7 EFFECTIVE WAYS TO GET FIT IN 30 DAYS ...

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So you have a big goal to get fit in 30 days, but you are not sure if it is even possible? Of course it is possible, but only if you are ready to put in the time. Getting fit in 30 days will require healthy eating, challenging exercise and plenty of discipline, so are you ready for the challenge? If you answered yes, then read on how you can get fit in 30 days.

1. GET WITH THE PROGRAM

To get fit in just 30 days it will take discipline in sticking to healthy eating and exercise. If you have a goal of getting fit, understand that becoming fit is about building muscular strength, flexibility and increasing your cardiovascular strength. Your exercise program should be challenging to push your body so you achieve great results. So are you ready for the challenge to get fit in 30 days?

2. EAT CLEAN

Your body needs healthy nutrition to fuel your workout and everyday activities! Look at your performance in athletic activities when you are not properly fueled with healthy food. If you do not eat clean it will show in your performance and on your waistline. Eat lean protein, whole grains, plenty of vegetables and fruit to get fit in 30 days and continue this clean eating for a healthier life! If you're not sure where to start, then consider hiring a trainer to help you with food guidelines and an exercise program.

3. INCREASE YOUR FLEXIBILITY

Stretching is an important part of physical fitness and can help in recovery and injury prevention. An effective stretching plan should address your muscle groups and help increase your flexibility. This will help you to get fit and be flexible in 30 days, along with in the future.

4. BUILD YOUR CORE STRENGTH

Core strength is ultra-important in athletic performance, fitness, health and looking great. To build your core circumstance (hips, back and stomach), perform the plank for one minute 3-4 days a week. Make sure you keep your butt down and your body in alignment from head to toe when performing the plank so you can make the most out of this great exercise!

5. INCREASE YOUR CARDIOVASCULAR STRENGTH

To increase your cardiovascular strength and get fit in 30 days, perform 45-60 minutes of aerobic activity 4-6 days a week. Cardio exercises will strength your heart and lungs while increasing your oxygen capacity.

6. STRENGTHEN YOUR BODY

To look leaner, firmer and gain strength, pump some iron. I recommend that you perform 2-3 strength sessions per week to build muscle and burn more fat at rest. Muscle is an active tissue unlike fat. Hurry up and get lifting to a leaner and stronger you!

7. STAY FOCUSED ON YOUR GOALS

As you view your schedule daily, create healthier meals, exercise at a higher intensity and live life healthier; make sure you stay focused on your goals. To get fit in 30 days, you will

have to put in time, effort and plenty of passion but you can achieve this and many other great results

Hope my tips help you to get ripped fit and feel great in just 30 days. Are you ready for the challenge? Remember great results are all within you. Just keep your eye on the prize of improved health and a better body! Happy and healthy fit body wishes to you!