

# 15 Quick Body Toning Tips

Here are some toning tips for your fitness toolbox in no particular order. Mix-n-match. Read one a day. Have fun!

Tip 1 - Tummy Toner - In addition to your toning workout, eat smaller portions. Your stomach is only about as large as your fist. So no need to stuff yourself with a large plate full of food.

Tip 2 - Try a Trainer - Get advice or help from a trainer from time to time. Some online trainers are pretty affordable like around \$2 week at eDiets.com. Or search your favorite online engine for free fitness forums and chat away.

Tip 3 - Posture Practice - Practice improving your posture daily, no matter whether you are sitting at your work desk, sitting at home in the family room or at the table, or standing and walking.

Tip 4 - Variety - Vary your toning routine during the week. Alternate days that you do cardio work on days when you don't do your toning work.

Tip 5 - Routine - Also vary your routine. Research shows that a body can adapt to the same routine over a 4- to 6-week time frame. When you vary the routine, the body works harder, trying to adapt once again. At least increase the intensity or amount of sets you do. But "change" something.

Tip 6 - Warm Up - Don't forget to warm up with some stretches before diving into your toning exercises in both cardio and strength training. You only need about 5 to 8 minutes. And target the muscle groups that you'll be using. What is "WARM-UP" -A warm-up period helps your body by passing along lots of blood, full of nutrients, to areas that are about to be exercised, resulting in the warming up of the muscles and the lubrication of the joints. No matter whether you are working out at home, in a fitness center or outdoors, regardless of weather, you need to warm up before beginning all exercise activities in order to prepare your body for your workout. So improve your performance and reduce your risk of injury with a warm-up period.

What is "COOL-DOWN" - The period of 5 to 10 minutes at the end of your workout is the cool-down period. It allows time to lower your heart rate before you dash back off to work or other activities after your workout sessions, and reduces your risk of muscle soreness and injury that could come from your workout. This cool-down period should include 5 minutes of cardio exercise like stationary biking or walking, and should proceed at a reduced pace from your previous exercise activities. At the end, you should focus on about 5 minutes of slow, focused stretching, when your breathing goes back to where it was before your workout.

Tip 7 - Get a Grip - When using weights, hold them firmly yet comfortably, not tight, raising your blood pressure in the process.

Tip 8 - Un-Lock - Remember not to lock your knees or your elbows while working out. Don't place undo stress on them.

Tip 9 - Turtle Moves - Remember who won Aesop's famous race and go slow and steady, especially with any equipment and machines you are using. For example, avoid having machine weights slam back into position at all times.

Tip 10 - Focus -From Aesop to the old Kung-Fu movie, here's a tip: focus on the muscle group you are working on during your workout, Grasshopper. Look at a wall if necessary, to maintain your concentration and proceed slow and steady.

Tip 11 - Journal - Keep a diary, journal or some type of record of your progress. Note which exercises you're using for which muscle groups, the number of repetitions and intensity. Track your diet here, too, if you'd like. Then set goals for yourself and update them regularly.

Tip 12 - Attention - Stand up straight! Chest out and up. Shoulders back. Keep good posture.

Tip 13 - Breath - At first it's difficult to monitor everything. But once you learn your routines, remember to exhale when lifting. Inhale when returning back to the beginning position.

Tip 14 - R&R - Don't forget that "All work and no play..." saying. Rest and relax. Work different muscle groups on alternate days.

Tip 15 - NO Hiding! - Psst - Some of the most difficult-to-shed fat is hiding under your belly button. Even though you may have strong abs, no one will see them if the overlying tissue is fat. Ugh! Time to hit the crunches and leg raises.

In conclusion, to get the toned body you desire, you need a regularly scheduled combination program of aerobic exercises, strength training, and good, healthy eating habits. A good place to begin is with your healthcare provider for the latest information about a well-balanced dietary and exercise plan to begin your strategic toning today.

About the Author

Tony Newton publishes the popular health and wellness website - <http://www.1st-for-health.com>  
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