

## The Fundamental Of Fitness

Physical fitness is a set of features a person has in regard to his ability to perform physical activities that require endurance, strength or flexibility and is determined by a combination of regular activity or exercise and genetically inherited ability. It also measures the ability to carry out daily tasks with vigor and without undue fatigue and with sufficient energy to engage in leisure-time pursuits and the vitality to perform at one's fullest capacity. Physical fitness is achieved by regular physical activity, proper diet and nutrition and proper rest for physical recovery within the parameters allowed by the genome. Physical fitness is often divided into following types:

**Flexibility:** Joint rotation, Static stretching and Dynamic Stretching are all the various forms of flexibility exercises used in warm up.

**Cardiovascular endurance:** Aerobic capacity describes the functional status of the cardio-respiratory system which includes the heart, lungs or blood vessels. It is defined as the maximum volume of oxygen which can be consumed by ones muscles during exercise. The higher a cardio-respiratory endurance level, the more oxygen is transported to exercising muscles and longer exercise can be maintained without exhaustion which means a higher the level of aerobic fitness.

**Muscular strength & endurance:** Weight training is a form of exercise for developing the strength and size of skeletal muscles which can provide significant functional benefits and improvement in overall health and well-being.

**Body Composition:** In physical fitness, body composition is used to describe the percentages of fat, bone and muscle in human bodies. The percentage of fat is of most interest because it can be very helpful in judging health in addition to body weight. An average healthy male's body should have 12~18 percent fat while in females it is 14~ 20 percent fat. Body fat percentage can be measured in several ways. The most common method is by using measurement calipers to measure the thickness of subcutaneous fat in multiple places on the body. Another method is Bioelectrical Impedance Analysis (BIA), which uses the resistance of electrical flow through the body to estimate body fat.

**Agility:** Agility is the ability to change the body's direction efficiently, and this requires a combination of balance, coordination, speed, and strength.

**Balance:** Equilibrioception or sense of balance is one of the physiological senses which allow humans to walk without falling. When the sense of balance is disrupted, it causes dizziness, disorientation and nausea.

**Speed:** Some biological factors that can determine a sprinter's potential are muscular strength, adrenaline use and anaerobic respiration capacity.

**Task-oriented fitness:** A person is said to be physically fit for a particular task with a reasonable efficiency, for example, fit for military service.

## About the Author

Wellness programs, worksite health, fitness management for corporations, hospitals, universities, communities, clubs.

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