

# 97 Ways To Get Fit And Stay Fit

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More than any other time in history, people are all vying to have the best, healthiest body possible. The health and fitness industries are making billions of dollars every year on herbal supplements, fitness equipment, gyms, and special diets. If you watch TV or read magazines, there is always some intriguing commercial asking for money to help you get into shape. While many of these options are good and healthy, others you should stay as far away from as possible. Recently, a professional baseball player died at the age of 23. In his locker, a bottle was discovered containing Ephedrine. The FDA just issued a warning that people need to heed. Now that you have made a commitment to take care of your body, both internal and external, it is critical to your overall health that you do it the right way. Here are some tips for both health and fitness that will help you lose weight, discover ways to maintain a better healthy lifestyle, and be in the best shape of your life all the smart way! For sake of clarity, we have broken this down into two categories. One for health, which focuses on herbal supplements, weight loss, dieting, rest, and everything you need to know about taking care of your body on the inside. The other section is fitness, which has both internal and external benefits. One the outside, fitness includes weight lifting, running, sports, walking, things you can do to enhance, tone, and build muscle. However, fitness also has benefits for the inside such as great cardiovascular benefits among others.

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