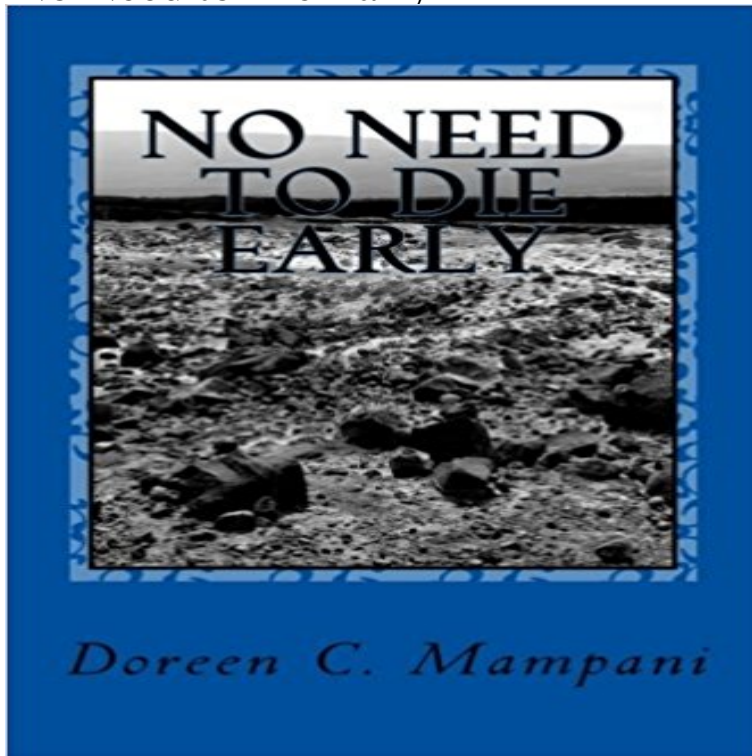


No Need to Die Early



I wrote these poems after observing how some single mothers go all out for their married boy-friends. Some of these women are over 60 years of age but behave like young women. Their dress code is the same as that of young women. These are women who pay their lovers. I hear some people say I will die for him or her. You only live once therefore enjoy your life. There is no need for you to die for someone because LORD Jesus Christ already paid the price. There are single mothers who love their boy-friends more than their own children. Some of the boy-friends are married men. Such women behave as though they are under a curse. They don't heed any good advice but give themselves, their monies and anything of value. These are amongst the young and the old. I mean a granny of 60 years old paying a young man of 24 years for sex. Old men also pay younger women. These oldies say they are enjoying their democracy, their freedom. What abomination under the sun. Such young men in South Africa are called Ben 10. I heard some of them use either drugs or dagga when they commit such acts. They say we only do it for money. The lazy young men know which grannies are lustful. On the day when Pension Grants are paid, these youngsters prepare themselves to visit the grannies.

Skip to content Fitness & Diet Experts Exercise & Nutrition Matters! Menu Home About Us Terms and Conditions Privacy Policy Contact Us Personal Trainers & Bodybuilding Choosing a Personal Trainer(Personal Trainers & Bodybuilding) Why a trainer might be appropriate for you Selecting a personal trainer may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) What is a Personal Trainer? A personal trainer should be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides: 1. Guidance on achieving your goals 2. Instruction about fundamental nutrition, cardio and bodybuilding 3. Each week a reason to appear at the gym 4. Accountability 5. Methods to assist monitor your improvement What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to

assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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