



## HEALTH

## 15 Bodybuilding Tips for Beginners

By [Craig Wilson](#)

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If you are new to bodybuilding and you want to improve the way you look, here are some useful tips that will help you a lot! You should not expect huge improvements over night, but muscle mass will slowly grow over time. It's really important to have patience, to stick to your workouts and diet, and results will definitely show!

### 1. Stick to Free Weights.

Even though the modern gyms are full of fancy and shiny machines, they will not help you build a solid foundation of muscle mass. Dumbbells and barbells are the best when it comes to building muscle and especially for a beginner.

### 2. Do Compound Movements.

While you might be tempted to try all the possible exercises you see on fitness magazines or websites, you should stick to the basic movements first. Exercises like the squat, the deadlift, the barbell bench press and the military shoulder press should not miss from your routine.

### **3. Have a Program and Stick to it.**

You cannot just go in the gym and do whatever you feel at that moment. You need to have a strict routine and follow it closely. Ask a personal trainer or an advanced bodybuilder to provide you with a program that includes the exact exercises you need to do, the number of sets and the number of reps per set. When you set foot in the gym you need to know exactly what you will do in that training session.

### **4. Don't Train Every Day.**

If the person that made you the program knows what he's doing, your routine should have 3 or 4 workouts per week. As a beginner you don't need to train more often than that. Spend the other days of the week to rest and recover.

### **5. Train Each Muscle Group Every Week.**

While too many days in the gym won't help you get bigger, too few workouts are not good either. You need to work each muscle group at least once every week.

### **6. Learn the Correct Form of Each Exercise.**

While you may be tempted to see how much you can lift, you need to start with lower weights and learn the right form of each exercise.

### **7. Gradually Increase the Weights.**

After you master the correct form on each exercise, you need to start increasing the weights periodically. Keep track of how much you lift on each exercise and slightly increase the weight every 2 weeks. This will increase your strength and will lead to muscle gains.

### **8. Be Cautious.**

When you get to the point of using big weights, use a safety belt for lower back protection. You may not have back problems right now, but you don't want to have them in the future either.

## 9. Eat a Lot of Protein.

Protein is essential when it comes to building muscle and can be found in chicken, fish, eggs, milk, dairy products and some nuts and vegetables. Most experts recommend at least 1 gram of protein per pound of body weight for the best results. If consuming enough protein each day becomes difficult, add a protein shake as well.

## 10. Be in a Caloric Surplus.

In order to build muscle you need to eat more calories than you burn. Use a calorie calculator to find out your BMR (Basal Metabolic Rate) and adjust that according to how active you are. If you have a sedentary job you will need fewer calories and if you are very active you will need more.

## 11. Eat More Often.

Have 4-5 meals per day and eat every 3-4 hours. Avoid being hungry!

## 12. Avoid Junk Food.

It's true that you want to gain some weight, but you want that weight to be muscle mass and not fat! Consume quality food like lean proteins, complex carbs and healthy fats and stay away from junk food, lots of sweets and fatty foods. The only time when you should consume fast absorbing carbohydrates (usually foods that have a lot of sugar or white flour) is right after your workout. Read more about what to eat to gain muscle in [this article](#).

## 13. Consume Fruits and Vegetables.

Besides macronutrients (proteins, carbs and fats) your body also needs micronutrients (vitamins and minerals). So make sure you consume lots of fruits and vegetables each day!

## 14. Rest and Recover.

Your muscles don't grow when you work out but when you sleep. So make sure you get enough sleep each night (about 8-9 hours).

## 15. Act Like an Athlete.

Try to have a healthy lifestyle and avoid as much as possible smoking, alcohol and other unhealthy vices.

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- 3 [The Ultimate Exercise Routine \(for Beginners, Intermediate, Advanced Level\)](#)

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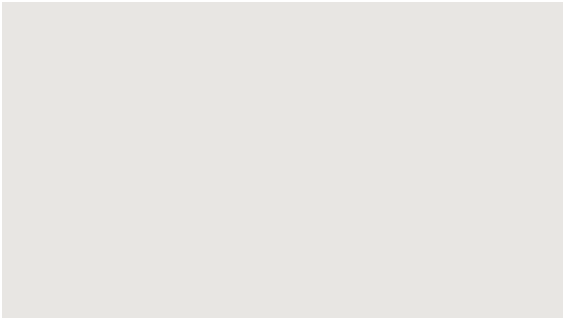


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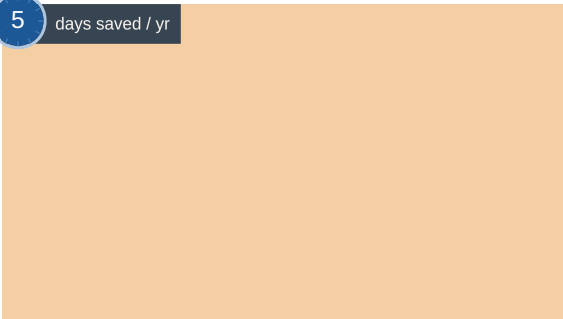
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## Warning Signs That Your Body Desperately Needs More Water



HEALTH PROBLEM &  
DISORDER

## Warning Signs That Your Body Desperately Needs More Water

By [Dean Vaksman](#)

ADVERTISING

The term “dehydration” sounds very serious. You think it has nothing to do with you. It would only happen in poor countries or severe disasters like earthquakes right? No. Dehydration is way too common than most people think.

75% of Americans <sup>1</sup> are chronically dehydrated and don't even know it. And even mild dehydration can affect our

bodies and how we feel a lot. Think about this. “60 percent of our bodies is composed of water, 75 percent in our muscles, 85 percent in our brains, it’s like oil to a machine,” said Dr. Roberta Lee from Clear Lake Regional Medical Centre.

When you’re feeling unwell, quite often it might be the result of dehydration. Check the signs below and you’ll be surprised that how dehydrated your body often is and how some of the annoying health issues can actually be resolved so easily.

## 1. Fatigue

You’re tired at work, and tired at home. After a good night’s sleep, you still feel tired. Why?

If you feel constantly tired, you should really consider the possibility that you are actually dehydrated.

Dehydration causes your enzymatic activity to slow down, which causes your body to produce less potential energy for your future benefit.

## 2. Chronic constipation

You feel bloated. Plus bad breath. But nothing comes out. Apart from having more fibre in your diet, you also need to check if you’re drinking enough water.

Dehydration is one of the most common causes of chronic constipation. When you don’t drink enough water, the waste in your intestine becomes so dry that it is hard to get through.

## 3. Headache

As 85% of water in our bodies is in our brains, when you don’t drink enough water, your brain reacts immediately.

Your brain is surrounded by a protective layer of water, which encompasses the entirety of your brain. Low or complete lack of water intake causes this layer to evaporate. This depletion can cause your brain to push against your skull, leading to painful headaches.

## Tips

All of these unfavorable symptoms can be avoided, or at least moderated, by regular consumption of water. Here are a few tips on how to actually do so:

- **Drink two glasses of water right after you get up.** Starting your day with this will not only make you feel refreshed but also aids your digestion.
- **Buy a personal water bottle and carry it with you.** Make sure to buy one that will actually be comfortable for you

to use and carry with you.

- **Consume water-based foods.** Examples are cucumbers, grapefruits, and, of course, watermelon.
- **Download a water consumption tracking app.** There are a number of these on the market. Just take your pick.

## REFERENCES

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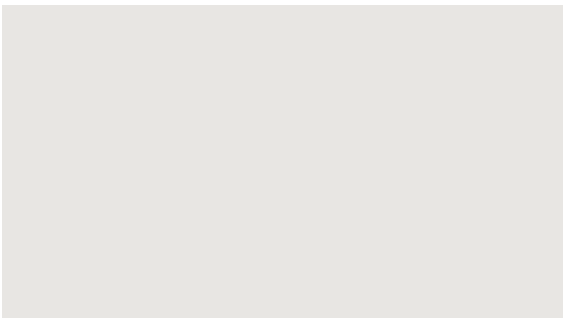


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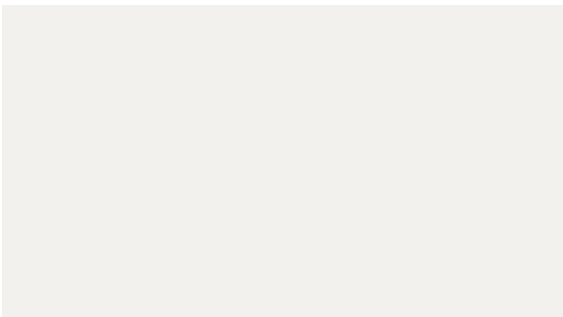
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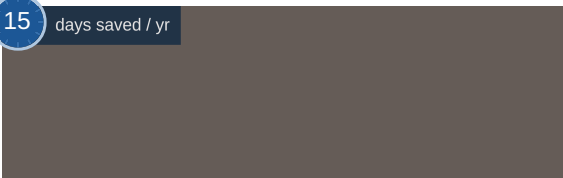
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