



Ray Baker

A report on

Exercise and the Mediterranean Diet

This isn't just about pleasing your taste buds, this is about your WHOLE life!



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Five Activities to Slim and Firm Thighs



The popular Hip-Hop song went “Baby got Back” only a few years ago, but Americans need no encouragement adding inches below the waistline. There’s something about the lifestyle in the United States, what with driving an hour each way to commute to a job where you sit at a desk for eight hours, that makes the thighs a difficult part of the body to tone. Wide thighs can steal your confidence to wear gowns and dresses, and especially for shorts in the summer.

With what little time we have to exercise and what good exercise can do, don’t expect overnight results. But if you have a choice of activities, these exercises are the most useful for toning the thighs:

1. **Walking.** Well, that wasn’t so hard, was it? We do it all the time. To motivate yourself to walk more, get a digital music player to listen to while you’re going for walks around your neighborhood. Find the local park trails and a path that isn’t too challenging, but scenic. Choose a time when you have many things on your mind or need to come up with creative ideas, since walking is both good therapy and stimulating to the imagination. Also, you might just pick the first parking space you find and walk the difference, instead of zig-zagging through the lot three times until you find an open space that’s two steps from the door because you don’t have time to walk.



2. **Swimming.** Swimming is the best exercise for just about anything. Have you ever seen a fat, flabby swimmer? Just about any swimming style is good for burning fat off of the thighs, since they all involve kicking the legs against the water’s resistance. the backstroke is favored. Remember that swimming for exercise is best done in a pool, with lifeguard supervision if possible, and at a pace that you won’t overtax yourself.
3. **Skipping.** As silly as it may sound, skipping is one of the best exercises to do to tone thighs. After all, you’re not just walking, but twanging those leg muscles with every step. The only downside to skipping is that you simply cannot do it in America without

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having everybody look at you like you're an idiot. Best to restrict skipping to your enclosed back yard, or a private path in the park in the early dewy morning hours.



4. **Pedaling.** Whether riding a bike or using an exercise bike indoors, pedaling is great for burning away that excess fat from the thigh region and is also a healthy workout in the aerobic sense. Just like with walking, you can be motivated with a music player. And an extra good tip is to pick the closest destination to your home that you regularly go to – the corner convenience store, for instance. Every time you go there, bike instead of taking the car. It's not only great exercise, but it's cheaper and even better for the environment anyway.
5. **Aerobics or dancing.** Yes, we're talking about those big class events with twenty or thirty people lined up in a gym with an instructor and music going. While these may seem like the cheesy cliché, they do work some to slim the thighs, and these classes are usually fun. Getting a friend or partner to go with will make it more likely that you'll stick with the class instead of dropping out.

Jogging and Swimming the Right Way



Of all the calorie-burning exercises, swimming and jogging are the best because they are the most intense and they give a full-body workout. Aerobic exercises give a workout to all of your body's systems at the same time. The word aerobic actually means "with oxygen", and refers to the use of oxygen in the muscle system's energy-generating process. Similar exercises are bicycling and using a rowing machine.

An effective aerobic exercise session should consist of a warm-up, the exercise itself, and a cool-down. Both the warm-up and cool-down should last about 10 minutes, being the periods in which you are transitioning between about 50% of your heart's maximum intensity, which is when you're sitting still, and the 80% of maximum intensity which is when you are exercising at peak capacity. The exercise itself should last 20 to 30 minutes. Of course, if you are going longer than this, you can break your workout into units of this size, taking a rest of 20 minutes or so between each one.



One should keep in mind that aerobic exercise is not the be-all, end-all of fitness. The other end of the exercise spectrum is anaerobic exercise, such as weight-lifting and strength training. Dedicating a part of your exercise regimen to both types of exercise will give you the most balanced fitness level. In addition, building muscles helps to burn fat, since muscles in fact use fat for their energy. The bigger and stronger the muscle, the more fat it burns. This explains why some people can jog every day and still not lose as much weight.

Swimming is the equivalent of jogging, but you should limit yourself on time, since swimming is far more taxing to your body than jogging. However swimming gives some anaerobic exercise as well, since you are pushing against the water's resistance. Scientists have determined that at least some of our evolutionary ancestors were "aquatic apes", so we actually have some background in swimming that goes along naturally with the human physique. Besides this, swimming is lower in impact than jogging.



Jogging is a higher-impact activity because you are working against gravity and running on what is probably a hard ground surface. Cushioned shoes and specially-surfaced tracks for jogging help some, but you must remember not to overdo jogging or you might develop repetitive stress injuries. Another common mistake is that people push themselves too hard when jogging – the heart is after all just as vulnerable to an arrest during jogging as any other time.

Do not think that you can eat a destructive diet, smoke with abandon, have no activity the rest of the day, and then fix it all with 30 minutes of intense exercise three days out of the week. What counts is the consistency, not the intensity of the session. Doing moderate exercise every day will be much more beneficial than intense exercise every third day.

You and I both know the Mediterranean diet is getting a lot of healthy press (*excuse the play on words there*) and that's for many reasons.

** Here's the scoop.*

You should really only want to do one of **two** things now after learning some or all the above health facts.

1. If you haven't done so already, you should get the nitty-gritty on the Mediterranean diet and a few free recipes too from my [Mediterranean diet eBook Trial Offer](#).

Yep, I said Trial Offer for less than \$5.00!

2. If you have the eBook already and just want to get started with traditional, authentic Mediterranean diet recipes – I've organised an intro trial for you here for less than \$5.00 as well at the [Mediterranean Diet Recipes Club Trial Offer](#).

[You can purchase and download the Mediterranean eBook now](#)



The trials are **NOT** permanent! ...*so take advantage while you can.*

NOTE: If you're serious get both and enjoy the rest of your life.

There's no sales pitch or anything because I know you're smart enough to know the value of your health or you wouldn't have read this report. 😊

I hope you've enjoyed this report as much as I have compiling it from my archives for you.

...keep well,

Ray Baker

PS. If the links above are closed then the trial is over.