

Resculpt Your Body Through Cardio: 8 Tips

Many people are insecure of their physique. They feel uncomfortable in public places and in crowds, always wondering whether they are being unfavorably scrutinized and judged. All this leads to rather low self-esteem.

If you can identify with this it is important to realize that you are not the only one who feels this way. The fact is that there are many people who feel they are judged or limited by their appearance and physical condition.

Before anything can be done about this people must ask themselves a question: would they rather continue same old routine (doing nothing) or would they prefer to make changes and do the work required to generate self-improvement.

Confidence is perhaps the single most-important commodity you can have. The more confidence someone exudes the easier they will find it is to achieve their full potential. There is always room for improvement. Perhaps reinventing yourself and coming up with a brand-new you may give you the confidence to face the world and all its complexities and hardships. Don't be afraid to pamper and treat yourself like never before.

One of the most important steps to self-improvement is to develop your health and physique. Choosing a healthy exercise or program like cardio is an excellent way to accomplish this.

A doctor should always be consulted before starting any new exercise program. To further increase the effectiveness and productivity of your cardio sessions, here are some of the valuable things that you should consider:

1. Start small and gradually increase your cardio exercise sessions.
2. Unless told to do so by a doctor, never do cardio on an empty stomach.
3. Because of the way that the body responds to cardio exercise, it is important to keep cardio going for at least 30 minutes. It must be done in moderate or high intensity.
4. Muscles should always be stretched to prepare them for exercise. A good muscle stretch for cardio exercise might include quadriceps, hamstrings and calves.
5. Know what your target heart rate is and be sure to monitor your heart rate regularly, such as during breaks or in between sessions.
6. Avoid boredom by varying your cardio workout regularly. Consider different forms of cardio, such as martial arts, rowing, running and things likes that to make it more exciting and fun.
7. Vary the intensity of your workout within the session. For example, use an slow or easy pace for the last 10 percent of the cardio session. This will help to condition the muscles to stop exerting too much effort. High intensity cardio should be done for approximately 40%, and moderate intensity cardio is best when done half of the entire exercise session.
8. If you wish to use both cardio and weightlifting you should always maintain an interval of 8 hours between workouts. Your muscles require rest in order to keep up with the rest of your activities. Also, your body requires nutrients and fluids to replace what is used in a workout.

Following these tips can help you improve your fitness, appearance, and even get back your self-esteem and confidence!