



Techniques for health fitness

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Abstract

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations. Health is the level of functional and metabolic efficiency of a living organism. The World Health Organization (WHO) defined human health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." This definition has been subject to controversy, in particular as lacking operational value, the ambiguity in developing cohesive health strategies, and because of the problem created by use of the word "complete", which makes it practically impossible to achieve. Other definitions have been proposed, among which a recent definition that correlates health and personal satisfaction.

Keywords: physical fitness, health

Introduction

In the first decade of the 21st century, the conceptualization of health as an ability opened the door for self-assessments to become the main indicators to judge the performance of efforts aimed at improving human health. It also created the opportunity for every person to feel healthy, even in the presence of multiple chronic diseases, or a terminal condition, and for the re-examination of determinants of health, away from the traditional approach that focuses on the reduction of the prevalence of diseases. Fitness is defined as the quality or state of being fit. Around 1950, perhaps consistent with the Industrial Revolution and the treatise of World War II, the term "fitness" increased in western vernacular by a factor of ten. Modern definition of fitness describe either a person or machine's ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. This has led to an interrelation of human fitness and attractiveness which has mobilized global fitness and fitness equipment industries. Regarding specific function, fitness is attributed to person who possess significant aerobic or anaerobic ability, i.e. strength or endurance. A well rounded fitness program will improve a person in all aspects of fitness, rather than one, such as only cardio/respiratory endurance or only weight training.

A comprehensive fitness program tailored to an individual typically focuses on one or more specific skills, and on age or health-related needs such as bone health. Many sources also cite mental, social and emotional health as an important part of overall fitness. This is often presented in textbooks as a triangle made up of three points, which represent physical, emotional, and mental fitness. Physical fitness can also

prevent or treat many chronic health conditions brought on by unhealthy lifestyle or aging. Working out can also help some people sleep better and possibly alleviate some mood disorders in certain individuals.

Developing research has demonstrated that many of the benefits of exercise are mediated through the role of skeletal muscle as an endocrine organ. That is, contracting muscles release multiple substances known as myokines which promote the growth of new tissue, tissue repair, and various anti-inflammatory functions, which in turn reduce the risk of developing various inflammatory diseases.

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Living healthy isn't just about watching what kind of food you put in your body but also how much you move that body.

Regular exercise improves heart health and keeps your weight in check, and it can improve other elements of general fitness like strength and flexibility, all of which allow you to engage more fully in life. That's why the U.S. Department of Health and Human Services recommend slogging at least 150 minutes of moderate-intensity exercise (or 75 minutes of high-intensity exercise) every week. Trouble is, life interferes, and sticking with a fitness program isn't always easy, which could be one reason so many in the United States are failing to meet that recommendation. According to the Gallup-Share care Well-Being Index data, only 53.4% of adults said they exercised for at least 30 minutes three times a week in 2016. Of course, any exercise is better than no exercise, but you want to keep it as consistent as possible to maximize the benefits. How can you achieve that consistency? Try the following six strategies, which I've culled from my years as a personal trainer and lifelong exerciser:

1. *Choose what you enjoy not what will burn the most calories:* I can't tell you the number of times people have asked me what's the "best" exercise for losing weight or getting in shape quickly. Yes, there are activities that burn more calories than others, but if you don't enjoy those activities, your workouts will feel like such a chore that you'll eventually quit. Don't know exactly what you like? Try several different activities when you're starting and think back to what you used to love to do as a kid. Personally, I group exercises into those that I love and others that I like. I spend most of my time doing "love" activities and mix in "like" activities to give my mind and body variety.
2. *Identify your top obstacles:* Your fitness program won't have legs if you haven't addressed obstacles that might hold you back. So before you take the plunge, think about the things that may deter you and then create solutions to deal with them. For instance, people often cite lack of time as an issue, but if we look more carefully at how we're spending our time, we may find that our priorities simply need to be adjusted. Try spending two or three days writing down everything you do in the day, especially screen entertainment time. Then look for times you could either add exercise in-for instance, if you always watch a half-hour show every night, give up the couch and plan ways to move during that show-or reduce/eliminate an activity from your day to make room for exercise.
3. *Schedule your workouts every week:* Just as you mark doctor's appointments and lunches with friends in your calendar, do the same with exercise. I like to plan my workout program for the upcoming week on Sunday nights. I'll look at my commitments that week and then plot my workout schedule, noting not only the day and time, but also type of workout. With cardio for instance, I'll schedule shorter interval workouts generally about two a week on days I know I won't have as much time. I slot longer, endurance-type workouts on the other days. I'll then figure out when I'm doing strength training and yoga. Remember to incorporate at least one or two days for rest and recovery, especially if your most active days leave you feeling tired or sore. Yoga, walking, slow

swimming, and other low intensity activities can help you recover without losing momentum or mobility.

4. *Find external motivators:* For many of us, especially when we're first starting an exercise habit, we need help to hold ourselves accountable. We're more likely to show up for our workout if we're paying for it and/or other people are depending on us. Joining a gym, signing up for a class, or recruiting a partner are all great ways to keep ourselves on track.
5. *Remember you:* Adopting a new habit is never an easy thing, and temptations are always there to pull you away. Yet, when you feel that tug away from your exercise plan, remind yourself of your 'why.' Why do you want to make exercise part of your regular schedule? Keeping the answer to this question top of mind can be a powerful antidote against being suckered into skipping it. Of course, skipping one day isn't a big deal, but if you start giving yourself this permission regularly, one day adds up two, which slowly becomes three, and before you know it, it's been weeks since you last did any structured exercise.
6. *Be flexible:* Although I log my workout schedule in my day planner every week, that doesn't mean it's set in stone. It's hard to predict on Sunday night exactly what's going to happen that week. So I don't get bent out of shape when things don't go according to my schedule. Instead, I just rework the schedule as best I can, even if that means cutting a 30-minute workout to only 10 minutes. Behavior change, including adopting an exercise program, isn't easy. Give yourself time to adapt, and in a few months, exercising will be so much a part of your routine that making time for it will seem effortless. And when you do have to skip it? You'll honestly miss it, as your day won't feel right without it.

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