
incomplete. die...

[Sport & Tourism](#), [Fitness](#)



What Is

Fitness? Fitness is the condition of body, in which a person is able to perform the physical activities in a good manner.

Some of us consider slim body the sign of health while others think that having a muscular body is being fit. Fitness is not limited to physical health only, without mental, and emotional well being the concept of good health would be considered incomplete. Diet, regular exercise, and proper sleep, are directly linked to the physical and mental fitness, a balanced combination of them can lead a person toward a healthy life. DietThe human body needs many nutrients such as carbohydrates, vitamins, proteins, fats, and minerals in a balanced proportion to perform the everyday activities. All these nutrients are obtained from the food we eat, so it is required to intake healthy and balanced diet for fitness of body and mind, the benefits of healthy diet are: | Economical (keeps us away from doctors)| Bones protection| Keeps body and mind active| Strengthen muscles| Increases fertility rate | Better immune system| Helpful for brain| Positive attitudel Healthier skin| Good for insomnia Exercise The bodily activity performed to improve the physical fitness is known as exercise. Regular exercise not only helps us to maintain a healthy life it also helps us to stay away from various health problems and diseases. The benefits of exercise are countless however some of them are: | Prevents aging | Increases muscle strength| Physical health| Socialism | Mental health | Healthy growth of body| Prevents heart problems| Good for immune system| Controls weight | Enhances body shapeSleepSleep is the natural process to ease and relax

our body, while sleeping most of our body systems get essential rest and prepare themselves for the upcoming day.

There are different theories about sleep, the most popular and well supported theory about why we sleep is that our body needs it for effectively growth and repair. Sleep is very important for memory, the scientists think that brain uses the sleeping time to reorganize itself and strengthen the memories it makes when you're awake. Sleep also seems to be important for healing that might be why you want to sleep so much when you have a bad cold. The body is better at attacking intruders and fixed itself when you give it time to rest rather than spending all of your energy walking talking and thinking. Some very recent findings suggest that our brain uses the sleeping time to cleanse itself, a colorless fluid called Cerebrospinal fluid or CSF cushions the brain helps rinse it of debris.