

# Health and fitness

[Health & Medicine](#), [Obesity](#)



In the current day, obesity and feeling lethargic are among some of the most serious problems of our society, however, they are not treated as so. The nature of this generation's entertainment and even jobs has begun to take place in a seat, at a desk, with little to no actual physical energy required. Because of this, we must work extra hard to keep in good, fit physical shape. However, one must keep in mind while trying to stay fit and healthy is moderation. It is important to stay healthy while not focusing on getting "skinny" or having the "perfect body." Being fit and healthy is a careful balance that requires work, motivation, and stick-to-it-ness. There are many ways one can achieve and maintain this ideal lifestyle of health and fitness. Optimal exercise is the ideal amount of physical activity that will keep a young adult fit and healthy. This balance usually requires working out consistently, but with varied exercises. Studies show that "only 37 per cent of men and 24 per cent of women take enough exercise to get any benefit from it." Sporadic, inconsistent workouts will not accomplish desired adults. One should work out fairly intensely about three times a week, and have some kind of exercise 4-5 days a week. Physical activity should be a lifestyle, instead of something you do every once in a while, or when you want to lose weight. According to Dr. Wax, "exercising at least 30 minutes a day-or even every other day-along with proper warm-up and cool-down periods is an essential part of proper weight loss." This commitment to exercise can increase energy, health, lifestyle, and even self-confidence. It is an important part of taking good care of your body. Another aspect of developing a lifestyle of optimal fitness is creating a plan for you. It can be very easy to decide in your head that you will begin to work out and get fit, but it often

becomes extremely hard to commit to a plan when you have not written one up. One good idea is to create a chart with a workout schedule, and an area to mark the days you Completed a workout, and what kind. This can keep you accountable to a plan for developing a fit lifestyle. Another way to insure commitment is to decide to go on the journey towards fitness with a friend who can hold you accountable, and vice versa. This can be vital, as one of the most important parts of creating a lifestyle of optimal fitness is sticking to it, even when you do not feel like it. By following these simple steps of creating a schedule of physical exercise at least five times a week with persistence and commitment, one can begin the journey towards an optimal lifestyle of fitness.