

Fitness - Physical Fitness for healthy people

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One of the most searched topics in modern age is Health and Fitness. Especially important this is because technology and style of life for human race has been going into less effort more rest ratio because most hard work requiring tasks are being automated by machines and computers who operate those which leaves people more time to their own desires and dreams but in general this leads to people becoming lazy and less moving around. Even food we eat has a tendency to turn into half prepared meals or so called quick meals for majority because it doesn't require much time for preparing but main drawback it has is that it is not healthy and can cause weight problems if eaten consistently.

Concept of Physical fitness isn't just visit to gym for few hours a week and eating healthy food. It is a complex system consisting of several components - aerobic and muscular fitness, muscular strength, flexibility and body composition. These five elements affect your overall level of wellness.

Aerobic endurance is what ensures human ability to do above average activity over a period of time. Most important part in this process play heart and lungs which supply human body with oxygen. Muscular fitness also called muscular endurance is ability of holding particular position for a sustained period of time or make repetitive movement many times like lifting weight. Muscular strength is ability to exert maximum force which may vary in different parts of body depending which activities were performed over longer period consistently. This affects how heavy weight can be lifted just one time. Flexibility fitness measures human ability to move a joint through its full range of motion. And last but not least body composition measures the proportion of fat in human body compared to bone and muscle.

Overall shape depends on how improved all of these components are and main concern now is that unhealthy food and lazy way of life is not just preventing from improving in overall wellness but stimulating degradation. If any of these areas have become weaker or less improved than others then this is the main cause for health problems.

Most popular way to keep overall fitness levels in good shape is working out, running and eating healthy food. But effectiveness of these actions are different for each individual - what's good for some might not work for others in same way so best approach to reaching good results is consulting with experts who will make necessary measurements to find out individual plan of actions which would make them most effective and achieve expected results in shortest possible time.

It is never too late to work on your fitness unless there are some medical issues that recommend not doing any physical activities. In most cases main issue is motivation to keep your workout routines and nutrition in prescribed levels and consistent. That's where many fail but usually hardest part is starting out. Once this part is overcome and first few times have spent in gym then it is matter of getting into routine. But to keep motivation high during longer period of time it is quite good practice to monitor progress of different elements of fitness like measuring your oxygen intake, heart rate levels during higher intensity workouts and simple body weight dynamics over time. Put this down on paper or in computer via some online fitness programs

and follow your progress. This will ensure consistent motivation in keeping the routine in recommended intensity and will not just improve your general health but also will help in many aspects of life like making your job effectiveness higher, improve personal life and etc.