan is consistently adhered to:

In day one you perform exercises to gain muscular mass and muscular strength, like weight lifting or analogous training methods. You should train all your muscles, but those body parts where you have planned to get must muscles, should be exercised the most.

If you have posture problems, curvatures or bendings in body parts caused by weak muscles or bad habits, these can often be helped for by strengthening the muscles that flex the body parts in the opposite direction. If however, the bending is due to scoliosis or some other disease under progression, the problem need professionals treatment.

In day two you do exercises that enhance your general condition, like jogging, swimming, playing ball, and cycling. Choose something that you find funny, and you can also vary between different activities. It is also good to invite some friends to exercise together with you on this day.

In day three you do no do any hard activities, but stretch out and do exercises to improve your body's flexibility in all natural directions. Yoga exercises are very good to enhance your flexibility and improve your general health. It is also advisable to set out some time for meditation in day three.

The diet is important for achieving and maintaining a good body shape. You must eat 3-5 good meals each day,

but do not over-eat.

You need enough proteins. Every meal must have some protein-rich food sources, like: Fish, seafood, lean meat, lean cheese, fowl or mushrooms. Also nuts, almonds and sunflower seeds contain protein. These are good food sources, but because of the content of fat, you should not consume too much of them. Eggs are a good protein source, but eat it in moderate amounts to avoid getting too much cholesterol.

In each meal you need some fat from natural sources and you need some carbohydrates. You should however control your consume of fat and sugar. You must not add very much fat or sugar to your food, and you must not eat too much of food with a high content of fat and sugar.

Also vary between different natural fat sources to get all the essential fatty acids you need: Fat fish, nuts, sunflower seeds, almonds, olive oil, rape oil, canola oil, flaxseed oil, marine oils, nut oils and sunflower oil. Do not use only soy oil or corn oil as many people do. Neither use much butter. Do not consume chemically altered fat.

As sources of carbohydrates use mostly full corn bread or cereals, potatoes, peas, lenses or beans, but also add some sweet fruit.

In order to get enough fiber, vitamins, minerals and anti-oxidants, every meal must have some fruit or vegetables in a natural condition. Supplements of vitamins, minerals and anti-oxidants and special nutrients can be of help.

A training program as depicted combined with a good diet, will often make you loose fat over time. However, if you are heavily over-weight, a more specific slimming regime can be necessary.

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Knut Holt is an internet consultant and marketer focusing on health items. At his web-site you can find health advices, training supplements, vitamins, minerals and natural drugs against common diseases, like: Acne and skin problems, over-weight, hypothyroidism, hemorrhoids, heart trouble, joint pain and rheumatism, depression, constipation and digestive trouble, cold, flu, men's and women's problems, and more.---

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