



Physical and Mental Fitness through Aerobics

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Editor Note

Aerobics is a rhythmic physical exercise routine which is usually done in order to improve body flexibility, muscular strength and cardio-vascular health. It is usually practiced in a group, with dance-like exercises led by fitness professionals. These exercises are effective in promoting physical fitness and preventing illness.

Aerobics and fitness is an open access and peer reviewed international journal that publishes scientific articles related to aerobics including various forms of stretching and straining exercises, proper nutrition, flexibility, etc. In the volume 1 issue 2 of the journal two research articles on aerobic training and aerobic capacity and one review article on cardiovascular exercises was published.

The research article by Lovell et al. [1] involved the study of the aerobic capacity in upper and lower body parts of semi-elite Rugby League (RL) players. The results obtained showed that the average aerobic capacity in the lower body of the players is considerably higher than their upper body. The authors also suggested that separate training programs should be dedicated to enhance the development of the upper body aerobic system in RL players [1].

The research article by Wei [2] describes the advantages of a new and improved model of aerobic teaching which is based on the theory of cognitive flexibility, as compared with the traditional model. Comparative analyses of the two models showed that, the new model

of teaching significantly improved the basic physical quality, self-confidence, and motivation and reproduction level of the students as compared with the traditional teaching model [2].

The review article by Ancira GP et al. [3] provides extensive knowledge on the modality and optimal dose of exercise recommended for the patients suffering with coronary artery diseases. The authors suggest that interval training is one of the safe and effective cardiac rehabilitation exercises in low-risk coronary artery disease patients. The article emphasizes on the need of further research to standardize the optimal dosages and modalities of exercise in cardiac patients [3].

The articles extend our present knowledge on the newly innovated aerobic exercise regimens as well as their applicability in fitness, sport, treatment and rehabilitation of cardiac patients.

References

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3. Ancira GP, Higgins JP (2016) Optimal Dose and Modality of Exercise in Patients with Coronary Artery Disease: A Review. J Aerobics Fitness 1: 103.