

Best Seven Fitness Tips For Improving Your Fitness

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Physical fitness refers to the human body's ability to function without too much fatigue. Thus the energy stored is enough to do leisure activities as well as overcome physical stresses with alertness and vigor. General alertness, muscular endurance and strength, and cardio vascular reliability are the obvious signs that you are physically fit.

Normally, physical fitness is measured according to expected functions of the body associated with endurance, strength, coordination, flexibility, and agility. Moreover, stress testing also ascertains the accommodation of the body to a sustained, powerful stimuli used in analyzing fitness.

The physical fitness levels are influenced by systematic, regular exercise. Moderate activities keep the person at a certain level enough to deal with ordinary stress. Improving the levels of fitness needs more intensive exercises which promotes changes and challenge physiological systems.

There are seven fitness tips that can help you improve the quality of your life.

1. Daily exercise. Every day perform some movements that can elevate the rate of your heart. It can simply include walking when buying things in the market nearby. Doing household chores like washing clothes, mowing lawns, and other chores may be done also.
2. Eat more veggies. Vegetables and fruits will keep you energized and healthy. Plants in its natural state contain lots of fibers and nutrients. Organic fruits and vegetables must be preferred if possible since it is free from any chemical contamination.
3. Weight train. Muscles are weakened as you age. Do resistance training to create hypertrophy. This helps you look younger and adds more quality into your life.
4. Circuit train. A form of weight training which enables you to continually move from one workout to another. Following this practice can improve your heart rate during the whole workout doubling your cardio session.
5. Train functionally. Incorporate some movements into your daily exercise which benefit or mimic your practiced movements in the actual world. Sports are good for functional training because the body is required to move in an efficient way. Functional training can keep your body balanced making it more resistant to illnesses and injuries.
6. Stretching your body as you warm up. Muscle contraction is achieved through resistance training making it tighter and smaller. Similar to all types of cardio, simple resistance training is also great. Warming up the body through stretching is helpful after exercises.
7. Hydrate. There are about more than 60% of water in the human body. However, more often you became under hydrated because of some common beverages causing dehydration. It includes coffee, soda, alcohol, and tea. As much as possible drink a lot of water following the required eight glasses of water a day.

These are simple strategies to keep your body fit. But more people have failed to achieve it because they are telling themselves they cannot do any exercise because of their family and job. Never forget that you can stop from working if you get sick. Likewise, if you are dead, you can never be with your family. So, it is your decision to put exercise first on your priorities. After all, those people dependent on you are more important.

The author Joy King manages a free online medical advice website which is published by Dr Vivienne Balonwu. This site offers you free advice on a wide range of medical conditions to help you understand you doctors explanations when you visit for consultations on medical disorders.

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