

## Men's Health: Fitness

Monday, 10 March 2008

Last Updated Monday, 10 March 2008

That which doesn't kill you makes you stronger, they say. But a quality fitness plan and diet are your best bet for stronger, bigger muscles. [Get started.](#) [Get Started](#) [Fat or Muscle](#)

Muscle or fat? Your BMI (body mass index) may tell the tale. [Learn about BMI.](#) [Related Guide: Benefits of Exercise](#)

Sure, exercise can make you buff. But fitness comes with lots of other perks. [Read and reap 10 benefits of exercise.](#) [Related Guide: Hate Exercise?](#)

It's time to shed the negative attitude and excuses. Here are nine ways to quit being an exercise hater and build an exercise habit. [Find a Gym: 10 Questions](#)

Gyms are a dime a dozen. But how does a guy know which one is best for him? The 10 questions in this article may help you find a gym that suits your needs. [Video: Personal Trainer: Know What to Look For](#)

Almost anyone can call themselves a personal trainer. Find out what to look for so you know you're getting your money's worth. [Message Board: Online Personal Trainer](#)

Got fitness questions? Ask a pro on VitaDocs exercise and fitness message board. [Effects of Anabolic Steroids](#)

Are anabolic steroids really that bad? Find out what they are -- and what they do to you. [Get Strong](#) [Workout Tips](#)

Don't be a dumbbell; learn how to avoid weightlifting injuries. [Strength Training](#)

Heave ho: Get smart about strength training. Don't assume you know it all. This in-depth information may help you get bigger and stronger without getting injured. [Exercises](#)

These VitaDocs videos will help you learn the proper exercise techniques to get the body you want. [Get Cut](#) [Helpful tips to Obtain Muscle Definition](#)

Articles and links to help you get the definition you desire. [Sports Injuries](#) [Sore Muscles](#)

Sore muscles usually don't signal an injury. Get tips on relieving sore muscle from VitaDocs fitness expert. [Related Web Site: Stretch Exercises](#)

Push, pull, groan? Knowing the right stretches is a great way to help prevent injury. This go-to menu displays 15 key stretches. [Video: Exercises for Stretching Hamstrings and Calves](#)

Guys, are your hamstrings and calves way too tight? In this video, a physical therapist shows you how to fix that problem with some simple stretches. [Video: Stretching Exercises for the Hip and Groin](#)

Stretching isn't just for acrobats, and the hip flexor and groin muscles are often notoriously tight. This video shows you how to loosen up, literally.