

## Fitness Programs

Fitness is a state of the human body that allows it to function up to its full potential. It is the ability to do regular jobs without any strain, while being alert and energetic enough to endure any stressful activities. It is basically a condition wherein, all the major parts of the body, heart, lungs, kidneys, liver, bones and muscles are in proper working condition. There are four aspects related to physical fitness: cardiorespiratory endurance, muscular strength, and muscular endurance and flexibility. Fitness programs are the path to having a healthy body. They are the perfect way to incorporate exercise into the daily routine. Fitness programs, when followed religiously, are a remarkable way to counter several diseases, even in old age. Fitness programs need a lot of commitment and hard work. There are several stages in incorporating a fitness program into your daily routine. The first thing is to check your present health condition to determine what kind of a program would suit you. This requires a basic health check up of blood pressure, diabetes-check, and a full work over for any suspected diseases, and past injuries. Also, consider your family history. Are you prone to heart attacks, strokes, arthritis, and other ailments? A major aspect in physical fitness is the body's composition, which indicates the makeup of the body in terms of the ratio of lean mass to fat mass. Lean mass is comprised of muscle, bone, vital tissue and organs. Fat is fat. Fitness programs take all these physical conditions of the person into account. The ideal exercise regime for a person will suit his/her body type. This is also contingent upon one's objective be it weight loss, physical strength, or others. Fitness programs are composed of several kinds of activities such as: aerobics, aquatic exercises, golf, walking, skipping, jogging, swimming, bicycling, running, skiing, or playing sports like tennis and squash. Fitness program should be chosen to suit your fitness level. They should be enjoyable, with realistic goals, and should fit well with your lifestyle. Some people may not see immediate results. Depending on the program as well as their body type results may vary. However, patience is very important. Choosing more than one type of exercise would also make it interesting. You can opt for an instructor for special kinds of fitness programs or for group fitness programs. People with disabilities need to follow fitness programs consistently. There are many professional fitness centers that have sophisticated equipment to suit all kinds of people and their fitness needs. These centers have professionals and medical specialists who would be able to offer advice about the best kind of fitness program to take up. They provide customized workout routines, nutrition plans, personal trainers, and expert guidance to make the results last.

## About the Author

Providing industry standard certificate courses for instructors and personal.

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