
Getting Fit: Cardio and Life

Cardio; it is recommended by thousands and enjoyed by millions. But I despise cardio and I don't find cardio an effective use of my time.

Only two things work for me. One is Weider exercises. I find time for this about twice a week. I do Weider because I can listen to podcasts while I train. At this link you can find more about these particular exercises: <http://helpgetfit.com/weiders-6-flatten-stomach-fast>

Let me tell you: achieving a flat stomach with this workout is a myth. Well, maybe it is possible, but I calculated I would need more than an hour to reach the end of a cycle. Your stomach *might* be flat after exercising an hour a day. You wouldn't have had time for meals!

The only other cardio exercise I tolerate is swimming. I can swim for hours. Probably. I have never tried more than 40 minutes. No time.

That's it. I guesstimate I don't do more than 3 hours cardio a month. I can still run 1.5 miles and do 150 pushups. However . . . I do have a reasonably active day, for an office worker.

If I can help it, I don't take the elevator if I can take the stairs. There is a twist, too: I don't just 'take them,' I run them. It's such a tiny thing, but it makes a big difference. Think of how many stairs you face every day.

There are stairs from the train station to the surface level, to and from the subway stations. Running the steps sometimes gains minutes, when I am able to catch the earlier tube, because I ran the stairs.

At the office, I use the stairs instead of the elevator. My day job office is on the third floor. In the same building, my employer has more offices on the ninth floor, so about twice a week I run six floors up and down.

At my home, the bedrooms are upstairs. I have 17 steps to run everyday at least half a dozen times.

As I live in the suburbs, everything is some distance from home, so I drive most places. But when I must walk over 100 yards to anywhere, I 'run' this distance. I get the same advantage as I do when I run steps: I save a few seconds of time, and I use my body more intensively.

All 'running' has an additional benefit: I get out of my comfort zone. I'm never wearing fancy shoes and sports gear that announces I'm a 'fitness freak'; I'm usually in full 'battle gear'. Today I have a winter coat and a backpack with a laptop. I have to overcome some internal resistance to run in public wearing all that.

I also look out for opportunities to move more or move harder. For example, I keep coal sacks in a shed about 30 yards from the house. When I need coal, I have to carry 55-pound sacks from the shed. I carry them without any equipment. Sometimes I run with those sacks.

The last thing I do - irregularly - is take cold showers. I have to bath anyway and shocking my body elevates my heart rate (and it's good for willpower training).

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What Works For Me:

- limiting cardio to minimum
- I listen to podcasts and other audio materials during cardio
- moving fast whenever I can:
stairs at work and home instead of elevator; running instead of walking
- taking the chance to do things harder or faster, like carrying coal sacks
- taking cold showers

My Suggestions for You:

You can always find new ways of doing more physical things; doing squats or pressups at work; running instead of walking; using the stairs instead of the elevator.



'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI