

It Pays to Be Fit

Are you fit, fat or just a little flabby on the side? Are you short of breath after climbing a flight of stairs? Does a day spent shopping at the mall wear you out and leave you aching all over? You don't have to be a medical expert to determine if you are fit or not. It pays to be fit. In general, physical fitness refers simply to a general state of being in good physical health. It is the result of regular physical activity, proper nutrition and enough rest for the body to allow full physical recovery. Fit persons are able to deal with the daily stresses of life better than the rest of us, both on a physical and emotional level. Stress is a well-known killer that takes its toll on people after prolonged periods of time. Some widely-practiced stress busters include regular exercise, physical therapy, massage and activities that can relax and soothe our nerves such as luxuriating in a nice, hot bath. Generally speaking, the more fit you are, the better equipped you are to handle stress. A person's overall physical fitness level takes into account his flexibility, cardiovascular endurance, muscular strength and endurance, body composition, agility, balance and speed. It takes a certain amount of time and sacrifice to be physically fit, but the rewards far outweigh the difficulties. Physically fit people are seldom overweight and often have impressive physiques that others envy. In addition, exercise lessens our urge to eat and increases our fluid intake. It also helps the circulation of our blood. Mentally, being physically fit also has its rewards such as peace of mind and a general self-assurance and readiness to face the physical, emotional and mental challenges of everyday life. The hardest part of going on a fitness regimen is getting started. But once you've hit the weight room or started on your aerobics program, you will see exactly how your body benefits in a few short weeks and will therefore be encouraged to stick to your regimen. Remember that in matters of exercise, you get exactly what you put in, so the harder you exercise, the more you benefit. Walking is an effective and simple fitness activity that is a good starting point for your regimen. Other effective fitness activities include running, swimming, aerobics, water aerobics, aero boxing, cycling, strength programs (weights), martial arts and a host of hybrid gym aerobic programs.

About the Author

Referenced information about losing fat, building muscle and the pursuit.

Source: <http://www.productsherbal.com>