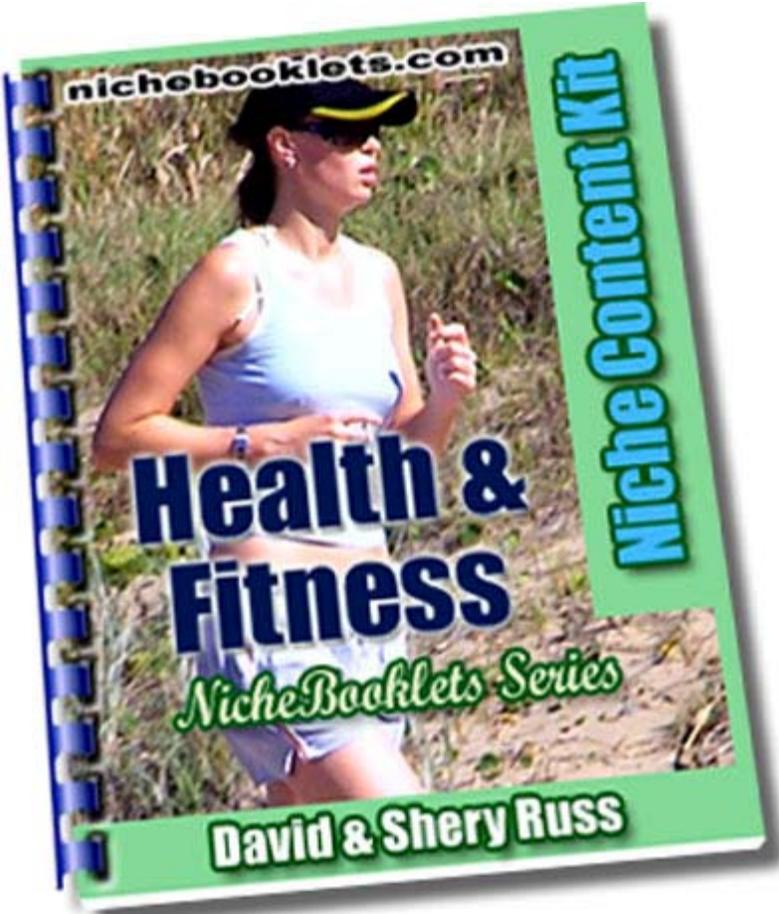


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# Health & Fitness

*NicheBooklets Series*

**David & Shery Russ**

**Niche Content Kit**

**Finally! A tool that lets you create Niche Content and Products you can call your own...Quickly & Easily!**



If you've been online for a while, then you know that it can be quite time consuming to come up with and write original content to help promote your business -- whether the content is for a niche site, an e-book, an e-report, an e-zine, a free reprint article or an e-mail course.

The good news is...you can now create various Niche Content quickly and easily with the help of **Niche Content Kit™**.

**Niche Content Kit™ gives you a framework so that you can create products that reflect your style, personality or voice.**

Here are just a few things you can do with **Niche Content Kit™**:

- Create articles that are truly private label articles in 15 minutes or less.
- Develop niche-specific e-mail courses, workshops or training materials.
- Create e-reports and e-books you can sell, offer as a free download or even add as a bonus to a product you're already selling.
- Populate your blog(s) with niche-specific content.
- Create content you can use even for print newsletters, booklets, brochures, direct mail and handouts.

And if you use **\*\*Private Label Articles\*\*** to promote your business, then **Niche Content Kit™** is the perfect complement!

**Niche Content Kit™ fills a need for people like YOU who want the flexibility to create niche-specific content quickly and easily in addition to using private label articles.**

**Are YOU ready to create and profit from your own niche content today?**

**<http://nichecontentkit.com/pla.html>**

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## **Natural Skin Care that Works!**

Skin care should not be complicated but it should definitely work – using natural products to care for the skin not only cleanses and tones beautifully, but it's also one hundred percent natural with no preservatives or synthetic ingredients.

Herbs and natural ingredients have been used for thousands of years as effective cleansing tools for the skin and it has only been within the past two hundred years that women have turned away from traditional remedies to store-bought concoctions. Some of these over-the-counter soaps and treatments can have harsh side effects due to the manmade ingredients, among them dry skin, irritation and redness – no one wants any of that!

For the simplest and smartest skin care routine, turn to natural products that won't strip or irritate even the most sensitive of skins. Gentle cleansers with chamomile are excellent all-around performers, cleaning the skin and removing dirt and grime from the pores almost effortlessly. The chamomile soothes skin and prevents redness. Some cleansers also include cucumber, which acts as a calming influence and can reduce irritation.

For those with oily or combination skin, choose a cleanser that incorporate tea tree oil to cut back on sebum production and decrease bacteria within the pores that can lead to acne. Tea tree oil is excellent for reducing acne and pimples without creating further redness or inflammation.

People with dry skin should look for rich, soothing creams that incorporate soothing ingredients like chamomile or frankincense to enhance skin's moisture level and prevent premature wrinkling.

Natural skin care has many advantages over typical products that include long lists of artificial ingredients on the packaging. By using only the purest ingredients from certified organic sources, natural cleansers and toners ensure that your skin is receiving the best care possible from the most natural source. You could smear preservatives all over your face and hope for the best – or you could use an all-natural product and watch your skin regain vibrancy and health, and bloom in a matter of days. The choice is up to you.

## **Obtaining and Maintaining an Ideal, Health Weight: Healthy Eating for a Healthy Life**

Today, many men and women (and children) are significantly overweight. As a result, a growing number of people find themselves starting different diet programs with regularity.

Unfortunately, when these people embark on a diet plan, they end up not only failing to lose weight for an meaningful period of time but, over the course of time, they end up actually weighing more than they weighed before they started. Dieting isn't necessarily good; it can cause you to put on weight.

Many of the fad diets being promoted are hazardous to a person's health. While you may lose weight at the outset on one of these diet plans or programs, many of these plans are designed in a way that you will not be able to keep the weight off in the long term. Before long, you may end up weighing a great deal more than you weighed at the start of the diet plan or program.

In the final analysis, when it comes to healthy living and reaching and maintaining an appropriate weight, the only true course of action in which you can follow is a balanced diet. By eating a balanced diet, you will be on your way to a healthy weight.

In addition to eating a balanced diet, regular exercise is important in helping you maintain a healthy weight. Regular exercise will help you maintain a healthy state and help you reach and maintain an ideal, appropriate weight over the course of the long term. Through a balanced diet and regular exercise, you not only can reach an appropriate weight, you may even be able to add years to your life.

## **Keeping Your Family Healthy: Properly Ventilate Your Home to Promote Sound Health**

Recent studies have demonstrated that the air inside many homes is far more polluted and contaminated than is the air to be found on the streets of many major cities. Airborne contaminants that can oftentimes be found in a person's home can cause serious health consequences for people left breathing these pollutants over an extended (or even fairly short) period of time.

The basic step that you need to take in order to ensure that in-home air contaminants are kept to a minimum is to make sure you have sound and solid ventilation. Ventilate your house properly. If air is not recycled, germs circulate and you may find yourself ill.

In this day and age, many people rarely crack open a window in their homes. (In many high-rise residential properties it actually is impossible to open a window.) In the summer, people have their air conditioners running and in the winter, people keep their houses sealed tight to keep the cold out. With that said, you actually are well served to air out your home whenever possible.

In addition to simply opening up windows as much as possible, you should seriously consider installing a system in your home that allows for the circulation of fresh air into and through the house. You need to keep in mind that while some air-conditioning and even some heating systems do include this circulatory capacity, many such systems simply do not.

By ensuring that fresh, clean air regularly is circulated through your home, by ensuring that you have a solid ventilation system, you will make great strides towards reducing germs, bacteria and other harmful pollutants from the air in your home. In the end, you and your family will enjoy better health and a better overall wellbeing.

## **Exercising Without Knowing It: Working Out in Your Day to Day Activities**

Many men and women are interested in getting into a fitness program. But many of these same people end up not embarking on a fitness program for a number of reasons. For example, they may not have the time to head off to the gym to exercise. Others simply may be living on a tight budget and do not have the extra funds necessary to pay the costs associated with a health club. However, if you are interested in developing an exercise program, you actually can incorporate a worthwhile and beneficial fitness program in your day to day routines.

Exercise without knowing it. For example, 10,000 steps a day will keep you in shape. You can do things in your day to day life that can serve as wonderful methods of exercise -- steps you can take that fit comfortably in your normal routines, activities that you undertake nearly instinctively.

Walking is a tremendous way of staying in shape for many men and women. It may seem impossible to take 10,000 steps a day. However, you do not need to dive into such a high number of steps. You can gradually begin walking more with each passing day. In time, you can build up to the 10,000 step a day level.

There are simple ways in which you can increase the amount you walk each and every day, to increase the number of steps you take each and every day. Of course, there are obvious things that you can do like taking the steps as opposed to riding in an elevator. When you park your car, park farther away in the parking lot than normally would have been your custom. Additionally, you can make time during the day to relax by going on a nice, leisurely, evenly paced walk out of doors (or in a shopping mall).

## **Herbal Delights!**

Everyone worries about getting proper nutrition on a daily basis but following through on that and actually eating right can be a challenging task. The lifestyle of an average American is busier than ever before, juggling work, family, and outside commitments in a day that is always too short.

Creating a nutritious meal for the family is challenging enough but trying to balance various nutrients and minerals is simply too much for the typical home cook. Fortunately, though, there are simple ways to ensure that you and your family are receiving the proper nutrition without driving you crazy or requiring you to take dozens of pills and supplements throughout the day.

One of the easiest ways to get better nutrition is by adding breakfast to your day. Too many people fail to eat in the mornings despite the fact that a healthy breakfast provides fuel for the morning and starts the day off right. Take just ten minutes to prepare and sit down to a morning meal that incorporates eggs (protein), fruit (nutrients), and milk (calcium), and you're already well on your way to a nutritious day.

Another method is to use fresh herbs in your home-cooked dishes. Add parsley to meat dishes for a fresh twist and use oregano and basil to spice up spaghetti sauce. Herbs contain valuable antioxidants to build the body's defenses and they add delightful flavor that enhances your meal.

Replace your usual snacks with nutritious choices like fruits, nuts, and yogurt. Mid-afternoon cravings are typically more about taste than actual hunger, so eat something with flavor and your cravings will disappear. For ice cream addicts, add nuts to your dish for an extra boost of heart-healthy nutrients.

There are dozens of simple ways to incorporate better nutrition throughout your day and using just a few of them will have you on your way to better health in no time!

## **Small Changes for Big Weight Loss!**

Losing weight can be a challenge for even the most determined person, especially when you hit a plateau and stay at the same weight for six weeks or longer. It can sometimes seem impossible to drop just one or two pounds and it's true that it does become difficult, but you always have the ability to lose weight – sometimes it is more a matter of pulling the right strings.

While the basic equation of weight loss is simple (burn more calories than you take in), the practice is the hard part, but there are many simple tricks that you can fit into your daily routine to encourage those pounds and ounces to drop off faster without knocking yourself out at the gym.

If you are having difficulty losing weight, your first move should be to examine your diet. The most successful dieters keep food journals to track calorie intake and you may want to consider keeping a journal of your own. At the very least, write down everything you eat for three to four days and then look back to identify any patterns. This can help you pinpoint your “hungry” times and head them off.

Another method is to cut out all beverages other than water. Soda, wine and beer add up to a lot of calories *fast*, so cutting out high-calorie beverages and replacing them with water will make a major difference to your figure while supplying your body with the hydration it needs to work best.

You may also want to consider changing up your exercise routine. Stick with the same workout too long and your body will become accustomed to it and begin to slack off. Surprise your body by throwing in a different workout once or twice a week and you will be pleased with the results.

Incorporate one or all three of these changes into your routine and you will begin to see those stubborn pounds slowly melt away!

## **21 Health & Fitness Tips**

1. To increase your heart rate when walking, take smaller, more numerous strides per minute instead of longer, fewer ones.
2. Eat everything in small portions. That way, you allow yourself more variety in what you eat every meal, without overeating.
3. Squeeze your own fresh orange juice every morning to give you a bright wake up call. Detox your system and start the day the right way.
4. Be specific about your health and fitness goals. Instead of saying, “I’ll start to exercise again” or “I’ll start eating healthy”, be precise about what you’ll do to achieve these things, such as “I will run a mile a day everyday” or “I’ll eat fruit for dessert instead of high-calorie sweets”.
5. If you’re only beginning to exercise again, do short workout sessions first until you feel comfortable with longer ones so your body won’t be strained by sudden exhaustion or fatigue.
6. Eat in a smaller plate – because it fills up easily, it will provide the illusion that you’re eating a lot more than you really are.
7. Avoid toning the same part of your body in consecutive days. Schedule your daily workouts so that you get to work on all parts of your body at least twice a week, but never on two days in a row.
8. If you’re craving for a chewy snack, opt for a healthier alternative like prunes and dried fruits.
9. Keep a positive attitude about getting fit. If sometimes you fall out of the “fitness bandwagon”, move forward and jump back in immediately – the sooner you get back to exercising, the sooner you’ll get results.
10. As much as possible, avoid eating fast-food on a regular basis. Look for healthy recipes that are quick and easy to make and pack your lunch instead of hitting the burger chain nearest your office.

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11. Too busy to fit a full 30-minute exercise session in a day? Try dividing it into three 10-minute sessions spread out within the day. You can do it after waking up, before going off to lunch and before going to bed.
12. Practice proper form in any sport or exercise. Not having proper form during exercise will render the exercise ineffective, and can even cause injuries.
13. If the fitness facility that you signed up with offers different stretching and cardiovascular classes, make the most of it. Participate in a couple of classes weekly, and switch classes every so often to keep your interest level up.
14. Taking a nap for 15 to 20 minutes in the afternoon can sharpen your memory, improve alertness, and help reduce fatigue. If you can't take a nap, set this time for light activities.
15. Have a "better body buddy". Exercising becomes more fun if you do it with other people. Do aerobics with a friend or play a sport with your family.
16. A change in environment keeps boredom at bay. Tired of your treadmill? Go out and run in the park instead.
17. Practice "mindful eating". Chew your food slowly and savor the taste and flavor of every bite – that way, you maximize the satisfaction of every spoonful, while minimizing the possibility of overeating.
18. Experts estimate that an additional pound of lean muscle mass can increase resting metabolism by 30-50 calories a day. A good reason to be motivated to work out; you can shed excess pounds just by accumulating lean muscle mass.
19. Cranberry juice is fantastic for relieving cystitis and keeps your bladder in good working order.
20. Keep mouthwash in your medicine cabinet. Not only does mouthwash freshen your breath, it gets rid of any inflammation in your mouth.
21. Invest in a tongue scraper! It exfoliates dead skin cells on the tongue and removes harmful bacteria that can help cause tooth decay and bad breath.