

Ultimate Guide to Fat Burning & Muscle Building for Men Over 40!

Excerpt:

Improving the Quality and Quantity of Life

Face it, you *are* going to get older and if things keep advancing we'll all be living to an average of 100 years. It's so important to enjoy your life and feel good in the body you've been given to carry you through this journey. We all want to sample from the big buffet of living. I think the best way to enjoy our long life is to live healthy and make wise choices.

Life's activities and choices are endless. I know that if you are like most, you will want to do it all to enjoy all of life's pleasures while simultaneously and gracefully deal with the pain associated with aging. It might not surprise you to find that the best prescription to make it all happen is exercise. Exercise is the youth elixir (and it's much cheaper than growth hormone treatments) since it keeps us feeling sharp mentally, physically, emotionally, and sexually.

As humans, our natural instinct is to feel drawn toward pleasure and away from pain. Exercise is often viewed as an uncomfortable, unpleasant activity. I say this for one simple reason: if gratification from exercise felt as immediate and good as sex or eating, the gyms of America would be filled to capacity.

How do you find the enjoyment in exercise? The key when starting out or renewing your commitment is to begin with small doses. Use the shortcuts I will mention and be mindful that the first 15 minutes of any exercise activity might bring howls of protest from your body. It is natural for the body to want to remain as it is. This tendency is called "homeostasis." We also call it inertia. Once you get over the threshold of 15 minutes, your body finally gets the idea and will make all the necessary physiological adjustments to make you more comfortable and your body soon adapts to this heightened state of activity.

Remember, exercise is an intrusion on your body at first, but the pleasure will come as the brain sends out signals to release the feel-good chemicals (also called endorphins). Once you overcome that hurdle, you will begin to feel better. Have a little patience and wait for your body to feel energized. It's often smooth sailing from then on. The small steps you take can pay off with tremendous results. As you begin to tap into fat reserves for energy, you build your cardiovascular system, strengthen your heart, increase lung capacity, building both muscle stamina and energy stores. The real payoff comes later when your metabolism stays elevated for up to 12 hours (depending on activity and intensity) and your body burns more calories even while resting!

Exercising is like putting money in the bank; your sweat reaps big dividends soon after and compounds them with interest even after you're done. Taking even the smallest steps each day such as simply twenty minutes of walking or taking the stairs will provide you significant rewards in fat loss and better health.

The shortcuts to fitness in the chapters that follow provide you with quick solutions and pathways that will lead to your ultimate success on your fitness journey. You can take pride in your efforts however minor they seem – in the end, they will all add up. These small building blocks slowly come together to help you build a rock-solid foundation of health, wellness and a muscular, low-fat body that will serve you well into the Twenty-first century!

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