

Too many americans
are completely
unconcerned with
deing physically fit



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Physical Fitness of Americans Physical Fitness of Americans Do technological or scientific advancements have positive effects alone on human generation?

The answer is a big “ No”. Most of the technological advancements have reduced the human efforts considerably. For example the discovery of motor vehicles has reduced the human efforts in travelling from one place to other. Most of the older generation walked even up to 20 to 30 kilometers per day to reach distant places. But now in an advanced technological world nobody even thinks about walking one kilometer.

Lack of physical activity is a curse not only for the older generation, but even the younger generation also has not many interests in physical activities.

Most of the youths spend their leisure time in front of television, computer or in film theatres and hence they experiences immense shortage in physical activities. As per Peter D. Hart Research Associates survey conducted in 1993, “ 43% of all adults qualify as " Less Actives," (those who fail to engage in vigorous exercise even two times a week) irrespective of young, old and, better educated or less educated, A majority of the Less Actives are under age 45, and 46% have attended college.”

Lack of physical activities may lead to many diseases. For example as per the evidences from the medical science literatures, most of the cardio vascular diseases, high blood pressure diabetics, etc directly linked with physical activities. American heart association urges people to engage in activities like “ Swimming, cycling, jogging, skiing, aerobic dancing, walking or many other activities can help your heart. According to the latest joint American Heart Association/American College of Sports Medicine guidelines on physical activity, all healthy

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adults ages 18-65 should be getting at least 30 minutes of moderate intensity activity five days of the week.”

The percentage of those who engage in some kind of physical activity is less than the percentage of those who engage in no physical activities as far as American people are concerned. Robert Longley (about. com) in his article, have you been working out? has quoted a new report from the Department of Health and Human Services (HHS) which shows that “ about 1 in 5 American adults engage in a high level of daily physical activity, while about 1 in 4 engage in little or no regular physical activity. “

It is necessary to add physical activities compulsory to the curriculum. In olden days the children often gets enough time for the physical activities at school and college levels. But because of the excess topics in the modern curriculum, students are not getting enough time for physical works either at schools or at home. Most of the students were filled with huge amounts of home assignments and they are not getting enough time to spend on physical activities. “ The National Coalition for Promoting Physical Activity (NCPA) has been working hard to insure that physical activity is included in the reauthorization of the Elementary and Secondary Education Act (ESEA) better known as No Child Left Behind (NCLB).”

Conclusion

Physical activities are becoming less and less in American people’s life style as the day progresses. Lack of physical activity is common to all American people irrespective of age differences. Most of the heart related problems are the contribution of less physical activities. It is necessary to implement physical activities in the school and college curriculum.

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