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To stay fit, start working out. There is no substitute to exercise, when it comes to staying fit and active during such summer season. With such scorching heat and heavy humidity, it is quite natural to feel tired and lethargic. People face with indigestion problem a lot of time. However, a moderate workout session on a daily basis can help in solving all these problems.

Workout does not necessarily mean sweating out with heavy dumbbell and other weighted machineries. According to modern fitness experts, weight training is necessary but that can be done once or twice in a week. Rest of the days, it can be aerobic, free hand, and cardiovascular exercises to carry on.

Working out with exercise balls is quite effective. It is amazing how such a soft elastic ball can be quite beneficial to shape human body. Any form of exercise can be performed through the help of exercise balls. These are also known as Swiss or gym balls. The diameter of these balls varies in between 14 â€“ 34 inches. They are filled with air. Some of the common exercises that are performed through these balls include squats, plank, pushup, hyper extension, abs crunch, chest press, flies, side lateral, and shoulder press. A lot of stretching exercises can also be performed through the help of fitness balls. Reverse body stretch is extremely effective in shaping the glutes, broadening the chest, and stabilizing the lower back region.

There are many physio supplies available in the market, which sells these exercise Swiss balls. These items are priced around $60 -$150. Prices vary according to quality and size of the balls. There are several low priced balls available also. However, it is necessary to focus on the quality. Poor quality balls do have the chance of bursting out when faced with greater body pressure.

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For more information on a exercise balls, check out the info available online; these will help you learn to find the a physio supplies!

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