



Isometrics10

Fight Aging - Isometric Exercise Can Give You Energy in No Time Flat

Summary:

People who complain that they feel old usually lack the energy or motivation to do something they've been invited or need to do. In reality, the culprit is an out-of-shape body, not age. Exercise can help you have more energy, feel younger, and look your best too.

Article:

No matter what age someone might be, it's most often the case that the feeling of being "older than dirt" isn't caused by age, but by a body that is inefficiently burning the energy (that's food) put into it.

Just like a car that is out of tune, a body that is out of shape burns fuel poorly, storing unused portions of it as fat for use at some later time. The problem for many is that they never get motivated enough to burn those fat reserves, so more and more fuel is stored as fat in an endless, depressing cycle.

The key to getting back their energy is to burn the fat their bodies have been storing away. With a few simple isometric exercises, you can reclaim your energy and start losing weight, feeling younger in practically no time at all.

When we age, our metabolism begins to slow down. With a lower metabolism, a tendency to be less active, and years of storing unused fuel as fat – well, saddlebags and bulging bellies tell the sad story. In that situation, we feel our age much more drastically than we would if we were in better shape. So, the first and most important step to fight aging and feel young again is to boost our energy levels.

The easiest way to boost energy levels is to increase our fitness – and the easiest way to improve our fitness is to begin a program of exercise with targeted isometric exercises. By targeting specific muscle groups, isometric exercise will slim our problem areas first and create more lean muscle. Lean muscle burns calories more efficiently and encourages the body to start using up all that stored fat. Off come the pounds and inches.

Losing weight has two dramatic, wonderful effects on your body. First, you'll have a great deal more energy. The energy stored in the fat is released and the



body's new, leaner engine creates still more energy, more get up and go, from those calories than it did before. More energy means you feel younger.

Secondly, you feel younger because you look better. It's not fair, but our society generally perceives that the more lean and fit you are, the younger you are. As isometric exercise helps you firm up your problem areas and create more energy, it also creates a smaller, firmer you. People will simply assume that you are younger than your actual age – because you *look* younger.

So, the old adage that “you’re only as old as you feel” can be right on the money. Today, right now, you can stop feeling old and start reclaiming the energized feeling of youth. A little attention to your trouble spots with isometric exercise will get you back on the road to a fit, youthful body and spirit.