

**Contents:**



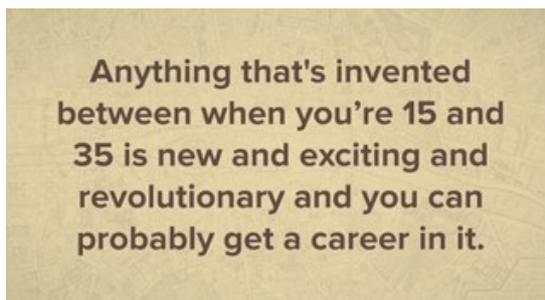
**8 Ways To Get Fit Without Hitting The Gym**

**2**



**15 Things Not to Do in Japan**

**3**



**Web Design and Its Evolution**

**5**



**5 Actions That Result in Success**

**6**



**Fitness Myths - Separating Fact From Fiction**

**7**



## 8 Ways To Get Fit Without Hitting The Gym

(reading – 3.8. - 9.8.)

by: **Beverleigh H Piepers**

One of the most important things you need to do to promote a healthy body is making sure you are getting enough daily physical activity. Too many people miss the mark, however, because they believe you need to be in the gym to exercise and just don't have the time during the day to make it there.

The good news there are plenty of ways to get fit outside of the gym if you just get a little creative. Here are eight ways to take your fitness up a notch without stepping foot on a treadmill or picking up a free weight ...

1. Hike. Consider going out on a Saturday you don't have anything going on and taking a long hike around the neighborhood. Or, head out to a hiking trail and get away from it all. Even better!
2. Plant a garden. Don't underestimate how many calories you can burn doing yard work. Whether you chose to plant flowers or mow your grass, you will burn fat while improving the look of your yard.
3. Go swimming. Swimming is a significant calorie burning activity for the entire body and is great fun as well. Take your kids out for a day at the pool.
4. Walk and talk. Next time a friend calls to get together, consider going for a walk and catching up rather than going somewhere to sit. It is a fast and easy way to boost your calorie burn.
5. Turn up the music and dance. Few activities burn calories like dancing, so give this a try next time you are stuck inside and need some exercise. As an added benefit, this is one of the top ways to boost your mood as well.
6. Do a deep clean. Every so often, set an afternoon aside to do some deep cleaning in your house. A few hours of this - really getting down and scrubbing will work almost every muscle in your body. Book a massage for yourself afterward as a reward for all your hard work.
7. Get some stretching in. Do not overlook the importance of stretching. Get some stretching in every day. It takes 10 minutes and can be done in the comfort of your home. It is a great way to get yourself more mobile.
8. Toss a ball. Finally, if you have a few minutes before or after dinner, go outside and toss a ball back and forth. Do this with your significant other or your kids if you have them. It is a fun activity everyone can do.

Keep these ideas in mind and don't let yourself miss out on the benefits physical activity brings.

Although managing Type 2 diabetes can be very challenging, it is not a condition you must just live with. Make simple changes to your daily routine - include exercise to help lower both your blood sugar levels and your weight.

### **About The Author**

For nearly 25 years, Beverleigh Piepers has searched for and found a number of secrets to help you build a healthy body. Go to <http://DrugFreeType2Diabetes.com> to learn about some of those secrets.

The answer isn't in the endless volumes of available information but in yourself.

Article Source: [http://EzineArticles.com/expert/Beverleigh\\_H\\_Piepers/123142](http://EzineArticles.com/expert/Beverleigh_H_Piepers/123142)





## 15 Things Not to Do in Japan (reading – 10.8. - 16.8.)

by: **Bob Tom**

If you have plans to visit Japan, there are some things you need to know. Familiarizing yourself with some basic Japanese cultural practices will go a long way in making your trip there enjoyable. Also, you are not likely to get into trouble. Here are things you should not do based on Japan culture.

### 1. Don't enter a house wearing your shoes

Are you used to walking around in your house in your shoes? Well, you might get yourself in trouble if you do that in Japan. There is a special place where you should keep your shoes before entering the house. Also, there are slippers for guests when entering a room.

### 2. Don't shout on the train

Trains are very common in Japan. However, people don't make noise while in trains. They are always silent. If you have to speak to someone, do it in a low tone. Use your earphones if you have to listen to some music.

### 3. Don't use your phone on trains

As indicated earlier, Japanese don't like any noise in the trains. You will rarely find someone using his phone to make a call in the train. If you have to use your phone, send a message or talk in a low tone so as not to distract other people.

### 4. Don't eat on trains

Japanese do not eat when traveling on commuter trains. Drinking is okay unless the train is too crowded. However, in long distance trains, eating and drinking are allowed. Food and beverages are also sold in such trains.

### 5. Don't forget to remove toilet slippers

Once you get to Japan, you will notice that there are slippers only used when going to the toilet. These slippers are easily noticeable since they have particular words or pictures. Always remember to remove them when entering your house or walking on the streets.

### 6. Don't tip anyone

While it is common to tip anyone after an excellent service in many cultures, Japan is an exception. No matter how satisfied you are with their service, they never accept tips. In fact, someone will come running after you, returning the tip!

### 7. Don't ignore someone you are speaking with

If you are talking with a Japanese person, always stay calm and attentive. You may sound impolite and rude by just failing to show that you have understood a point. Whenever speaking, show your attentiveness by talking back.

### 8. Don't photograph everything

Despite Japan being a beautiful country, you are not allowed to take photos everywhere. It is advisable to always ask someone before taking photos. You must be granted permission to take pictures in museums, temples, and shrines.

### 9. Don't hug anyone you meet

Hugging is common in western countries. However, in Japan, it is not. You don't hug someone you come across in Tokyo streets. Most of the older folks don't like the habit. If you want to hug someone, then it's best to know their age group and whether they are comfortable with it.

### 10. Don't eat or drink when walking

It is uncommon to find Japanese eating or drinking while they are walking. Even on the streets with food stalls they always find a place to sit. Now you know how to behave when you are on Japanese streets so you

don't look foreign.

11. Don't receive a present with one hand

Whenever receiving a gift or a visiting card from a Japanese, use your two hands and bow. Then tell him thank you. On receipt of a gift, don't open it until the person who has given it to you has left.

12. Don't throw away trash haphazardly

Another thing you might find hard to get used to is how to handle your trash. In most cities around the world, there are a lot of trash cans however, Japanese cities are different. People are encouraged to carry their trash until they find a place to dispose of it.

13. Don't fail to say "thank you"

The verb "thank you" is highly valued in Japan. Learn to say it after being served in a hotel or store. Familiarize yourself with how bowing is done in Japan. You must always bow and say thank you when you meet with elders.

14. Don't write down a person's name in red ink

In Japan, it is OK to write "goodbye" in red ink but not a person's name. The Japanese consider it to be disobedient. Therefore, if you have to write down your Japanese friend's name, you know which color to avoid.

15. Don't be shy

It is common for tourists to ask for help from locals. When you get to Japan, don't be shy or afraid of asking for anything. They are very friendly and helpful. Even when you accidentally forget something somewhere, go back as no one is going to take it away.

### About The Author

BiggieTips is dedicated to BIG TIPS to help you get things done more efficiently. You will master how to do everything in a bigger way and live smarter. Topics include Home, Health, Lifestyle, Travel, Technology, Entertainment, Business and Video.

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## **Web Design and Its Evolution** (reading – 17.8. - 23.8.)

by: **Helen Kerr**

Web design has come a long way since August 1991 when the first ever website was launched. Tim Berners-Lee published a text-based site on behalf of the European Organisation for Nuclear Research. The site itself was informative only and in no way interactive. Primitive in its looks, content included hyperlinks and was actually removed from the web in 1993. It was later decided to reinstate the website due to the importance of human and technological development.

Q: What's one of the biggest differences between websites of the early 1990's and those of today?

A: The first website ever created was solely for informative purposes whereas today, owners can offer a wealth of information, sell products and services, provide platforms for social interaction and much more. All of this is carried out in a visually appealing manner.

Q: Can we talk about speed?

A: Absolutely! You may have been around long enough to remember the days of dialup internet. If not, it's highly recommended you look into it. Those used to lighting fast fibre broadband will almost certainly be enlightened to learn the process of dialup and how this would mean the telephone (land line) could not be used and was somewhat slow and at times intermittent. Taking this into consideration, websites of 90's were based primarily around text. Design layouts were a concept of the future along with imagery, typography and navigation. Due to the simplistic (looking) nature of a primitive website, it meant that the user experience was as optimised as it possibly could be and this notion was based upon a user requiring information from a website that worked through a dialup connection.

Q: So what happened next?

A: Towards the mid 1990's on site page builders began to grow in popularity with web designers choosing this option as a preferred layout. Offering tables, columns and rows, content was able to be separated into specific blocks based upon a subject or category. This meant a web page held even more visual appeal than that of those from the early 1990's. The main focus continued to be the users' experience.

Q: Do you remember the page counter?

A: Page counters were great landmarks, offering insight into the number of people who visited a web page. This type of information was important to both the website owner and the customer. The former gives an idea of the number of people landing on the website with the latter giving the potential reader an idea of website popularity.

Q: Can we look at page structure then and now?

A: As previously mentioned, early website structure was based heavily around text before moving onto a more boxy feel in terms of blocks and columns. Today, web pages are hot on offering great navigation in order to complete a call to action in as fewer clicks as possible. Great images, well-written content and trust signals are all strategically placed within a professional build.

Q: Can we learn about the 2000's?

A: This is where content and design saw a clear separation through the magical realms of CSS. Whitespace became a positive aspect making way for the eradication of block colours throughout a web page. Another positive feature of this era included the addition of links to icons as well as text. Resolution and pixelation moved to the forefront of important design considerations.

Q: What about today?

A: Known in the industry as the 'modern web', and starting out with the birth of Web 2.0, this modern era has built up over time including the likes of social media integration, interactive content and multimedia applications. Results over time have mapped out how websites are built and how we have come to market

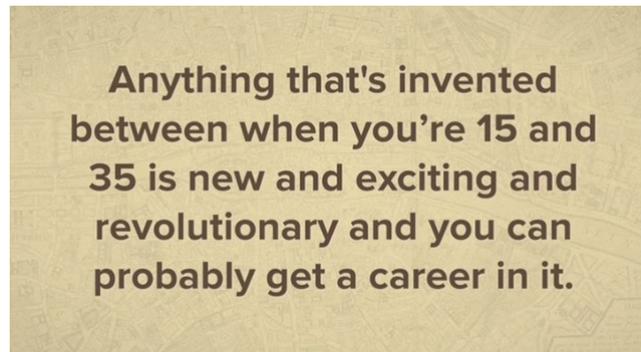
them today.

With the user experience always at the forefront of design and development since 1993, it will be interesting to re-visit in a further decade.

### About The Author

Helen Kerr has worked within the Digital Marketing industry for over a decade and her company, Inner City Digital specialises in web design and development.

Article Source: [http://EzineArticles.com/expert/Helen\\_Kerr/2434059](http://EzineArticles.com/expert/Helen_Kerr/2434059)



## 5 Actions That Result in Success

(reading – 24.8. - 30.8.)

by: **Mason Gruenberg**

Perhaps you have thought of how much believing in yourself makes a difference in your quality of life? A strong belief in yourself can bring you all these benefits plus much more:

- you recognize your capacity to achieve goals
- you are optimistic concerning the future as you set objectives and accomplish them
- deep down inside, you know you are able to do anything
- you treat yourself kindly
- you are feeling uplifted and more satisfied with life
- you're motivated to get things done
- you have got faith, no matter what
- you see and revel in the abundance around you
- others feel drawn to you

Wouldn't you like to enjoy these qualities of confidence and well-being every day? The good news is you can! You'll find actions you can take to build up your belief in yourself.

Whether you feel lacking with this area or just want to strengthen your belief for the extra benefits, try these thoughts to further develop your belief:

1. Think about in your own abilities to get something finished. Be your own best cheerleader and encourage yourself to get your tasks completed. Figure out how to divide huge tasks down into attainable parts. After that, even when times are tough and your courage is low, you will know that it can be done.

2. Make dreams. Whether it is getting the career you desire, obtaining additional training, meeting someone you admire, traveling to a distant place, or setting a goal to save a million dollars, connect with your dreams.

\* Where you come from, the money you are making, and the folks you hang out with are insignificant to the dreams you create. Dreams are often focused on what you would like for yourself in the future. When you believe on your dreams, you may also believe in you!

3. Establish goals and go for the gold. Believing in yourself means you're motivated to get things done. Get into the custom of setting targets (both short-term and long-term). After that, you can take active steps to accomplish them.

4. Treat yourself well. Treating yourself with a nurturing character and the knowledge that you're a deserving human being is a crucial aspect of developing belief in yourself.

\* Pamper yourself whenever you want it. Recognize that others ought to treat you with respect and love.

5. Ensure motivation is high. When you want to achieve your responsibilities with distinction and achieve your goals, it's an unbelievable witness to your degree of motivation. Build momentum to fuel your motivation.

6. Over the tough times, keep the faith. Nobody is immune from experiencing rocky chapters in his/her life. But when you believe in yourself, you can meet those challenging phases with a positive, solid fortitude. You will push ahead, go through the trying moments and know you'll come out on the other side smarter, stronger and surer of yourself.

7. Recognize the bounty you possess. No matter what period of life you're living, look for the good all around you. Get the most you can from every moment.

\* Is the chair you are sitting on comfortable? Do you think you're secure and warm now?

\* Whatever you love in your life, be grateful. Hold gratitude.

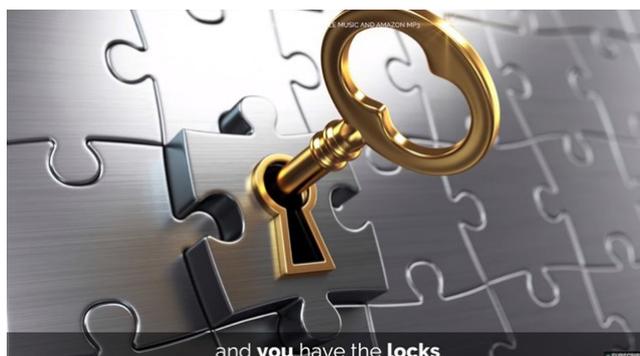
Believing in yourself is probably the most powerful choices you can make. Practice these techniques and you will discover the sheer delight and luxury of knowing you can do whatever it is you select when you believe in yourself.

### **About The Author**

If you have faith in yourself, you can do literally anything More hints.

Article Source:

<http://www.articlebiz.com/article/1051608398-1-5-actions-that-result-in-success/>



## **Fitness Myths - Separating Fact From Fiction**

(reading – 31.8. - 6.9.)

by: **Carolyn Hansen**

Whether you are looking to drop 10-15 pounds of fat or add 10-15 pounds of lean muscle mass, it's important to first come to grips with some of the biggest lies/myths in the fitness industry. Otherwise you may end up wasting your valuable time and could even damage your long-term health.

For starters, the myth/belief that muscle turns to fat is totally erroneous.

## Myth 1:

Muscle never turns to fat.

They are two totally, separate types of tissue. Just as your heart is different from your liver and you wouldn't worry that it could become your liver, your muscle cannot turn into fat. It would be like watching an apple convert to an orange right before your eyes. Not going to happen.

So, what does happen to someone who was once very muscular and fit but stops working out? If muscle does not turn to fat as many believe, then why does their once fit and trim body now appear fat, flabby and unhealthy?

The reality is much worse than turning to fat. Muscle is not being converted to fat, it is being lost. It is literally, wasting away.

Because the body uses a lot of energy maintaining lean muscle mass (which is why having more muscle is great for preventing fat gain), when the body believes it no longer needs to maintain muscle mass, it eliminates it. Whatever muscle mass is not being stressed (used), starts catabolizing (breaking down).

Muscles shrink from non-use and fat pockets grow bigger. Soon, what was once an attractive, trim, fit body now appears flabby and fat. It is really that simple.

Because muscle burns more calories than fat, whenever workout habits change or slow down, changes in diet must follow. If diets are not adjusted to align with a less active lifestyle, if food intake remains the same but total calorie expenditure decreases, guess what? The excess surplus of calories (that are no longer being burned through activity) gets converted into body fat.

It's pretty simple science - when you exercise less, you burn fewer calories and therefore, you must eat less.

The good news is, it only takes about 60 minutes of strength training weekly at the gym (or your preferred strength training workout) to maintain muscle once it's built. It takes far less effort to maintain muscle once it's built than it did to build it in the first place.

## Myth 2:

Exercising daily is optimal. Wrong.

Many people believe that if they fail to see the progress they are after, it's because they are not training hard (or long) enough so they immediately start pushing their body harder which is the exact opposite of what should be happening.

Every time you train your muscles hard (at the gym or elsewhere), you are creating micro damage to the muscle tissue and time is needed for this to be rebuilt to withstand the same level of force once again. If the time and energy needed to do this is not provided, muscles won't get stronger and in fact can cause loss of valuable muscle mass.

Reality - when actively working out, the body requires and needs rest days in a well-planned protocol to have the time needed to get stronger than it was before. Ideally, one day off a week should be allowed, if not two. But, even that is not hard science. Some people require more. In fact, three to four days rest for beginner trainees or those who do intense training is not at all uncommon.

Remember, as the intensity of your workouts go up, your total rest required to recover from that workout will also increase.

It's very important to recognize when it's time to work harder and when it's time to rest. Understanding the difference and giving your body exactly what it needs is what gets you to that end goal.

Honor your workout, but balance it with rest.

### Myth 3:

Cardio is a great way to get thinner - False.

Cardio - (referencing steady state cardio sessions) - the workouts that people dread yet do daily after hitting the gym. Jumping on a piece of cardio equipment and going at one pace for 20-60 minutes.

These workouts do very little for anyone. What these extended cardio workouts achieve is to increase the appetite, causing us to eat more. In fact, many people, who are classic "cardio bunnies," report ravenous appetites that just won't go away.

Cardio training can even cause loss of lean muscle mass. When the body knows it must go for long periods of time at a moderate intensity pace, it does what it can to be more efficient. Since muscle tissue is energy-intensive to maintain, it is better for your body if you have less of it.

Couple this with the fact that many are on a lower calorie diet while doing cardio and now you have a body ready and willing to drop lean muscle. So, fat is not really being lost in the process, but rather, lean muscle.

The body may appear smaller after months of cardio workouts because of lost weight, but, unfortunately, it is due to an unhealthy, change in body composition. The body now contains more fat mass in proportion to lean muscle mass and the result is not pretty. The look is soft, jiggly, and anything but fit.

If you're looking to create a fit, lean, firm body, cardio training is not the way to get there. Strength training is the only thing empowered to reverse unhealthy, muscle loss.

### About The Author

"I help clients take charge of their health before circumstance removes the option. If your quest for a life of true physical and mental well-being is a journey I'll put you in the driver's seat."

For tools and resources to achieve this, visit:

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