



Applauding the Importance of Aerobics and Physical Fitness

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Editor Note

Dr. Cooper measured systematic human performance and the ability to process oxygen by using a cycle ergometer, in order to determine why people with considerable muscular strength were still prone to disease. In 1968, he published a book entitled *Aerobics*, which is a compendium of exercise programs that includes walking, running, swimming and bicycling. Aerobics is a rhythmic physical exercise that can improve muscular strength, flexibility, physical fitness and cardiovascular health. It is generally practiced in a group with dance-like movements led by fitness professionals. These exercises are also effective in reducing mental stress and preventing illness.

Aerobics and Fitness is an international, open access peer reviewed journal that publishes scientific articles related to aerobic activity and

physical exercise, proper nutrition, flexibility, etc. The present volume 1 issue 2 consists of one published commentary along with editorials on physical fitness, diet and wearable devices. Arazi has commented on current physical training and aerobic exercise taught by the American College of Sports Medicine (ACSM) and concurrent training techniques followed as instrumental in promoting health and physical fitness [1].

References

1. Arazi H (2016) Is Concurrent Training Good for Health and Fitness?. J Aerobics Fitness 1: 104.