

What's in the Air ?

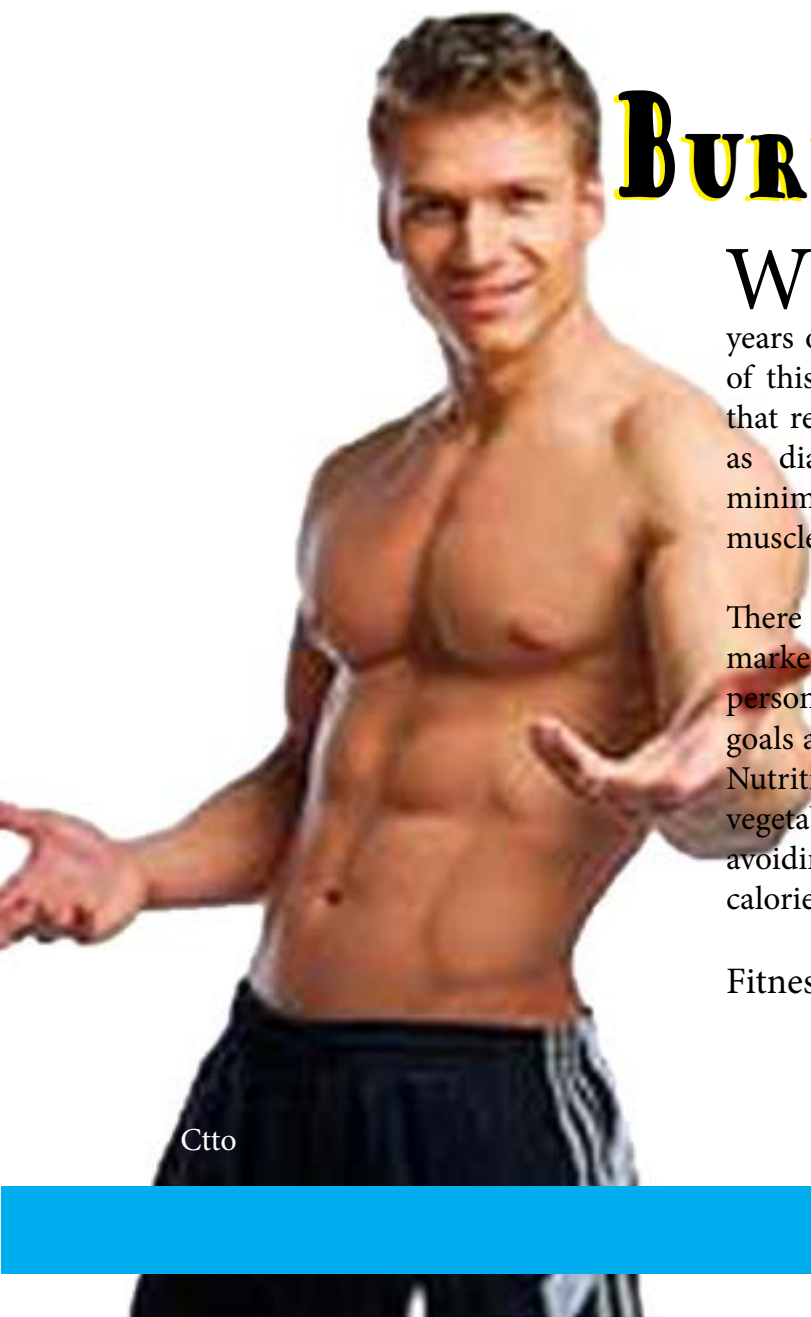


BURNING CALORIES

Why do we exercise? A frequent answer would be to burn calories. Many people between 15 to 60 years old are overweight. This demonstrates the impact of this national concern, when combined with the fact that reducing body fat can reverse several diseases such as diabetes, heart disease, hypertension. Exercising minimizes body fats and can help build and maintain muscles. It is the way to improving one's health.

There are many types of exercise modalities that are marked for burning calories. Fitness professionals are the persons who can change one's lifestyle by knowing his/her goals and getting him/her into a healthy nutritional plan. Nutrition goals are important -- eating more fruits and vegetables and staying away from sweets and fatty food, avoiding salty and junk food and other sources of high calories.

Fitness tips: Exercise lead to healthy habits.



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