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Survival of the fittest is an old adage that is applicable in today's world as well. Those were the days when man had to run, jump and hunt in order to have a square meal for the day. The meal though was well earned and there was a balance in the calories spent and the calories gained, with the latter being in excess of the former. The witchdoctors or medicine men had little else to do other than acquire weird headgear and practice his mumbo jumbo hoping to get an ailing patient. However the only patients he got were not ailing but would have been injured either in a fight for supremacy or during the course of a hunt. The only flab and fat were found in the deer, wild boar and bison that he hunted because obviously he was fit enough to hunt them down.

The very unfortunate thing though, was that man had a large brain with a lot of grey matter which set him thinking and he started spending his energies in concentrating on devising ways and means to improve his hunting skills and subsequently reduce his physical exertion each time he went out to hunt. It was a laudable achievement indeed. Sadly, though, reduction in physical activity started taking its toll. Hence the cleverer he got with his ideas and inventions the less the physical activity. Comfort and inactivity resulted in lesser energy being expended with the net result of perfect physical fitness turning to gross negligence.

What ails the majority of the population today is excess flab resulting in a high percentage of the nation becoming overweight which has lead to disorders like diabetes and hypertension which ultimately lead to serious conditions affecting the kidneys and the heart. Surveys say that the most common killers are diabetes and cardiac diseases. The sad fact is that these disorders cannot be cured and can only be controlled. The best and only solution therefore, would be to prevent the onset itself. How does one go about it? Does a person have to starve himself and deprive himself of good food and comforts which he has fought all along to get in the first place? Instead of a win-win situation what has been achieved is win "and-consistently lose situation. This is not what we wanted at all.

There is no need to panic though. After all if our superior intelligence could get us into this situation it is the very same thing that should get us out of it. Let's take a closer look. For example, imagine filling gas in your car that has a gas tank of 5 gallons capacity, and 5 gallons have been pumped in and the pump is not stopped what happens? The stuff just overflows out onto the ground and the matter ends there. However whenever we consume more food than is actually required exactly the opposite happens. Just as man is highly intelligent, his brain also has the capacity to make decisions. When it realizes extra energy is available, it immediately starts the process of storing it all over the body as reserve, only to draw upon in times of need. The brain is not clever enough to realize that such a situation is never going to arise and its main function henceforth is going to be finding the space to store excess energy. Now, there are some exalted souls who foresaw exactly such situation and devised a set of physical exercises combined with dietary habits that need to be followed with great diligence. If this can be managed regularly without fail any condition can definitely be reversed. Separate time slots have been allotted for programs devoted to demonstrating a set of simple fitness exercises. These are being aired by most service providers like

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