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I have the impression that the world of health and fitness you want to keep the information I am about to tell a well kept secret. Why? So do not lose our jobs! If you all know what's new and hot in the industry that needs professional quality, right?

Well, I'm willing to take the opportunity and really give you the information - burst the bubble and tell you what the buzz is in our little world - so you can get a quick start in 2007 in their fitness and health goals and get in the way you always dreamed of.

There are always great new products on the market and believe me some of these things are absolutely amazing! But others, as I'm sure you know they are complete rags ... How many of you still have the Master of the thigh?

What diet should try? What supplements should I buy? Where is everyone exercising this year?

This year it seems that some of the old, I mean thousands of years old standbys, is, while some of the novelties of 2006 are fading fast - soon to be obsolete and replaced with what really works!

So without further ado, here is a list of what in 2006 and what is new and old of 2005.

Atkins is removed

Sorry, pepperoni and sausage over crust pizzas sans. Atkins was in the company last year after operating briefly without their fearless leader, Dr. Robert Atkins, who died of complications from a fall on the ice in 2004 ... which is certainly something I've always found fishy ... taking into account the heart risks that come with your diet. Could something like an IM cause sudden collapse on the pavement slippery? Hmmm.

The Atkins diet helped people lose weight record, but also caused the skin fat, cholesterol and increasing the likelihood that the yo-yo diet, promoting a way of eating that perhaps could be called "very natural" .

The raw food!

Carol Alt is our new leader. The raw food revolution has taken its control due to their hard work and advocacy. More people are recognizing the benefits of raw foods and how they can improve their health.

Complete diet of raw foods - 30-40% is good, 50-60% is excellent - will help reduce cholesterol, lower blood pressure, regulate blood sugar levels in the blood, helps you lose weight and healthy short time.

What is so special about raw foods? Much of cooked and packaged foods we eat are completely depleted of nutrients due to the way they are prepared. Raw food not only to keep the nutrients intact - as nature intended - they also have live enzymes your body needs for optimal health and wellness.

Go out and buy a book or two about cooking (sorry .. "prepare"!) Raw foods, incorporate into your diet once a day and see the difference immediately!

OUT bench

Sorry, Muscleheads, the bench press is old news. They keep piling on the weight and check your shoulders and rotator cuff disintegrate. Other exercises that are definitely for recreational lifters are leg curls (hamstrings and quad), dead lift and military press.

Each of these exercises are often abused and cause a number of gym injuries every year.

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Lisa Beverley writes highly informative and researched articles for end consumers about a variety of a quick weight loss including remedies, a health fitness exercise and a nutrition and diet tips, slimming, weight loss products, bodybuilding supplements and diet tips.

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