

Looking Like a Movie Star

Adding an exercise activity to your daily routine will definitely help you achieve that heavenly goal of looking like one of those healthy Hollywood movie stars. Even if it is the first time you decide to begin a routine to shape yourself up, it doesn't mean that you shouldn't get the most of it. To successfully accomplish your target, you have to consider eating the correct foods at the right times in addition to your work out plan.

It is not a good idea to work out right after you have had a large meal. Doing so, will lead to indigestion, sleepiness, sluggishness, poor performance or cramps during exercise, not to mention the fact that you will certainly feel worse than when you started. Also, the idea is not to stop eating because you will begin to feel tired, faint, lightheaded and weak, and with these symptoms there is no possible way for you to be able to work out and fulfill your daily routine comfortably.

When deciding on proper workout, your own experience is the best indicator, but only once you have studied and followed the basic general guidelines.

Here are a few things to keep in mind when starting up an exercise plan:

You should wait 3 to 4 hours after a large meal to work out, if the meal is not so big 2 to 3 hours is perfect.

The most important meal of the day is breakfast, as it starts up your digestive engine so it works faster, therefore breakfast shouldn't be skipped. Other meals should not be skipped either, although when planning to work out, meals should be smaller so that you only have to wait an hour in order to exercise. Consider [appetite suppressants](#) if you experience troubles measuring out your meals.

To have enough energy to go through your work out, there is a word you should learn and remember, CARBS. Carbohydrates are the best fuel for the wonderful machine we call the human body. You can easily find them in bread, cereals, pasta, fruits and vegetables. All of these carbs are stored directly in your muscles as glycogen and not in your thighs. Whenever the muscle needs energy to continue working out it just takes it from its closest resource, which is the glycogen. Sometimes it's difficult to have a meal right before exercise, but there are easier ways to consume carbs like cereal bars, sport drinks or a smoothie rich in carbohydrates. This way your performance will improve.

As difficult as this is to believe, your body needs fat. Good fats that is, not the fat you get from hamburgers or deep fried French fries, we are talking about fat from nuts or fish, as your body can break them up easier to use them as an energy supply instead of storing them in your bum or your thighs.

Lastly, avoiding dehydration is the key to an optimum performance in your work out. As you work out, your body produces heat which in turn produces sweat, this sweat needs to be replaced with water in order to keep your body hydrated and on top of its game.

About the Author

The article is posted and written by John Scott, the researcher and writer for www.compareop.com (Phentermine OPs Reports and Discussion board).

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