



Isometrics09

No Time to Go to the Gym? Lose Weight at Home with Isometric Exercise

Summary:

In our fast-paced lives, one of the excuses heard most often for lack of fitness and exercise is “I don’t have time to go to the gym.” With isometric exercise we can lose unwanted pounds and get more energy, without adding a time crunch to our busy days.

Article:

I don’t know anyone who thinks he or she has enough time in the day to accomplish they need, or want, to do. Modern conveniences have saved us the time, but that time was quickly claimed by more and more demands and responsibilities in our careers and families. Many of us spend a lot of time trying to figure out how exactly to cram everything we need to do into our busy lives, worrying that we simply can’t.

Then, as we age, we realize that on top of everything we’re already doing, we need some sort of fitness program – and many of us realize that we need to lose weight, as well. How are we supposed to add taking care of these things to our already jam-packed days?

The answer is in isometric exercise. With just a little training and the right exercises, you can add isometrics to your daily routine without making yourself nuts in the process. You don’t need to find an extra half-hour or hour in your day. One basic benefit of isometric exercise is that it can be done almost anywhere.

Tightening and flexing the abdominal and glut muscles (those in the buttocks) can be done while sitting on the couch watching a movie or behind a desk at work. Arm stretches against a doorframe can be added in while running the water to wash dishes or waiting for the oven timer to signal that dinner is done.

As well, isometric exercise has the added benefit of targeting and toning specific muscle groups. This allows you to focus on problem areas and spend even *less* time exercising. For example, if time were an issue, a person who is primarily concerned about the abdominal muscles might choose to concentrate on those exercises and forego the arm stretches.

By exercising specific muscle groups, you can create lean muscle mass and begin to lose weight without ever spending a minute in the gym. Lean muscle



takes more energy to fuel than fat does, so every time a little more fat goes away, it becomes easier to lose the next little bit. Soon, the ease of doing isometric exercise takes over and before you know it, you are losing the weight that you hoped to lose, all within the framework of your daily routine, without joining and forcing yourself to go to a gym.

As you begin to become more familiar with isometric exercise and your body becomes more accustomed to tensing and flexing on command, you may find that the opportunities to “work out” become more numerous. Waiting in line can be an opportunity to stretch tired leg muscles and a coffee break at work may be the perfect time to stretch in a door frame.

Isometric exercises can easily be done at home, in the car, waiting in line or in the office. Because they require only a few seconds and a bit of concentration, these exercise are perfect for people who want to lose weight but can't make the time for a regular work out routine. In time, this will *become* your work out routine, and you'll wonder how you ever made it through the day without it.