

# Personal fitness

[Business](#), [Management](#)



Management Personal Fitness Article Reviews According to Reynolds , children that are fit in regard to their physical wellbeing tend to learn more than those who are not fit. Reiner et al. (2013) supports the same view by stating that physical activity reduces the high risk that comes with lifestyle diseases. When it comes to personal fitness, the person is responsible for his or her well-being whether it relates to his or her choice of exercise, or food eaten. According to Volpe (2014) combining exercise and proper nutrition is the key to being physically and psychologically fit. Exercise should not only be a personal goal among the adults, but it should also play a role in children's lives. Children, who exercise, benefit from the lowered risk of chronic pain in future (Harvey, 2015). Perhaps the most rewarding thing that a person can do to help themselves would be to have regular physical activities, because it not only lowers a person's weight, but it reduces the risk of diseases such as certain cancers. In addition, it promotes the mental well-being of a person. According to Evers et al (2012), behavioral interventions which applied to a group of people showed that their adherence to physical and mental activities increased as their physical activities increased.

Though personal fitness may only involve one person and not as a group of people in a fitness center, Angle (2014) argues that exercising when a person is under the supervision of professionals is extremely important. According to Blitz (2015) getting the right balance between instructing oneself and when using the equipment instead of being supervised is extremely important. As noted by Brett and Chris (2013) the duration that an individual exercises matters because the longer the exercise duration, the

lower that it impacts on the individual. This shows that personal fitness is not only a matter of exercising, but knowing how to exercise. Douw et al (2014) proposes that to get the maximum benefits of exercising, a person needs to understand the benefits involved in exercising. Lastly, as noted by Kranz et al (2013) exercising using personalized mobile devices is helpful, for people who want supervisors during exercise routines.

### Interview

Personal fitness does not only mean that a person wants to look better or eat better. It also means that the person is aiming at decreasing his or her risk of diseases, feeling both mentally and physically better and be in a position to perform better at work, school or at home. To show that exercise has many benefits which are not necessarily related to the physical aspect of a person, I decided to conduct an interview on two of my friends. My participants were two of my friends from home, Justine and Emmy. I wrote down their views. The first person I interviewed was Justine. According to Justine, he first noted the physical benefits after 3 months of intense exercises. However, it was only after he combined his routine exercises and a healthy diet that he noted an improvement in his cognitive skills. According to Justine, he learnt the brain formed nerve-protecting compounds when a person exercised. The neurons in the brain also develop and the damaged proteins inside the brain are altered. A healthy brain aids in reducing stress, improving sleep and a person feels that they have a sense of purpose resulting to the person aiming to have better quality of life. A person's social connectedness also improves. Exercising reduces the chances of a person becoming depressed and it increases the chances of a person living for many years. Exercises

promote personal fitness which results to an enhanced mental health. An enhanced mental health promotes a person's ability to control emotions appropriately allowing one to feel comfortable when expressing them. According to Justine, these were the benefits he gained after training for more than one year.

The other person in the interview was Emmy. Emmy's argument was that even though the physical benefits of exercising outweighed the non-physical benefits, she was happier with the non-physical benefits. According to Emmy, the non-physical advantages of exercising included reduced risks of heart diseases, cancer and diabetes. Emmy also noted that during her exercise days, her mood would be constant and her sense of inner calm was also high. She argued that the type of exercise that a person did mattered because if it was only one type, it would not work. Similar to Justine, she explained that her memory had improved. She said that she became more alert in class and was more attentive.

After learning about the benefits that one gained from exercising, I also decided to exercise. It was only after 2 weeks that I noted that I could fill a Sudoku puzzle way better than before. I also noted that the exercised helped with my ability to provide fast solutions to questions in group discussions. According to Evers (2012), the participants in the research carried out were able to cope better with problems after exercising than before engaging their exercise pattern.

## References

Angle, S. (2014, Dec 29). The 10 biggest fitness trends for 2015. Shape Magazine, Retrieved from <http://www.shape.com/fitness/workouts/10->

<https://assignbuster.com/personal-fitness/>

## biggest-fitness-trends-2015

Blitz, R. (2015, Jan 11). Fitness first highlights personal touch for exercise.

Financial Times Magazine, Retrieved from <http://goo.gl/YTE9rO>

Brett, K., & Chris, J. (2013). High-intensity circuit training using body weight: Maximum results with minimal investment. *Health & Fitness Journal*, 17(3), 8-13.

Douw, L., Nierboer, D., Dijk, B., Stam, C., & Twisk, J. (2014). A healthy brain in a healthy body: Brain network correlates of physical and mental fitness. *Health Journal*, Retrieved from <http://goo.gl/r1iR6y>

Evers, A., Klusmann, V., Schwarzer, R., & Heuser, I. (2012). Adherence to physical and mental activity interventions: Coping plans as a mediator and prior adherence as a moderator. *British Journal of Health Psychology* (, 477-488. Retrieved from <http://goo.gl/reyOfa>

Harvey, S. (2015, January 15). Exercises effects on bones and muscles. *The New York Times*. Retrieved from <http://goo.gl/PnYtSh>

Kranz, M., Moller, A., Hammerla, N., Diewald, S., Plötz, T., Olivier, P., & Roalter, L. (2013). The mobile fitness coach: Towards individualized skill assessment using personalized mobile devices. *Journal of Pervasive and Mobile Computing*, 9(2), 203-215. Retrieved from [https://vmi.lmt.ei.tum.de/publications/2012/pmc\\_preprint.pdf](https://vmi.lmt.ei.tum.de/publications/2012/pmc_preprint.pdf)

Reiner, M., Niermann, C., Jekauc, D., & Woll, W. (2013). Long-term health benefits of physical activity – a systematic review of longitudinal studies. *Journal of Public Health*, 13(813), 2-9. Retrieved from <http://goo.gl/ryKLA9>

Reynolds, G. (2013, September 18). How physical fitness may promote school success. *The New York Times*. Retrieved from <http://goo.gl/FTAce>

<https://assignbuster.com/personal-fitness/>

Volpe, S. (2014). Functional food and health. American College of Sports Medicine Journal, 19(1), 39-43. Retrieved from [http://journals.lww.com/acsm-healthfitness/Fulltext/2015/01000/Functional\\_Food\\_and\\_Health.9.aspx](http://journals.lww.com/acsm-healthfitness/Fulltext/2015/01000/Functional_Food_and_Health.9.aspx)