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Physical Fitness: Understanding Importance

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Physical Fitness

Physical fitness not only refers to be fit in a physical manner but also involves mental health. It is a state of health and well-being, more specifically, it relates to the ability to perform physical activity. If an individual is physically fit, but mentally troubled then he/she won't be able to function optimally.

In today's modern society which is moving towards a more sedentary lifestyle, there is a more requirement to increase the daily activity level than ever in order to maintain good health and improve the overall quality of life.

How to stay physically fit?

Physical activity and exercise are important for everyone irrespective of ages and an individual should be active throughout all stages of your life.

To become physically fit, it requires a change in lifestyle such as:

- Fitting regular exercise, physical activity into your daily schedule: Any type of moderate activity like walking, jogging, swimming, biking or organized sports can contribute to your physical fitness. Most People gets benefitted by the Endurance or aerobic activities, Balance exercises, Flexibility exercises, Strength, or resistance training. To get the most advantage, you should start by warming up for 5 to 10 minutes to increase your blood flow and prepare your body for activity, followed by several minutes of stretches to increase your flexibility and lower your risk for injury. Accomplish your selected exercise or activity of 20 to 30 minutes and conclude it with 5 to 10 minutes of cool down and stretching.
- Eating healthier: Take proper nutrition and try avoiding junk foods, fizzy drinks.
- Avoiding bad habits like smoking, tobacco and alcohol.
- Sufficient Rest: Try to take get adequate amount of rest and proper sleep.
- Improving health: Spending some more time outdoors in the sun, taking fresh air and participating in more healthy activities such as fishing, bicycling, swimming, playing on the playground with your children, etc. should be a part of an individual's physically fit lifestyle.

Benefits of Physical Fitness

- Maintaining physical fitness can help you prevent from developing numerous chronic diseases such as high blood pressure, high blood cholesterol, stroke or cardiovascular diseases, type 2 diabetes, heart disease, certain types of cancer.
- It changes body composition without changing weight.
- It controls weight and reduces fat.
- It increases muscular strength, muscular endurance, bone density, flexibility and stability.
- Exercise or any physical activity promotes strong bone, muscle and joint development, lowers the risk of developing osteoporosis, and makes your body stronger overall.
- Maintain physical fitness is stress relieving and helps you sleep better at night.
- It decreases potential of becoming depressed, anxiety and distract you from daily worries.
- It makes you feel better, increases your energy and self-esteem and makes you relaxed resulting in improving your mood and mental health.
- It promotes positive attitude and outlook.
- It may also help you in quitting smoking, tobacco, etc. and improves respiratory health.
- People who are more active tend to be healthier and tend to live longer hence, it even increases your life expectancy and reduces the risk of premature mortality.
- Making healthy choices, such as engaging in regular physical activity not only reduces your risk for many severe health issues and complications but also saves you from unnecessary expenses in medical care.