

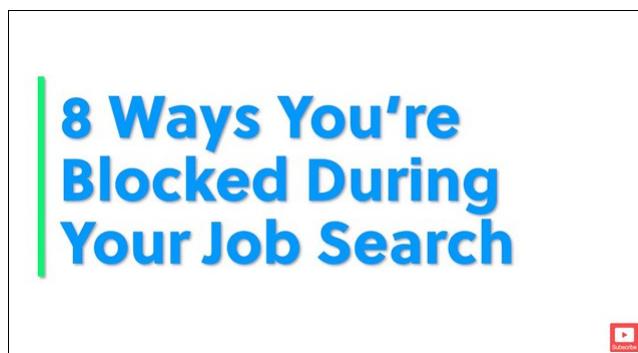
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Top 5 Tips for Eating Healthy When Dining Out (reading – 7.6. - 13.6.)

by: **Dale Harris**

Restaurants know the key to your heart is through your stomach.

While the food and drinks can be absolutely lip-smackingly delicious, eating at a restaurant can cause you to consume way more than your recommended calorie intake for the day.

According to research, an average meal when dining out is a whopping 134 calories more than the same meal prepared at home.

But the good news is that there are ways to eat out without throwing your diet plan out of the window. Read on to find out how to eat right even when dining out.

1. Start with a Game Plan

When choosing a restaurant, always plan ahead. If you choose a place without checking first, you might be setting yourself up for disaster before you even sit down.

Choose a restaurant that has a wide range of low-calorie menu items. Check the menu online beforehand, so that you have an idea of what they offer.

Try to make a reservation at a specific time. This will cut down on the amount of time waiting for a table and becoming hungrier and more inclined to indulge!

2. Order a Guilt-Free Meal

Before you even order your meal you might be tempted with a bread basket or tortilla chip bowl. Don't give into temptation – save the calories for the main meal.

Many restaurants fluff up their menus with fancy sounding words, so you need to learn to crack the code before you order.

Anything that's described as "creamy," "breaded," "buttery," "smothered," or "stuffed" is most likely full of calories. Words such as "grilled," "broiled," and "baked" indicate that the food is being cooked in a healthier way.

If going into a normal restaurant is too tempting, there are restaurants that only sell salads. Check out one of these eateries, like the amazing salad restaurant Vinaigrette Salad Kitchen. They have a huge selection of creative salads and more – it really will blow your mind!

3. Skip the Empty Calories

Drink water throughout your meal. This forces you to slow down while you eat and will allow you to judge your hunger pangs which can stop you from overeating.

If you're celebrating something and you do need to have a drink, some options are better than others. Avoid sugary cocktails and get a glass of red wine instead. Or try vodka with club soda and a squeeze of lime.

4. The Proof Is in the Tasting

Before you even begin eating, ask for a "to go" box for the leftovers. To avoid the risk of temptation, you can even ask the server to put half of the meal into the box instead of onto your plate.

The "fork dip" method is a sneaky way to get a little taste of creamy dressings, without dolloping a huge amount onto your meal. Just ask for the dressing as a side, dip in your fork and away you go!

Another way to use your fork is to put it down between bites. This "rest time" will stop you from overeating,

as you'll be able to gauge your hunger level before you take another bite.

5. Finish Strong

When eating well, whatever you do, don't order dessert! Even a tiny piece of cake could add 400 or more calories to your meal.

When you're done, pop a mint in your mouth. This will help you to clear your palate and stop you from taking another bite of your meal.



The Best Back Muscle Exercises That Will Keep You Upright (reading – 14.6. - 20.6.) by: **Roger Hughes**

Strong and well-built back muscles are essential in meeting your over-all muscle building goal. While muscle building routines require you to put-off immense energy and strength when you perform them, you should greatly invest in going for back muscle exercises for further support in your torso and back. Doing so will greatly lessen the possibility of you getting injuries in performing your routines.

Over the years of the evolution on the muscle building trend, there had been so many back muscle exercises which had been hailed by muscle builders and fitness professionals as the "best back muscle exercises." To sum them up and to provide a good starting point in qualifying which is "which," here is a great list:

Deadlift. The deadlift is hailed as the "The King of Upper Back Exercises." This extremely powerful back exercise does not only allow you to put into action your arms and upper back but it basically targets the muscles from your fingers to your neck (your traps,) the whole of your back and hamstring group, all the way down to the muscles in the soles of your feet. No wonder, even if you get this exercise done, you will have scenes of great discomfort. The reap of this back muscle exercise can be very rewarding given that you have done the exercise right.

Bent-over rows. Bent-over rows are basically exercises which targets to shape up and strengthen your latissimus dorsi. These exercises are done while the upper body is bent-over while the head is held up, chest lifted, stomach tucked-in and the back straight. There are two bent-over exercises which one can perform, these are:

- **Barbell bent-over rows.** This exercise requires you to bend over and be firm on your back, chest, and stomach as you lift the barbell up from the floor while your hands are pronated.

- Dumbbells. Bent-over rows are more common to women and to those who are yet starting their muscle building goal. Also, Dumbbell bent-over rows allow you to perform variations for your back. You can start with a single arm with one dumbbell and then shift it to the other arm. You may also have both arms with dumbbell and perform the exercise simultaneously or in alternate for each arm.

Cable Rows. This exercise target the middle muscle group in your back while giving action hints for the shaping and toning of each of the smaller muscle groups in your back. So from here you can note that cable rows are among the back muscle exercises you should go for. The exercise also helps in shaping up your arm and shoulder muscles.

Wide Arm Chin-up. Like most back muscle exercises, the wide-arm chin up build your lats, the mid-back muscle group, while it helps you build the muscles in your forearm and your biceps. Also, it lets you build resistance even when you get to pull-up the weight of your body up.

What we have above is a good list for you to consider with working on your back muscles. A reminder for beginners however, go for moderated back muscle exercise before jumping into strenuous ones, to maximize and go with the principle of building these muscle groups for upper body stability and support.

About The Author

Learn more about the best back muscle exercises and learn how to build a barn door sized back! Click here [<http://permanentrealmuscle.com/>] to discover the best muscle building program that will provide you the road map on how to build bigger muscles fast.

Article Source: https://EzineArticles.com/expert/Roger_Hughes/631277



Common Mistakes When Choosing a Career (reading – 21.6. - 27.6.)

by: **Helen Dallas**

First of all, let's divide the reasons for choosing a particular profession to external and internal. External reasons are related to environmental factors: the opinion of parents and friends, desire to achieve success, fear of condemnation. For internal reasons only you are responsible - they are defined by your abilities, skills, habits and character.

So what makes a modern young person choose a particular career?

Top reason is prestige. This reason can often become a trap. These days economical and law specialties are the most popular ones. However, job market feels redundancy of specialists in these fields. The conclusion is simple: there is no sense in relying on prestige of career only. At all times, some professions were considered prestigious, while others were believed, to say the least, unworthy. There is, for example, a profession of

cesspool cleaner – who wants to be the one?

Meanwhile, the society needs economists and lawyers as well as nurses, plumbing specialists, street cleaners etc. So put your interests and abilities in the first place and only then think of prestige. Remember that every highly professional individual, be it lawyer, doctor, or simple worker, is equally respected.

Michael Weller has a story about a man who was dreaming to become a street cleaner. And then what? He graduated from high school, he entered a college because his parents wanted him to do so, all his life he tried to learn something he didn't want to do. And then, when he retired, he became a street cleaner, and finally found happiness.

It is not recommended to choose a career under pressure. You can only listen to the opinion of your parents or friends, but the career choice is your own business, no one will live your life for you. Imagine that you have chosen mathematics because your mom wanted it. A year has passed, two, or even five – and you understand how passionately you hate all those numbers and formulas, and this work seems so dull to you! Wouldn't you be sorry for all those wasted years?

Similarly, if you dream to enter a medical school to accompany your friend, think whether it is worth to become a physical therapist, or surgeon, or dentist, if you are fainting from a little drop of blood.

Have you ever wondered how many years of hard work were spent by the ballerina to reach success? If you are intrigued by the "visible" side of some career, it does not mean that you fully understand what it takes to become a professional in this particular field. You are watching ballerina flits on the stage like a butterfly. And when admiring her beautiful dance do you think of years of hard work, pain in muscles, and dozens of disappointments that led a ballerina to this particular moment?

Ignorance or underestimation of some of your physical features and shortcomings is one of the false guides to the right career choice.

If you have a heart disease, let's face it, you won't become a pilot. People with allergy cannot become chemists or hairdressers. It is unreasonable to dream about career that can worsen your health. In some cases health problems become an obstacle for some kind of work, and you should submit it.

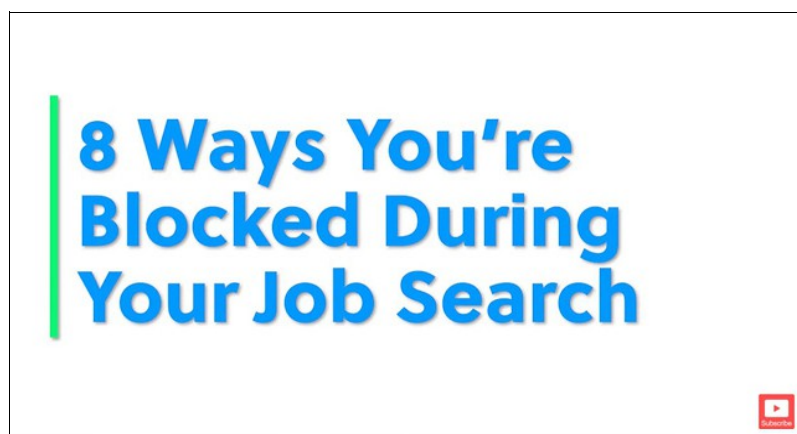
In any case, do not think about career choice as of something unchangeable, something that once and for all determines your destiny. You have a long life ahead of you, and you can always find some time for training, courses, and even radical change of career.

About The Author

Helen's articles include education advice, medical career tips, jobs and salary overview. Favorite topic: How to Become a Physical Therapist.

Article Source:

<http://www.articlebiz.com/article/1051541892-1-common-mistakes-when-choosing-a-career/>





When to Visit the Maldives? (reading – 28.6. - 4.7.)

by: **Maria P. Thompson**

One of the best aspects of travelling to the beautiful islands of the Maldives is that the weather is fantastic all year round. With that being said, there are certain times of the year that it's best to travel to this enchanting destination. The following will provide tips on the specific months and seasons where it's best to travel to the Maldives and why.

The Maldives are a group of islands that can be found in the Indian Ocean near Asia. Each of the 26 pieces of land that you can travel to are surrounded by striking blue waters as far as the eye can see. When planning a trip to the Maldives for the holidays, it's important to understand the best time of the year to visit, so you can plan your vacation during peak conditions. When it comes to the Maldives, there are two basic seasons the islands go through, known as the dry monsoon and the wet monsoon seasons. The dry monsoon season lasts from December to March, while the wet monsoon season starts around May and ends in November, bringing with it gusty winds and heavy rains. April is a month that can be considered to be transitional and is one of the best times of the year to visit the Maldives with warm weather and just a bit of rain.

While it would seem like a good bet to choose to travel to the Maldives during the dry monsoon season as opposed to the wet monsoon months, there are advantages and disadvantages to both that you should take into account. First of all, visiting the Maldives during the dry monsoon season ensures that the sun is out and the humidity is low for the majority of the time. In fact, the temperatures are commonly around 85 degrees Fahrenheit. While these months are indeed the perfect time to visit the Maldives, it all depends on what you're looking for. The fact of the matter is that the dry monsoon months are when the hotels in the area are typically at full capacity, which also means that you will need to book early when planning your vacation. If you don't mind crowds and simply want to enjoy your time in the sun and on the beaches with very little rain to care about, then this is the time for you.

If you don't mind rain and are more looking forward to enjoying the islands with relatively small crowds, then travelling during the wet monsoon season is probably right for you. It's the time of year that will deliver the most affordable prices. Scuba diving is perfect for these months. The surfing season that lasts from May to October is also a good time of the year to travel to the Maldives, as the waters are at their most accommodating for surfers within this span of time.

Whenever you choose to travel to the Maldives, take comfort in knowing that there's really never a bad time to visit!

About The Author

Looking to travel to the Maldives, but not sure where to start? Get in touch with Alpha Maldives., the leading luxury tour operator in the Maldives who are experts on the Maldives and can help create your dream holiday!

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