

LOSE WEIGHT WITH FITBIT - A RAPID WEIGHT LOSS PLAN"



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INTRODUCTION

The purpose may be to lose weight or to just simply look fabulous and healthy. Whatever those reasons are, women's health and fitness are important, so here are a few health fitness tips for you to go by.

A goal for your fitness role

Let's admit it, we cannot start a fitness regimen by just reading health fitness advice, we have to follow it religiously. It is never easy to start with a task unless you are really passionate about it. So before indulging in the world of women's health and fitness, make sure you are determined and ready to be disciplined. After all, being healthy is fun!

Get up and warm-up

If you used to ignore health fitness advice, then you are probably allergic to the word exercise. Don't worry, it's never too late. A lot of health fitness tips will tell you that you should start small, warm up your body first. You can rely on 7-minute work-out applications for the meantime or take a regular morning jog at the nearest park to condition your body for better things like - a sexier body and a healthier life! Sounds exciting right?

Gyms are the new black

Now that you have conditioned your body to move around, you can begin taking health fitness advice to the next level. Browse over your directory and sign up at the best gym you have in town. Working-out not only gives you energy, but also tones your muscles and makes your body more efficient and stronger. Women's health and fitness comes in many forms so it's good to hire a trainer to better train you with the needs of your body. You can also enroll in gym classes like spinning, hip-hop dancing, yoga, and Zumba to spice up your work-out experience. This is a favorite health fitness tip because it does not only make you feel healthy, it is also an avenue for you to meet new people.

Make healthy a reality

Exercise alone will not give you the greatest results because you also have to watch what foods you put in your body. You really do not have to deprive yourself of food but if you follow health fitness advice, you must know that there are certain reminders you have to consider. When you work-out, it's OK to load up on carbohydrates and protein, because our body needs energy to burn. However, a very important health fitness tip is that during your idle time in a stationary position, you should choose fruits, greens, and

grains because these are healthier, makes you feel fuller, and don't add much to your waistline.

Women nowadays are very empowered, even more if it's coupled with health and fitness. Health fitness advice is free for all and many of it is very easy to do. Being fit is not just about looking good or attractive; it is also about taking care of your body and swaying it away from illnesses. Always remember that maintaining women's health and fitness equates to a longer and healthier life!

TEN TOP ISSUES FOR WOMEN'S HEALTH

It is time to celebrate women and their achievements. But it is also time to take stock of how women's rights are fulfilled in the world --especially the right to health. Twenty years after countries signed pledges in the 1995 Beijing Declaration and Platform of Action, women still face many health problems and we must re-commit to addressing them.

Here are ten of the main issues regarding women's health that keep me awake at night:

Cancer: Two of the most common cancers affecting women are breast and cervical cancers. Detecting both these cancers early is key to keeping women alive and healthy. The latest global figures show that around half a million women die from cervical cancer and half a million from breast cancer each year. The vast majority of these deaths occur in low and middle income countries where screening, prevention and treatment are almost non-existent, and where vaccination against human papilloma virus needs to take hold.

Reproductive health: Sexual and reproductive health problems are responsible for one third of health issues for women between the ages of 15 and 44 years. Unsafe sex is a major risk factor – particularly among women and girls in developing countries. This is why it is so important to get services to the 222 million women who aren't getting the contraception services they need.

Maternal health: Many women are now benefitting from massive improvements in care during pregnancy and childbirth introduced in the last century. But those benefits do not extend everywhere and in 2013, almost 300 000 women died from complications in pregnancy and childbirth. Most of these deaths could have been prevented, had access to family planning and to some quite basic services been in place.

HIV: Three decades into the AIDS epidemic, it is young women who bear the brunt of new HIV infections. Too many young women still struggle to protect themselves against sexual transmission of HIV and to get the treatment they require. This also leaves them particularly vulnerable to tuberculosis - one of the leading causes of death in low-income countries of women 20–59 years.

Sexually transmitted infections: I've already mentioned the importance of protecting against HIV and human papillomavirus (HPV) infection (the world's most common STI). But it is also vital to do a better job of preventing and treating diseases like gonorrhea, chlamydia and syphilis. Untreated syphilis is responsible for more than 200,000 stillbirths and early foetal deaths every year, and for the deaths of over 90 000 newborns.

Violence against women: Women can be subject to a range of different forms of violence, but physical and sexual violence – either by a partner or someone else – is particularly invidious. Today, one in three women under 50 has experienced physical and/or sexual violence by a partner, or non-partner sexual violence – violence which affects their physical and mental health in the short and long-term. It's important for health workers to be alert to violence so they can help prevent it, as well as provide support to people who experience it.

Mental health: Evidence suggests that women are more prone than men to experience anxiety, depression, and somatic complaints – physical symptoms that cannot be explained medically. Depression is the most common mental health problem for women and suicide a leading cause of death for women under 60. Helping sensitize women to mental health issues, and giving them the confidence to seek assistance, is vital.

Non communicable diseases: In 2012, some 4.7 million women died from non communicable diseases before they reached the age of 70 –most of them in low- and middle-income countries. They died as a result of road traffic accidents, harmful use of tobacco, abuse of alcohol, drugs and substances, and obesity -- more than 50% of women are overweight in Europe and the Americas. Helping girls and women adopt healthy lifestyles early on is key to a long and healthy life.

Being young: Adolescent girls face a number of sexual and reproductive health challenges: STIs, HIV, and pregnancy. About 13 million adolescent girls (under 20) give birth every year. Complications from those pregnancies and childbirth are a leading cause of death for those young mothers. Many suffer the consequences of unsafe abortion.

Getting older: Having often worked in the home, older women may have fewer pensions and benefits, less access to health care and social services than their male counterparts. Combine the greater risk of poverty with other conditions of old age, like dementia, and older women also have a higher risk of abuse and generally, poor health.

When I lie awake thinking of women and their health globally, I remind myself: the world has made a lot of progress in recent years. We know more, and we are getting better at applying our knowledge. At providing young girls a good start in life.

And there has been an upsurge in high-level political will – evidenced most recently in the United Nations Secretary-General's Global Strategy for Women's and Children's Health. Use of services, especially those for sexual and reproductive health, has increased in some countries. Two important factors that influence women's health – namely, school enrolment rates for girls and greater political participation of women - have risen in many parts of the world.

But we are not there yet. In 2015, in too many countries, “women’s empowerment” remains a pipedream - little more than a rhetorical flourish added to a politician’s speech. Too many women are still missing out on the opportunity to get educated, support themselves, and obtain the health services they need, when they need them. That’s why WHO is working so hard to strengthen health systems and ensure that countries have robust financing systems and sufficient numbers of well-trained, motivated health workers. That’s why WHO, with UN and world partners, are coming together at the UN Commission on Status of Women from 9-20 March 2015 in New York. We will look again at pledges made in the 1995 Beijing Declaration and Platform of Action with a view to renewing the global effort to remove the inequalities that put decent health services beyond so many women’s reach.

HEALTH AND FITNESS CLASSES THAT WORK

Improving mind, health and body is the stated aim of many health and fitness classes that are offered today. Many clubs and gyms are offering a variety of exercise and fitness classes that are designed for both men and women.

Some of the classes are traditional such as yoga, while others are offering new exercise ideas and methods to the public.

Women have become the most enthusiastic members at many of the fitness classes, and there are many classes that are designed to encourage their participation. You may notice many exercise classes that offer aerobics or yoga, and the great majority of the participants are women. These classes encourage women to become more active and offer them great gains in their overall level of health. In fact, yoga classes are attracting more males now but their following remains overwhelmingly female.

These particular exercises do not push ideas like muscle, strength and bulk, but do encourage and support stretching, balance and flexibility. These are traits that women seem to naturally value and they are usually quite successful in performing the exercises and stretching techniques.

Males tend to gravitate toward the heavier forms of exercise such as weight training and body building. You will often see them sweating over heavy barbells and working with machines with large weights attached.

Weight training is being offered in more of the health and fitness classes today and these classes are capable of improving the health of both men and women. Many of the fitness classes are finding ways to incorporate some type of mild weight training in with aerobic classes to introduce the activity to more women.

It is now common knowledge that working with weights will not only improve the shape of the body, but weight training will create stronger bones. Weight training can provide women with a well-defined athletic body as well.

TIPS FOR WOMEN'S WELLNESS AND FITNESS

Wellness and physical fitness is fundamental issue in most of people's thoughts these days.

We are living an extremely quick paced living. A life complete of workloads, commitments and a lot more operate load. Many individuals have diverse illnesses that they certainly not had any concept of due to the fact they were so busy in there day to day existence. Even though we attempt abide by the straightforward heath and conditioning points, a couple of lucky one's also join some well being and physical fitness center but nevertheless we are unable to take care of our well being the way we ought to be.

Conditioning Points for Females

Supportive nutrition, as opposed to just wholesome consuming, supports a way of life that will help you obtain your body weight loss and conditioning targets. In order to sustain nutritious pounds we ought to have a correct sense of balance of advantageous proteins, carbohydrates, and fats. Consuming a selection of nutritious foods from all of the food groups is vital to achieving and sustaining lasting fat reduction.

Females are predisposed to fat storage. It is in your genetic makeup. Puberty, your monthly cycles, pregnancy, and menopause are all components that promote an immense quantity of body fat storage. And, if you are using any kind of hormone replacement therapies, your scenario is compounded. Not to mention health care ailments those are a lot more typical to females. Males do not have to deal with any of this.

Joint Balance, Correct Posture, & Muscular Balance

Another area of concern for women's health and fitness is joint balance, right posture, and muscular sense of balance. These 3 locations of concern are essential to any woman who wants to lead a vital, discomfort no cost living. Without exception, every woman that I have come across has needed assist with posture, joint balance and muscular sense of balance.

For many females, health and fitness is a challenge basically since getting the physical methods required to commence a conditioning plan can be the most difficult component of the process. For several other females, getting begun is not a concern. Eventually though, whether acquiring started out in simple or not, for the huge majority of us

staying focused, committed, and on the proper track calls for enthusiasm on daily and hourly basis.

You can get that inspiration by means of various means. Play good music, live for the compliments that come as your system starts changing, (got to adore that attention), purchase that outfit or swimsuit you want to wear this summer and appear at it every day, or even tape a picture of you with that body of your dreams all more than the home.

Physical fitness supplements ought to not be baffled with that of efficiency enhancing elements, which are mainly illegal due to the reality that they provide an unfair advantage to the sportsperson, or since of the possible wellbeing hazards and dangers that are related with these elements, like that of anabolic steroids. Even though some efficiency enhancing ingredients are obtainable by prescription, as they are controlled inside the health care fraternity, and are nevertheless applied nowadays by bodybuilders and some sportspeople, at the threat of getting identified out and possibly banned from their chosen sport.

5 REASONS WHY A FIT BIT WILL HELP YOU LOSE WEIGHT

They track your steps, they monitor your sleep, they log your heart-rate, they show you how many calories you burn...Fit Bits are the in-vogue fitness gadget!

Since 2014 it's been reported that more than 36.7 million people have bought an activity tracker like a fit Bit.

So what is all the fuss about? How do you lose weight with a fit Bit?

Could this small black wristband be the answer to all of our fat loss goals?

Just a heads-up, this article is in no-way endorsed by fit Bit. We've received no financial compensation or promotion from them (although it would be great if we did). We genuinely think they are badass and they have been a huge help to our clients, hence this glowing review!

1. Fit Bits ramp-up your NEAT

Neat is short for Non Exercise Activity Thermogenesis and it is essentially the calories you burn doing movements outside of "formal" exercise. From extremely small actions like fidgeting and twiddling your thumbs to sprinting for the bus as it pulls away, all of these actions contribute to our total levels of NEAT.

We're all different and our NEAT levels vary between person to person. For example a construction worker who is lifting heavy objects for 7 hours a day will have much higher NEAT than someone who sits at a computer all day.

Personality traits can also impact NEAT too. Someone who is really excitable and animated will have higher NEAT than someone who is super-chilled and relaxed and so on.

Now the good news is that NEAT is one of the largest contributors to your overall daily calorie expenditure which means that it can have a huge effect on weight loss.

Increased NEAT = increased fat burning.

Now you don't have to start pacing around the office the entire day and burning holes in your shoes. You can make little adjustments to your daily routine to reap the rewards.

A 2000 study from the American Journal of Clinical Nutrition measured calories burned in different positions (sitting, lying, standing etc.) The results were pretty surprising, researchers found sitting up, motionless, increased calorie expenditure by 4%, whereas sitting up but fidgeting increased calorie expenditure by 54%!

A win for the fidgeters.

The researchers also looked at difference between standing verses sitting. Standing resulted in a 13% increase in expenditure!

If you then add slow walking into the equation, it caused a huge spike in calorie expenditure. Walking at just 3mph saw a massive increase of 292% over baseline expenditure!

If you want to ramp-up your calorie expenditure, get on your feet.

Other than the basics like walking to work, going for a stroll on your lunch-break, consider the huddle-meeting!

If you're based in an office try and implement 'huddle meetings'.

If the meeting is less than 15 minutes everyone has to stand, rather than sit. Not only will you burn more calories but you'll be more productive and the meetings will be considerably shorter too!

So how does this relate back to you having a Fit bit?

Well just by having a Fit bit it makes you more consciously aware of your NEAT levels. You can see the calories you're burning and you can see how much, or how little, you've been moving that day.

By increasing your daily step count, you can seriously increase how many calories you burn that day and the Fitbit does an excellent job of helping you track this.

Want to know more about increasing NEAT for faster fat loss? Listen to this.

2. They keep you accountable

The Oxford Dictionaries definition of accountability is the fact or condition of being accountable; responsibility.

Whether it is heading to the gym with a buddy, doing a challenge at work or hiring a personal trainer or nutrition coach, having someone or something to keep us on track is key to long-term weight loss success

Fit bit weight loss tips

The science proves this:

“Study participants experienced 100% better weight loss and fitness results, dropping pounds faster and keeping them off longer, when they teamed up with a buddy with whom they have an existing relationship.” – National Weight Control Registry

“Study participants reported significantly greater weight loss, health and fitness results when they had the support of family and friends.” –Families, Systems, & Health

“Study participants who actively enlisted the social support of 3 or more friends experienced 176% greater long term success with their exercise and nutrition program than those who tried to do it on their own.” - Journal of Consulting and Clinical Psychology

Where do Fit Bits come in this?

They act as your own personal coach which is on your wrist 24/7. If you are not hitting your goals - for whatever reason - your Fit bit will tell you.

Fitbits have lots of great ways to increase your accountability too. You can set daily step goals, calorie targets, and ‘stair climbing goals’ and active hour goals too. The new Fitbit charge will also send you “reminders to move” every hour. If you’ve been sitting at your desk for too long, you’ll get a little reminder to go and take a short walk.

3. FitBits are great for creating healthy habits

Habits are extremely powerful tools when it comes to fat loss. If you can form a strong habit it can be extremely hard to break.

When was the last time you forgot to brush your teeth? Exactly. It’s a habit that you don’t break, it’s a routine, it’s something you do every day without fail.

4. They help you set realistic goals

Can a fitbit help me lose weight?

If you want to improve something, you need to be able to measure it.

Fat loss isn’t any different. You need to set some numbers to see where you’re at now and to determine where you want to be.

Losing weight isn’t a goal, there are no numbers and there is no time-frame.

However, losing 0.5 to 1 kg per week is a goal.

It’s short-term, it’s realistic, it’s achievable and it’s time bound.

The problem many people encounter when they set long term goals is that they can get overwhelmed by the size of the task and the daunting timeframe ahead of them.

Say your big goal is to lose 6 to 12 kg in 90 days - which is definitely achievable with some work and dedication on your part. A Fitbit can help you break this down by focusing on daily and weekly goals which will contribute to the overall 'big goal'.

Lots of goals going on here, it's like Match of the Day....

Anyway, a really simple goal would be to aim for 10,000 steps every day along with a good quality sleep every night.

Do this for a month and you'll be amazed at the result.

5. They build community

Nobody wants to be a loner.

Fitbits are great for creating community, healthy competition and increasing accountability.

A great thing is that you can set up challenges like the "workweek hustle" or "weekend warrior" between you and your friends who also have Fitbits to see who can do the most steps in a week or over a weekend.

Being in a group or challenge with other individuals who share the same goal as you and that are striving for the same things is a huge motivator. Depending on how competitive you are it can get ridiculous. There are stories of people going on huge walks to boost their step count, watching 90 minutes of football while running on the spot and taking unnecessary detours, on foot, to the shop, just to get to the top of the leader-board to earn the bragging rights.

10 BENEFITS OF OWNING A FITBIT

Fitbits are the biggest fitness tracker out there right now. And nothing compares to hitting 10,000 steps. Don't you agree?

1. Nothing feels better than reaching your step goal. When your wrist starts vibrating, it's (almost) like you won the lottery.
2. You'll sleep more. It makes you realize you really don't need to lay in bed and watch episodes of Hawaii Five O because that's valuable sleep time.
3. You literally never take it off. Never. Just to shower and charge it (which you do when you're sitting, so you don't miss tracking any activity).
4. "Friendly" competition keeps you moving'. The fact you can challenge your friends on who gets the most steps is the best and worst thing to happen, especially if you're competitive.
5. When you do take it off and forget to wear it, life is over (but kinda). That's thousands of steps. So many floors. Gone.
6. You are more aware. Seeing stats of how many calories you're burning, how much activity you're getting, your quality of sleep, how much activity your friends are getting, etc. opens your eyes. I've been sleeping better because instead of falling asleep to Netflix (which, can people actually do?) I listen to a boring podcast that knocks me out in a few minutes.
7. You don't have to remember to log workouts, this thing somehow knows what kind of workout you do and tracks that too. Unreal.
8. Eight-hour workdays go so much faster. Taking two, five-minute breaks and walking around the building, up and down the stairs, or maybe around the block not only adds steps, but gets you away from a computer and gives you more energy and focus on work.
9. (If you have one with heart rate) You get more out of your workouts. You can see if your heart rate was in fat burn, cardio or peak mode, so you can see if you're pushing yourself hard enough, or if you need to change it up.
10. It's a one stop shop. One app where you can track your water intake, what you eat, your workouts, sleep, heart rate, weight, distance traveled, and more. Instead of going between apps to stay on top of your fitness regime, it's all in one place. Convenient, simple, and fast.

WHAT'S THE BEST FITBIT FOR WOMEN?

Your husband or boyfriend finally gets home on Saturday afternoon and he's wearing this thing on his wrist. He brandishes his wrist at you, excited to show you his new toy. He explains that it's a Fitbit fitness tracker and runs through all of its features. He tells you that he wants to get you one, too, because you've both been talking about getting healthier, and wouldn't it be fun to compete with each other to see who can take the most steps during the day?

You look at the monstrosity on his wrist and you feel a little faint. Relax. Fitbit has eight different models to choose from, some which can double for high fashion jewelry with the right accessories. Let's take a look at the four daintiest Fitbits:

Fitbit Flex

With its slim and flexible shape and its unparalleled customization, you can wear your Flex all day as you work and play and transition seamlessly into a night on the town. It doesn't skimp on the types of activities it tracks, either. It's a fully functional fitness tracker which documents your steps, calories burned, distance, sleep, and active minutes.

While it doesn't have a screen, the small tracker can be removed and inserted in accessories that make it look like a piece of fashion jewelry. It also comes in a wide variety of colors out of the box: black, gray, pink, lime green, hot pink, navy blue, orange, mint green, red and blue.

Fitbit Alta

The Alta is a slender wristband tracker that packs a punch in terms of features. Like the Flex, its tracker can be removed and inserted in accessory wristbands that change its aesthetics completely. It can go from a functional, no-nonsense look to a glamorous upscale image by changing the wristband to one that resembles a metal bracelet. In addition to accessory wristbands, you can completely customize the clock face.

In terms of functionality, the Alta tracks all of the important stuff, like steps, distance, sleep, and active minutes and combines that with reminders that gently prod you to move and reward you when you do. You can also forget about having to log your workouts into the Fitbit app — with Smart Track and exercise mode, the Alta does this for you

Fitbit Zip

If you would rather not wear a tracker on your wrist, and you want to keep it simple, then the cute little Zip is a good choice for you. It tracks steps, distance, calories burned and active minutes. It does not track sleep, however. It's small enough to clip unobtrusively to your bra, and comes in four attractive colors if you want to wear it on your belt or clothing: black, lime green, blue, and hot pink. For cuteness, the Zip can't be beat with its little smiley-face that gets bigger the more active you are throughout the day.

Fitbit Charge HR

So, the trackers we've looked at thus far are great for the average woman who cares about her health and wants to look good while doing it. But what about the active woman who is a fitness enthusiast? If this is you, then you'll want to take a look at the Charge HR. It remains slim, so you're not wearing this bulky thing on your wrist without sacrificing enthusiast level functionality. In addition to all of the standard fitness statistics like steps, calories burned, and sleep, the Charge HR adds heart rate and floors climbed to its list of trackable data. While Alta, it does it doesn't offer the customization options of either the Flex or the Charge HR come in five attractive colors: black, magenta, blue, orange, and mint green.