

FITNESS AND LIFE

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Abstract -Fitness is an unavoidable factor in every individual. Without fitness individual will feel uneasy to do any type of work or movements, it consist of walking also. The latest trends are in society we can see fitness centers in every corner and people are coming and doing fitness work without any hesitation. It shows that the interest of individual in doing fitness work. This paper will focus on the fitness and its influence on life and well being in society.

Introduction

Fitness is important in many aspects of life. It is the key to good health, which affects how you live your life. It also comes useful in many other ways in life. Fitness is the key to good health. Along with eating healthy, exercising every day can keep your body fit and reduce your chances of heart attack or stroke. A healthy body also usually means a longer and more enjoyable life, without worrying about obesity-related and other illnesses, like diabetes and asthma (especially after retirement), and can make you feel younger and more active. Fitness is also useful in many other aspects of life. Besides getting that A in PE class, being fit and healthy means that a person has more stamina and better conditioning to work on those tough jobs that require carrying heavy loads and working long hours at the desk without falling asleep. Moving furniture require carrying heavy things, as does grocery shopping spend If you're working on a farm, you especially have to have very good conditioning, as carrying hay bales, raking, and gathering straw and hay for 14 hours a day can be especially grueling. Having some extra strength at hand is good for getting out of tough spots, as everyone has once in a while. Fitness is useful in playing sports; with good conditioning a person can be there when his team needs him most, and spend more time on the field, instead of resting on the bench. Fitness keeps the body healthy. A healthy body means a more active, and enjoyable lifestyle, and is beneficial to many ways of life.

What is Physical Fitness?

So what is physical fitness? Well, it is a state or condition in which both your body and your mind are healthy and physically sound (by taking in proper nutrition and maintaining a good workout schedule). It is not necessary for a person who is physically fit to have a lean body, that can be achieved by maximum calories burned. Rather, they should have strong body

endurance, along with good muscle strength and cardiovascular fitness. It is also important to remember that a physically fit body is generally accompanied with a happy and satisfied state of mind.

Importance of Physical Fitness

Gone are the days when physical exercises were meant for people serving in the armed forces (or those having physically demanding jobs). These days, a physically fit body, free from ailments of any kind, is believed to be one of the most important assets that a human being can possess. The importance of physical fitness and exercise, customized to the specific requirements of both young and old, has led to the popularity and use of exercise equipment. The easy access to gyms and fitness centers further highlights the importance of physical fitness. This has resulted in people leading longer and healthier lives, that their predecessors could not have dreamed of.

Advantages of Being Physically Fit

Physical fitness not only improves our quality of life, but also helps us in the long run. It increases cardiovascular fitness and body endurance. Regular exercise can also help increase the strength of your heart. What's more, being physically fit also increases blood circulation and helps it to deliver oxygen and nutrients to all the tissues. This not only helps the muscles increase your overall body strength, but increases its ability to exert force and sustain contractions. Physical fitness makes your joints and body more flexible, and regular exercise results in a decrease of body fat. It increases lean body mass, resulting in a balanced and healthy body composition.

The Many Benefits of Fitness

Fitness may be the saving grace if you find yourself in a life threatening situation. You will be capable to defend yourself or you will need to really be fit to run

for your life and not gas out after the first 100 meters. Self Esteem - a person who is fit tend to have much confidence in his life. Not only because he will look good to everyone around, but because of the inner comfort and feel-good excitement. Exercising prevents a lot of health-care problems too. The problem of coronary heart diseases, diabetes, hypertension, cancers can be all avoided if you find a time to make your body fit. If we exercise more often our body can better handle dangerous chemicals like free radicals. Our heart muscles grow thicker and pump more blood, nutrient absorption is at optimal levels, bones grow bigger and stronger and healing process occurs at faster rate. Fitness is one of the main reasons to maintain a minimum level of health and to keep our body looking and feeling good and at optimum functional state.

Health and fitness

Health and fitness is determined by our living habits - what we eat, how we live, what kind of daily activities we get involved in. In other words, to make fitness part of our life we have to build it into our everyday lifestyle. We should make better choices about the type of food we eat, how much and how often we eat and how often we take out time for physical exercise. Being fit or improving our physical condition is a matter of how we as individuals choose to live and the amount of fitness we aspire to. We all need a certain amount of the right exercises to stay healthy and, regardless of our lifestyle, age or physical ability. Maintaining physical fitness at a good rate will give you an overall feeling of better health, increased energy levels and vitality, it is a happy feeling that can grow into an even greater happiness.

Physical fitness

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. This statement clearly shows us the importance of physical fitness. However, if in the past you have been maintaining a sedentary lifestyle (and maintain unhealthy eating habits), you are doing injustice to yourself. Therefore, to keep yourself physically fit, you not only need to have a proper diet, but follow a proper exercise regimen too. Physical training is imparted to the young with the view to keep the young fit so that the future citizens of the country will be healthy. Only by enjoying good health can we think of enjoying wealth. Physical fitness is a must to both the young and old. The best time to have exercise is early in the morning and late in the evening. If we cannot have a strenuous exercise, it is better to have at least a free hand exercise daily. In some countries like India and Britain, the yoga exercises are practiced by some people. It is said that the best form of physical exercise is to stand on one's head. Experiments have proved that this exercise enables the man to get the required movements of the inner as well as outer organs and

the result is man is also made mentally alert. People who do not take regular physical exercise are the ones who easily fall ill. The diseases such as diabetes and rheumatism can be prevented if we take regular physical exercises. A body without exercise can be compared to a machine that is kept inactive. Inactivity will lead to the machine getting rusty and in the long run becoming useless, so also is it the case with human body. In modern education, physical education and training forms part of the curriculum. In Singapore schools, physical training is imparted to the young with the view to keep the young fit so that the future citizens of the country will be healthy. Only by enjoying good health can we think of enjoying wealth. Physical fitness is a must to both the young and old. The best time to have exercise is early in the morning and late in the evening. If we cannot have a strenuous exercise, it is better to have at least a free hand exercise daily. In some countries like India and Britain, the yoga exercises are practiced by some people. It is said that the best form of physical exercise is to stand on one's head. Experiments have proved that this exercise enables the man to get the required movements of the inner as well as outer organs and the result is man is also made mentally alert. People who do not take regular physical exercise are the ones who easily fall ill. The diseases such as diabetes and rheumatism can be prevented if we take regular physical exercises. Here some of the physical exercises.

Health and fitness are vital to your quality of life! Whether you're thinking about beginning a journey to health and fitness or are already on one, this is the place for news, information, and a consumer advocacy approach to health and fitness training for strength, wellbeing, mindfulness, and life enrichment.

The modern health and fitness revolution began in the latter nineteenth century. Until the 1960's, it was called physical culture. In the span of little more than a century, It's grown like wildfire. Many of the ideas about health and fitness, including training and diet, even training equipment, haven't radically changed in the past hundred years. Fads and marketing hype would have you falsely believe radically new ways of training will shape you up overnight little to no effort. Genuine fitness and health is a practical form of physical culture. As with any program of cultural education and training, regular practice over a lifetime results in mastery and artistry. There are no quick fixes. Instead, enduring health, well-being, and character result from learning to care for your quality of life.

Long Life Fitness maintains an editorial policy of rising above the fads and hype, hence is neither "old school" nor "latest craze." A century and more of exercise science indicates certain enduring perennial principles govern success with fitness and health: those principles include fun, relaxation, concentrated intensity, and variety. Too many programs facilitate

iatrogenic training - training that results in imbalances that, in turn, facilitate injury.

Many home gyms include some equipment more than forty and fifty years of age - equipment that works just as well now as when it was new - and has a longer life expectancy than anyone reading this! Some new equipment and ideas about training offer benefits improving training. Your equipment choices should be solid and durable for a lifetime of enjoyable use, and your health and fitness program should be as sound as your equipment.

Long Life Fitness

Monitors the pulse of health and fitness and strength training to bring you up-to-date information. In fact, we are a new concept in health and fitness and longevity in that we bring together physical fitness, stress management, nutritional and dietary fitness, and disease management--all as aspects of fitness for the whole person, not as competing ideas that generate fragmentation. Practically every news or story all over the web, on TV, newspapers or magazines mentions fitness, but not all of them explain why it is of so much importance to our health. It is very important to treat our body well and keep it physically fit, and if we do, it will "thanks" us ten times over. Recently the general attitude of people towards fitness has changed and we are now much more concerned and aware of the need for positively living. We now recognize the great importance of health related fitness than ever before. We are encouraged to have "positive attitude" to our health by talk shows, fitness websites and online forums and for better care of our body and mind.

Conclusion

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