

The Free Fitness Tips Newsletter - May 2008

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Hello everyone and welcome to the May 2008 edition of the **Free Fitness Tips Newsletter**. This is quite a strange newsletter. Last time when I wrote the April newsletter I had lots to report and provided a thorough newsletter. However, as regular readers of my blog will know, the last few weeks have been quite busy for me going straight from exams to full time employment. As a result I have found it difficult to keep this blog as up to date as I would like which you will probably have noticed from the reduced amount of posting. So how am I going to get around this little problem? Well I have decided that what I need to do is write as much as I possibly can at the weekends and then all I have to do is post on the week days. As you read this newsletter you should be glad to know that I will be working on a further series of articles on [diabetes](#) which (fingers crossed) will be ready by Monday.

Regular readers of this newsletter will also have noticed that I this newsletter usually comes out at the start of the month. I have decided from now on I will be releasing my newsletters at the end of the month because it is after all meant to be a summary of the month's **Free Fitness Tips** updates.

Anyway with that out of the way - on with the newsletter. This month's newsletter contains:

- [Featured Article!](#)
- [Free Fitness Tips Blog Updates!](#)
- [Featured Fitness Blog!](#)
- [Free Fitness Tips Squidoo Updates!](#)
- [Final Words!](#)

1) Featured Article

As I said at the start of this newsletter I really did not have time to post to the blog that much. However, of what I did post my favourite was '5 Hilarious Excuses for Not Exercising'. Let me know if you agree...

5 Hilarious Excuses for Not Exercising



Today I was thinking about the excuses some people use to avoid exercise. There are literally so many that I could probably use what I have heard to start a new 'Exercise Excuses Blog'. A lot of the excuses people use are pretty standard e.g. "I am too tired to exercise" or "I am too busy to workout" but some of the excuses are much more unique. Since everyone enjoys a giggle I have for you today five of the most ridiculous exercise excuses I have ever heard.

1) I AM ALREADY THIN SO IF I EXERCISE I WILL WASTE AWAY:- Yes just like alien abduction there are also some people who claim that they have wasted away as a result of exercising. Quite how they managed to make these claims after wasting away is beyond me but apparently they have.

2) I DO NOT NEED TO EXERCISE BECAUSE MY FAVOURITE TV SHOW IS CELEBRITY FIT CLUB:- Just seeing all those celebrities exercising is enough to make anyone break into a sweat. If you combine this with lifting up the remote and making regular trips to the kitchen and bathroom during the commercial break you have the ultimate workout plan.

3) I ALREADY GET MY DAILY EXERCISE BY WALKING TO THE DONUT SHOP:- Yes, ladies and gentleman new research has suggested that you will burn away those 1000+ calories contained in a pack of donuts in 10 simple minutes just by walking to your donut shop. Plus, the more sugar you get on the donuts the more calories you can burn.

4) I EXERCISE IN THE OFFICE BY SWIVELLING ON MY COMPUTER CHAIR, TYPING AND CLICKING MY MOUSE:- If this is you then there is no need to exercise at all. This highly intense office workout must be burning at least 5 additional calories per day. Combine it with the workout discussed in point number two and you are on your way to becoming a perfect fitness specimen.

5) I CANNOT EXERCISE BECAUSE THE NIKE AIR TRAINERS I NEED COST £150:- Very good point. I have difficulty walking without having a pair of expensive trainers strapped to my feet. It is far, far too risky to attempt any physical activity until you can afford the adequate gear.

If you have not gathered already this article has been sprinkled with a heavy dose of humour and sarcasm. You can read even more funny exercise excuses by [clicking here](#).

However, there is a serious point behind this article. If you want to become fitter and healthier or lose weight, you will need to ditch the excuses and start exercising. Diet is one half of the equation but exercise is essential too. Do whatever it takes to avoid the excuses and start exercising whether that be making a dedicated exercise plan, finding a workout partner or even budgeting for a gym membership.

2) Free Fitness Tips Blog Updates

There's not too many content updates for this month because as I said at the start of the newsletter I have been rather busy. However, I still did have time to get some posts in. Here is what's new since the last newsletter:

Fitness Funnies:- My plan with these articles was to post a humorous article every Friday. Since I have been busy I did not manage to stick to this plan but I have added a few including the featured article for this month '5 Hilarious Excuses for Not Exercising'. You can read all these [funny fitness](#) articles at; <http://blog.freefitnesstips.co.uk/category/fitness-funnies>

My Workout:- One of the biggest updates to the blog that I managed to complete this month was a page fully detailing my workout routine. This page took a LOT of work but I think the end result was worth it. It contains full details of my workout routine including the number of sets I do, the number of reps I perform and the amount of weight I currently lift. It also contains full instructions and an instructional video on how to perform each exercise. When I finished this page I was pretty impressed with the results. You can view [my workout routine](#) at; <http://blog.freefitnesstips.co.uk/my-workout>

Weight Loss:- I've added a number of articles to the weight loss section including; 'The Truth behind Weight Loss with HCG', 'Can Meat help you Lose Weight?' and '5 Simple Steps for Identifying a Good Weight Loss Product'. You can read all the [weight loss](#) articles at; <http://blog.freefitnesstips.co.uk/category/weight-loss>

Wellness Junction Articles:- As regular readers of the blog will know, Kavit Haria of [Wellness Junction](#) asked me if I would like to start writing guest blog posts for him. My first two articles are currently live on his website and cover the topic of boosting metabolism. More will follow. You can read all these [Wellness Junction](#) articles at; <http://blog.freefitnesstips.co.uk/category/wellness-junction>

I hope you like all the new content this month and remember...let me know what you think of the new theme.

3) Featured Fitness Blog

I am always on the search for fitness blogs which I think will be useful to my readers and I

showcase what I believe to be the best ones on the '[My Favourite Fitness Blogs](#)' page. Each month I give one fitness blog that I feel deserves a special showcase a further mention here. This month's featured blog is...

Wellness Junction



This month's featured blog is '[Wellness Junction](#)'. Not only is this an excellent fitness blog but it also contains exclusive guest blog posts from me :-). [Wellness Junction](#) also contains guest blogging spots from a number of other health and fitness bloggers as well as informative posts from Kavit himself. If you want to check out [Wellness Junction](#) then head over to <http://www.wellness-junction.com/>.

4) Free Fitness Tips Squidoo Updates

Since I have been busy this month the [Free Fitness Tips](#) squidoo lens has taken a back seat to the blog and I have not really updated it at all. Once I manage to get organised with my blog postings then I will try to get the lens updated. However, there is still a lot of good information there so if you want to check it out, rate it, or leave me a comment then please head over to <http://www.squidoo.com/freefitnesstips>

5) Final Words

This month has been quite an adjustment for me. Going from being a student, to studying for and taking exams, to full time employment in a relatively short period. I have managed to keep up with my exercising but this blog has suffered. This coming month I want that to change. As you read this I will be working away on next month's blog content and hopefully I should get it all ready for on time.

Thanks for reading,

Tom Parker (Owner and Creator of Free Fitness Tips)

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