



## A Blog Is the Best Fitness Resource

*"Blogging is best learned by blogging... and by reading other bloggers." – George Siemens*

### Why is a blog the best fitness resource?

I wanted to do a quick post on why you should read fitness blogs. If your goal is to get fit, there are a million ways to do this. There is so much information out there, that it's easy to get overloaded. This is especially true in the health and fitness industries where there are often contradicting views from experts. When you have one fitness guru telling you one thing and another saying the complete opposite, it's easy to get confused. There are a couple of reasons why a blog is the best fitness resource.



### Blogs are practical.

If you are searching for practical methods for getting lean, fitness blogs are a great place to start. There are several reasons for this. First, most bloggers are normal everyday people just like you. They simply want to help people by providing them with useful information. Most of the time, they are not celebrities, professional athletes, or cover models. Have you ever seen a stunning celebrity body, searched for their routine, and felt immediately discouraged once you realized that they had to devote several hours every day for months to achieve their look? I know I have.

Celebrities and professional athletes often train for hours every day because this is their job. Call me crazy, but I'm willing to bet that if you were to take an average Joe off the street, pay him millions of dollars, and give him access to all the resources he needed to get into great shape, he could easily do it. For the record, I have nothing against celebrities and professional athletes. In fact, many of them are fitness role models of mine. I even write about their workout routines because I find them interesting and think that *some* of the information can be valuable. However, I also know that I can't follow their exact training methods because they're just not practical.

### Bloggers are easy to relate to.

When there are literally millions of ways to get into great shape, the key is to filter through the sea of fitness information and find the methods and tricks that work best for you. Bloggers have used these methods and written about them. If you want to learn how to build muscle without access to a gym, a blogger has done it and written about it. If you want to learn how to perform a great workout in only 10 minutes, a blogger has done it and written about it. If you want to learn how to cook a fast, healthy, and delicious meal using your favorite ingredients... you get the idea.

My blog was designed with this idea in mind.

I have a regular office job like most people, but I have still managed to get lean while maintaining a busy schedule. I want to share the techniques I have used to

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accomplish this. If they worked for me, I know they will work for others as well. I also want to dispel common misconceptions about health and fitness by using my experiences as counterexamples. I know how frustrating it can be to continually put in effort without seeing results. This happens when you act on information that is either not tailored to your situation or just plain wrong.



**I try to read many different kinds of health and fitness blogs so that I can gain exposure to a wide array of topics and perspectives.**

Which blogs do I recommend? Start by checking out the blogs of people who comment on this site. I use a plugin called CommentLuv that links to the most recent post from the commenter's blog right below their comment. There is also a link to the blog's main page in their username. I have checked out all of these bloggers' sites and each one of them puts a unique spin on health and fitness. Each blogger is a great fitness resource, but you may find one or two that you really like and start visiting those more frequently than others. Once again, the idea behind all of this is to help people achieve their fitness goals and I believe our network of blogs is doing just that.