

FITNESS NEWS

health, fitness & nutrition

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Join Us:  Fitness News

Ever wonder what fun tastes like?



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KEEPING YOU IN THE KNOW

YES! STRAWBERRY MONTH IS HERE!!!



Fresh, Squeezed or Frozen, strawberries are a very popular fruit but also packed with healthy punch. Here's why:

- Immunity Boost**
- Anti-Cancer**
- Younger Looking Skin**
- LDL Fighting**
- Blood Pressure Regulation**
- Fiber Boosting**
- Promotes Pre-Natal Health**
- Perfect Guilt-Free snack!**
- Reduce Inflammation**

TIPS: Add Fresh Strawberries to your breakfast, in the afternoon snack, on your salads and benefit from all its help Benefits! Eat at Least 1-2 servings a day (10-20 medium strawberries).



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Should I Do Cardio Before or After Weight Lifting?

I always had this question in mind. Should I do cardiovascular exercise before or after my resistance training?

Some said I should do it before the weight lifting because it helps to warm up my body. Another school believes that, in order to lift heavier weight, I should conserve the energy therefore; cardiovascular exercise should be done after that. No right or wrong. If you are at the stage of bulking up do the cardio after the workout. Otherwise when you are at the cutting phase, you can do your cardiovascular exercise as a warm up before you hit the irons.

If you want to build muscles yet prefer to do cardio first, the other option will be replace the used fuel with an energy bar before the weights training.

TURN YOUR HEADSET ON!

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You don't need an occasion to treat Yourself

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