



The Berry Great Fitness Guide





Authors' Comments

Planet Berry launches the first in a series of eBooks online. The full version of The Berry Great Fitness eBook Guide provides you the entire eBook and can be purchased via PayPal , which is internationally accepted and secure. The full version provides a complete and in depth guide focusing on Total Wellness. Every day we learn more and more about the wonders of mother nature's gifts but if we don't individually commit to a program life style change we will forever be missing out on the benefits that are all around us.

We hope you enjoy the eBook and write back with your thoughts as we are getting started on a new project every day as we like to say and your critique and suggestions help guide the next project.

About the Authors

The Berry Great Fitness Guide is a collaborative eBook effort of the co-founders of Planet Berry LLC.

Irene Levy has over 25 years of experience in the health and wellness industry primarily in the physical therapy arena and cardio/aerobic fitness fields. She has over two decades of hands-on experience helping patients recover from



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injuries and illness, working in conjunction with their managing physician. She has long been an advocate of combining wide-reaching lifestyle changes. Healthy and nutritious dietary programs combined with a Move It exercise philosophy work with an individual's individual needs and capabilities to help them achieve their full potential.

Steve Levy is an IT professional serving the Government Markets with leading edge high technology solutions from eProcurement systems through infrastructure design and implementation. With over twenty five years of experience, Steve helps manage the back-office and web development needs of Planet Berry to provide a rich, content-driven environment for the visitors of Planet Berry.



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Introduction

Fitness is about more than muscles, more than blood pressure and cholesterol. Fitness is a state of mind and body, and an awareness of the relationship between what you eat, what you do, how you feel and how you think. The best fitness plans include actions regarding each of the four areas. Mental health, physical health, diet and exercise all work together to provide ultimate fitness.

Diet + Exercise+ Mental Health + Physical Health= Wellness

“Wellness” is a term that is frequently used in health publications. Wellness is another term for fitness. Everyone wants to achieve wellness. Who doesn’t want to be well? Everybody has different ideas about wellness. To achieve total wellness, a person’s diet, exercise program, mental health and physical health must be in tune. The way to achieve this is to give equal time and energy to each aspect wellness. The Berry Good Fitness Guide provides resources for its readers to do just that. Wellness lets people do more. Let’s get moving!



Chapter One

Why Berries?



Why do we start with berries? Berries are one of the “superfoods,” or foods high in antioxidants that help the brain and the body grow. No fitness program is complete without them! Berries don’t just feed the body, they feed the mind. In order to stick with a fitness program that works, your mind needs to be just as strong as your body. So, we start with berries!



Chapter Two

Dietary Planning

Diet and Mental Health

The brain is the most powerful organ in the human body. The brain controls all functions of the body, whether the functions are conscious or unconscious. What you eat does impact the way the brain works. The brain sends chemical signals through the body to tell the body what to do. Fatty acids are compounds that the brain uses to do its work. Foods with these “beneficial fats” such as olive oil, many types of fish, avocados, walnuts and other foods are important to brain health. Research has shown that foods rich in Omega-3 fatty acids also help the body fight off depression. Other superfoods such as berries and spinach provide the antioxidants discussed in chapter one.





Diet and Physical Health

Your diet does impact your physical health. The most obvious way is through weight. If you eat more calories than you burn, you gain weight. Weight gain puts strain on muscles and joints. Additional weight also makes it more difficult to exercise. Excess fat has also been linked to a variety of cancers.

Foods such as trans fats and saturated fats are linked to heart disease, the number one killer of women in the United States. Too much of the wrong kind of fat and not enough of the right kinds of foods leads to buildup in arteries that causes strokes and heart attacks.

The United States Department of Agriculture (USDA) released a new Food Pyramid, along with new guidelines for healthy eating and living. The new plan emphasizes whole grains, fruits, vegetables, lean meats and beneficial fats. The new pyramid is the result of decades of research about diet and exercise from a variety of resources. Healthy foods as part of a balanced diet make people more alert, happier and better equipped for physical activity.



Connection between Mental and Physical Health

Fitness is the combination of mental and physical health. Mental and physical health are related in several ways—some regarding food, others regarding exercise.

Goal Setting and Achievement

A person who feels good, has a good mood, is strong and healthy will be

more likely to set goals and achieve them. It

is difficult to picture climbing a mountain,

passing a difficult test, sticking with a

healthy eating plan to lose weight if you feel

bad. Food contributes to mental and

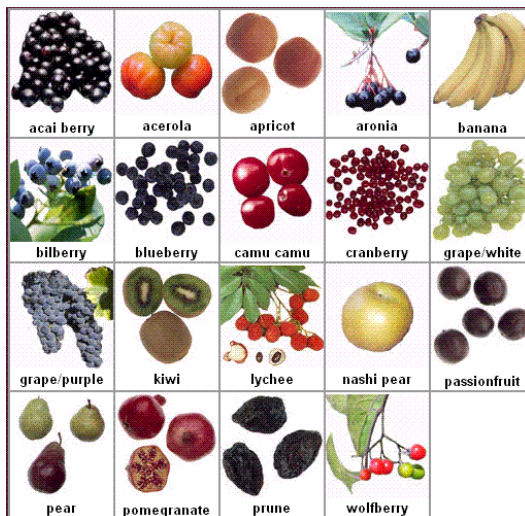
physical health in this way.





Chapter Three

Vitamins and Nutritional Supplements



Vitamins

Vitamins are substances that the human body needs to grow and function properly. Vitamins essential to life are: A, C, D, E, K and the B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate). Multi-vitamin supplements often have other elements included. The above are the vitamins necessary to human life. Vitamins come from plants and animals. Minerals come from water, earth and the air. The body can manufacture some vitamins, while others need to be consumed in food.

The ideal way to consume vitamins is to eat foods that are rich in vitamins.

Generally, whole fruits and vegetables, grains meat and dairy products contain all



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of the vitamins and minerals a person needs. The average US citizen does not receive all of the vitamins and minerals he needs from his diet. There are many other ways to take in vitamins. Nothing can be a substitute for a balanced diet; however, some supplements can help busy people on the go get more vitamins, minerals and antioxidants than they would otherwise.

There are two types of vitamins: water soluble and fat soluble. Water soluble vitamins are not stored in the body. Vitamins in excess of what the body needs are filtered out by the kidneys and excreted from the body. Fat soluble vitamins are stored in body fat and used by the body as necessary. Eating non-digestible fat can prohibit the uptake and storage of fat soluble vitamins.



Each vitamin has an essential function in the body. As with almost all other substances, too much of some vitamins can actually be harmful to the body. More is not necessarily better. It is always best to read the label for any nutritional supplement before taking it.

Vitamin Charts from the National Institutes of Health



Dietary Supplements

There are entire stores devoted to dietary supplements. People who eat a very well balanced diet generally do not need supplements. Few people, however, eat a diet balanced enough that a vitamin or vitamin supplement cannot help their overall health. Dietary supplements can come in capsules, powders, nutritional bars, juices and fortified beverages.



Chapter Four

Fitness and Exercise

In theory, everyone thinks exercise is a good idea. Exercise has been scientifically studied and proven to be part of a healthy lifestyle. In practice, many people do not get as much exercise as their bodies need to stay healthy. In today's busy world, it is difficult to carve out enough time to exercise. Many people who pay for a gym membership do not end up using the membership. This guide provides information about exercise that is easy to do by walking out the front door, or staying in your living room. We also discuss proper eating in relation to exercise so that your body has what it needs to do the work of exercising.

Types of Exercise

The three types of exercise that the Berry Great Fitness Guide discusses are cardiovascular, strength building and mind-body exercises. Each type of exercise is important for maintaining fitness.



Exercise and Eating

It is a myth that exercise makes you hungry. However, eating the right foods can make exercise easier and more fun. Your body's blood sugar level is important for enjoying and staying safe while exercising. Exercise will not necessarily make a person hungrier, but not eating properly and maintaining the proper blood sugar level before or after exercising can cause faintness and lightheadedness.

Exercise for Beginners

Starting an exercise program is exciting and rewarding. Exercise yields quick results in terms of fitness. You may not lose twenty pounds in two weeks (that is not healthy, anyway) but you will notice a difference in your ability to do certain activities for longer periods of time, as well as a decrease in blood pressure, easier breathing and a general feeling of well being.

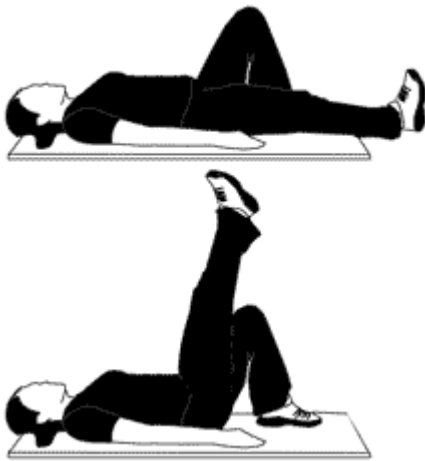
Strength Training



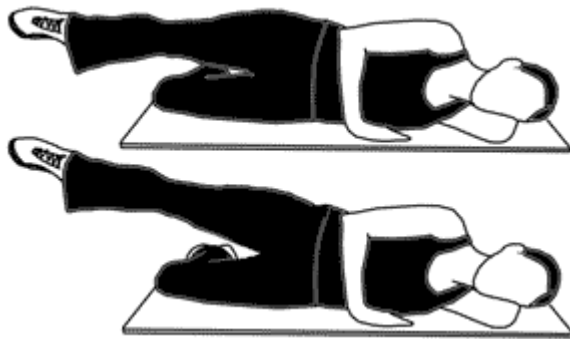
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Beginners to exercise can use weights, resistance bands or simply their bodies to do strength training exercises. While strength training it is important to never lock a joint. Doing so can tear muscles, ligaments, tendons and put tremendous stress on joints. Always keep your knees and elbows slightly bent.



Supine leg lifts build strength in the quadriceps



Side leg lifts work the inner thighs

Teen Fitness



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Teens are very aware of cultural pressures to be thin, hip, and part of the "in" crowd. High School athletes are revered, and pressured to perform. There is ever more pressure, today more than ever, for teens to be thin; however, thin does not necessarily mean fit. Fitness is the combination of mind, body, diet and exercise. Teens need to be fit in all areas. Fitness helps improve concentration, sleep, and feelings of well being. It is important, with societal pressure on teens that fitness is approached as part of a well-rounded life, rather than a means to an end.

Conclusion



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Fitness is about more than diet, more than exercise. Fitness is the unity between mind and body. Fitness is where thoughts and actions come together as one.

Many factors contribute to fitness, including diet, exercise, mental health and spiritual awareness. When each of the three areas work together in total harmony, perfect fitness is achieved.

For each person, total fitness requires different amounts of concentration, inputs and focus. The journey to fitness is never complete. It is a journey that every person walks every day. Each step toward fitness is a step in the right direction. Believe in yourself and help yourself meet your goals. The only person who can take care of you, is you!

Get Moving!

This eBook is intended to enrich your thought process toward overall health and wellness. It is not intended to replace your personal physician's advice. Planet Berry LLC encourages that you consult your personal doctor before attempting any changes to your diet or exercise program.