



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

Next time you go to the gym, notice what kinds of exercise most people do.

You'll find they mostly do isolated movements -- exercises that only work a single muscle group. For guys, it's the biceps curls.

For women, it's the thigh machines and the triceps (trying to get rid of that "back arm" fat.)

Unfortunately, this won't get you any closer to your fitness goals.

Instead, the key to getting "quick" results lies in today's article.

Read it, and find out what exercises you **SHOULD** be doing ... that will allow you to spend less time at the gym, and start seeing results in no time.

Yours For Health,  
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Health & Fitness Expert

## **How to Spend Less Time in the Gym and See Better, Faster Results**

Everyone who's trying to get fit wants to see results right away.

And while there's no magic pill or "quick fix", there is one thing you can start doing differently in your workouts to speed up your results.

I'm talking about focusing on the exercises everyone hates to do, but are oh-so-good for you!

Compound Movement Exercises.

Unlike single-joint exercises (i.e. isolation exercises) like bicep curls, tricep kickbacks, and leg extensions, compound movements recruits multiple joints and multiple muscles.

This is what makes them so hard to do. However, it's also the reason they are so effective.

Not only do compound movements burn more calories and rev up your metabolism, they also promote the secretion of human growth hormone (hgh) which helps with muscle growth.

So what kinds of compound movements should you be doing?

Here are a few you can get started with:

Squats -- be sure to ask someone who works at your gym to show you how to do these with proper form. If at any time you experience pain, STOP immediately.

Deadlifts -- another great exercise. On this one, make sure to keep your chest out and back straight.

Bench presses -- Keep your back flat on the bench. Don't use so much weight that you start arching your back to try and push the bar back up.

Barbell rows -- Make sure to keep your back straight and chest out. Squeeze your lats and hold for one second on the contraction for maximum benefit.

There are more compound movements you can do, but these will give you a great start.

If you don't know how to do any of the ones listed here, make sure to ask someone who works at your gym to show you the proper form, to avoid injury.

These exercises will be tough. But the hard work will be worth it.

What's more, just doing 3 - 5 of these exercises will workout your ENTIRE body. That means less time in the gym and greater results.

## Quote Corner

"In health there is freedom. Health is the first of all liberties" - Henri Frederic Amiel

## Eat Yourself Thin

### Roasted Vegetable Medley (Serves Six)

2 tablespoons olive oil, divided  
1 large yam, peeled and cut into 1-inch pieces  
1 large parsnip, peeled and cut into 1-inch pieces  
1 cup baby carrots  
1 zucchini, cut into 1-inch slices  
1 bunch fresh asparagus, trimmed and cut into 1-

inch pieces

1/2 cup roasted red peppers, cut into 1-inch pieces

2 cloves garlic, minced

1/4 cup chopped fresh basil

1/2 teaspoon kosher salt

1/2 teaspoon ground black pepper

1. Preheat oven to 425 degrees F (220 degrees C). Grease 2 baking sheets with 1 tablespoon olive oil.

2. Place the yams, parsnips, and carrots onto the baking sheets. Bake in the preheated oven for 30 minutes, then add the zucchini and asparagus, and drizzle with the remaining 1 tablespoon of olive oil. Continue baking until all of the vegetables are tender, about 30 minutes more. Once tender, remove from the oven, and allow to cool for 30 minutes on the baking sheet.

3. Toss the roasted peppers together with the garlic, basil, salt, and pepper in a large bowl until combined. Add the roasted vegetables, and toss to mix. Serve at room temperature or cold.

Prep: 25 mins

Cook: 1 hr

Ready: 1 hr 55 mins

Amount Per Serving - Calories:191 / Total Fat: 5g  
/ Cholesterol: 0mg / Sodium: 257mg / Total Carbs:  
34.6g / Dietary Fiber: 7.5g / Protein 4g

Recipe from AllRecipes.com.