
Take rest

Posted by harshads - 2008/02/19 13:26

Taking rest between each slot of your exercise is important.
Don't be in misconception that you will earn more fitness than others by keep on exercising. Have a break of one or two day in your routine of exercise and then continue doing it.

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Re:Take rest

Posted by angel_of_vengeance - 2008/02/20 06:58

Yes, exercise plays a really vital role in our health. Exercise keeps our body fit, it is like the oil that fuels us for life! B)

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Re:Take rest

Posted by Jenson - 2008/02/21 06:20

I always try not to over strain myself when exercising. When our body says that's enough, it is time to stop.

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