



## **Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!**

It's a common myth that men should do weights and women cardio... For full body health & fitness, you should be doing a combination of the two – no matter what sex you are!

Today I am going to share with you a few simple weight training exercises for women because most women neglect weights, and that's a mistake. You'll see why below. (If you're a man, you will benefit from these exercises too).

Yours For Health,

Tonya Tittle M.A., ACSM  
Health & Fitness Expert

### **Weight Training For Women**

If you want a tight, toned body, then it's important you build muscle. Following the workouts below will not make you look like a body builder, they will tone and tighten, melting away ugly fat.

If you want to build even more muscle, increase the intensity and weight...

**Bicep Curl** - Standing up straight with your feet slightly apart, holding a set of dumbbells in either hand, bend at the elbow and raise one weight up to shoulder height then return to starting position slowly. Now repeat with the second arm.

**Upright Row** - Standing up straight with your feet slightly apart, holding a barbell against your thighs, with both hands. Pull the barbell up so it's literally at your throat, with your elbows bent above your shoulders. Return to start and repeat.

**Shoulder Press** - Holding a barbell at throat height, raise over your head (like Olympic weight lifters) and hold. Then return to starting position.

These 3 simple exercises are great for the arms, chest, shoulders and back. But remember, with weight training it's important you workout your whole body... Don't neglect your lower body or you'll look disproportionate.

Quote Corner : The only way of finding the limits of the possible is by going beyond them into the impossible." - Arthur C Clarke

Eat Yourself Thin

**Breakfast Couscous**

(Serves Two)

1/2 cup skim milk  
1-1/2 teaspoons honey  
3/4 teaspoon ground cinnamon  
1/2 cup dry couscous  
1 tablespoon and 1 teaspoon chopped dried apricots  
1 tablespoon and 1 teaspoon raisins  
2 tablespoons slivered almonds

1. In a saucepan over medium heat, combine the milk, honey and cinnamon. As soon as it comes to a boil, stir in the couscous. Turn off the heat, cover and let stand for 5 minutes. Stir in the apricots, raisins and almonds.

Prep: 5mins

Cook: 5mins

Ready: 10mins

Amount Per Serving - Calories: 286 / Total Fat:  
4.9g / Cholesterol: 1mg / Sodium: 32mg / Total  
Carbs: 52.1g / Dietary Fiber: 4.4g / Protein 9.9g

Recipe from AllRecipes.com.