



Isometrics04

## Overweight and Feeling Old? Lose Those Expanding Waistline Blues With an Exercise DVD

### Summary:

It's very easy to feel older than we are when we *look* older than we are ... when our lumps and bumps and extra pounds shout, "Over the hill!" to the world. Instead, we can feel young and healthy with just a little bit of effort and a do-it-yourself exercise program that includes at-home exercise DVDs.

### Article:

As we get older and our waistlines inch larger and larger, many of us feel – and look – even older than we are. Just getting dressed in the morning can be depressing when you wear clothes that are several sizes larger than what used to be a perfect fit.

So, fight the waistline blues – and your waistline, itself – the easy way the easiest way possible, with an at-home workout. Buying an exercise DVD, and using it, can help you erase the depression of an expanding waistline while you get healthier and more fit at the same time.

Depression is often created by the idea that we've lost control of our situation and depression can often lead us to eat more and do less, causing an endless spiral of misery. Simply taking a small step to regain control, to fight back, by buying an exercise DVD can make you feel and look better almost immediately.

An at-home exercise program gives you the flexibility of working out when you feel your most energetic. There's no need to get dressed to go to the gym or make time in the evening when you'd rather be relaxing, and no need to fight sweaty locker rooms, group showers or the disapproving looks of others. An exercise DVD gives you control of your exercise program – and of your waistline.

For the beginner, a simple stretching exercise program with isometric and low-impact exercises can help you start feeling better about your body right away. Committing yourself to working out with the DVD every day or every other day returns control of your body to your own hands and helps you feel better about the exercise process.



For most of us, even a little workout every day will start trimming that waistline and helping us lose the weight that everyone picks up with age. Starting your morning -- before breakfast and a shower -- with an exercise DVD is invigorating and helps get the day off to an energetic, positive start. Or, you may find that exercising in the evening helps you work the tension out of stressed muscles and let's you relax and sleep better. Either one or both will work for you – as long as you actually do the exercises.

The benefits of an at-home exercise DVD are boundless. There are no set hours. No expensive gym membership and the special clothing that requires. No special trip there and back home again. Total privacy. Everything done at your speed, according to your ability. Exercise boosts energy levels, too, making you feel more “up” for whatever you have planned. And if you recognize the signs of feeling depressed about your weight, you can slip the DVD in for a quick workout, getting rid of the “blues” right then and there.

So if your overweight body is making you feel old and washed up, just think how much younger and more vibrant you'll feel when you can slip back into the clothes that you wore years ago. A targeted exercise DVD can help you lose the weight you want and look younger and firmer than you have in years.