

Comprehensive care in athletics

[Health & Medicine](#)



**ASSIGN
BUSTER**

The easiest part was the inclusion of moderate physical activity as part of a daily routine. Moderate exercises do not demand too much from the body. For example, a walking fast for thirty minutes was very refreshing. Some of the mild exercises like stationary cycling are things that I enjoy doing. The most difficult part of the recommendations is maintaining a vigorous activity for twenty minutes. The vigorous exercises were made more difficult because I had to do them after finishing the moderate exercises. For example, running vigorously for twenty minutes pushed my lungs to the limit. Managing the strengthening exercises was not a problem. The recommendations made me realize that I need to create a routine physical activity schedule. Based on my performance, I should walk for at least 30 minutes on a daily basis. The walk will help in improving the ability of my lungs to hold air and strengthen my legs. I should also consider doing core exercises because I noticed that my core strength was very low. I struggled to finish ten sit-ups. Finally, I should keep doing yoga exercises because they help with flexibility. The inclusion of these physical activities in my routine would help in increasing my overall fitness. I believe these recommendations are relatively easy for an average person to incorporate in his or her schedule. They are not too intense after some time. It is easy in the sense that the body can handle routine without interfering with normal operations. However, the incorporation of these recommendations is easy based on the types of exercises one chooses. For example, a person who loves basketball can put basketball as her vigorous activity. It makes the whole process fun. The incorporation of these exercises could be very difficult if there is no motivation, which makes the overall physical activity exercise fun.