



# Staying Fit Organization

## Benefits of Exercise

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### Special points of interest:

- Physical effects of exercise
- How can steroids help?

- Interviews



## Mind Blowing physical effects of Exercise

Exercise is probably one of the best things that a person can do for his or her body. Being physical active provides many benefits that can greatly improve one's overall health. Perhaps one the most obvious and satisfying transformation from exercise is the physical aspect. When working out, the muscles engage in constant movement that causes them to slowly tear and rip apart. As the repetitive movement continues, the muscles will gain definition and eventually expand. The heart, just like any other muscles is rewarded by regular exercise. More blood will efficiently pump around the body and the pressure will also reduce. A healthier heart

lessens the chance of any disease and helps to stay healthy. By continuing exercising the muscle mass and bones density will sharpen, allowing the person to maintain good definition and increase high intensity work-out. Is crucial to maintain firm bone structure, for as one ages the bones become weaker and loose density. Just as exercise can help shed off unwanted pounds for the short term, it will also help to keep a balance weight for the long term. Exercise is a perfect way to keep a healthy weight for now and the future. The benefits of being involved in vigorous exercise are incomparable. Healthier heart, defined muscles, and a healthy weight are all results of a good work-out that helps to keep a healthy life.



## Steroids for boost

There are many ways to exercise but only a few that give you the results that you want.



Living a healthy life isn't as easy as it may seem. This healthier life is what most people hope to accomplish but

fail to obtain with fast food being the most convenient way for people to get something to eat throughout their day. More and more people are having less time out of their day to even go to the gym. So eating healthy would be a good start on your campaign to losing weight. What drives people to exercise more often is the thought of having the perfect body and to better ones appearance. Some try to look like the people they watch on TV that think have the good looks and perfect body not knowing the ones they are looking up to are using steroids. Taking steroids is not the healthiest way to build muscle but does work very well when used correctly. Using steroids while you exercise will most likely give you the results you are looking for but does come at a high risk and many side effects. If you want to live a healthy life this is what you need to do. Dieting, going to the gym at least two times a week, cutting down on your fast food and soda intake. Doing this will decrease weight and increase muscle? The results will be soon be apparent after a couple weeks.



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## Interviews

Special Guest: Joshua McCarron

1. What are three key physical benefits of exercise?

One key benefit would be a healthier heart. With regular exercise the walls around the heart will thicken and more blood will pump efficiently. The second would be increase muscle mass and bone density. A stronger muscle mass and bone structure helps to stay fit and live longer. The last benefit would be weight control. Maintaining a balance weight not just for the short term but also on the long run surely helps to live a healthy lifestyle.

2. How does the heart benefit the most out of exercise?

The heart is just like any other muscle. However, when exercising the heart causes blood to stream and pump harder all around the body. This increase of blood flow puts less strain on the heart and prevents heart disease or strokes.

3. Besides getting ripped arms and stronger chest what other benefits do the muscles receive?

Apart from developing and expanding, the muscles also gain endurance. Not just towards common conditions like a simple cold, but also help to fight off other more serious illness like arthritis and osteoporosis.

4. Exactly how can exercise help to loose weight?

The more one exercise, the more calories are burned. Muscle mass requires a lot of energy and because of it muscle burn up more calories. A well-developed work-out plan will definitely help lose weight for the short and long run.

5. What recommendation will you give for the average person who is trying to get active?

Two hours and thirty minutes of moderate cardiovascular exercises plus at least two days of hard strength training. Some moderate exercise refers to biking or jogging while vigorous training refers to machine exercise and weight lifts.

Why are more teenagers using steroids?

To help gain weight, but start out drinking protein shakes first.

Why do athletes take steroids knowing the risks?

Increase muscle mass, strength as well as endurance and also help prevent injuries.

How do athletes take steroids?

In form of pills, injections or inhaled.

How many anabolic steroids are there?

17 anabolic steroids that are prohibited by the Olympics and major sport organizations.

How do steroids function?

Are testosterone derivatives which help the body in metabolizing proteins and synthesize muscles as well.



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