

Fitness plan

[Health & Medicine](#)



Fitness Plan Fitness Plan The benefits of physical exercise and a wholesome diet have long been expounded on by doctors. In addition to the strengthening of the cardiovascular system, the “feel good” chemicals released, i. e. endorphins, improve our mood, all the while diminishing feelings of stress and anxiety. It is, however, difficult for most individuals to fit in exercise into their already busy schedules. The fitness plan given below requires only 30 minutes of exercise and an alteration of diet. Thus, it can be followed by even the busiest of people.

Aerobic exercise is an activity which uses the muscles of the body in a continuous and rhythmic manner. Walking, dancing and swimming are examples. Walking is perhaps the most convenient and has the same benefits as the other more vigorous forms of exercise.

It is advisable to start with short sessions and then gradually adapt a more rigorous schedule. For example, start with 10 minutes of walking and add 5 minutes each day.

The cardiovascular system is dependent upon the exercise one does in a day. In order to improve it one has to walk 3 to 4 times a week for at least 20 to 30 minutes. The walk should make one breathe hard but not gasp for breath. In order to lose weight, a minimum 5 days of exercise for 30 minutes, at a brisk pace is required. For reaping general health benefits, 30 minutes a day of exercise (at least 4 days a week), at a comfortable pace is recommended.

Warm up exercises are necessary as they cause vasodilation of the blood vessels, ensuring that muscles are well-supplied with oxygen, pliable and flexible. The heart rate also increases, and this prepares the body for a more rigorous exercise. The burning of calories is also more efficient.

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In order to warm up before walking, walk slowly or march for 5 to 10 minutes until breathing becomes quicker and one starts to feel warm. Cooling down is just as important, as it prevents the heart rate and blood pressure from falling too rapidly, thus preventing light-headedness. Additionally, it removes waste products, lactic acid for instance, and improves flexibility. It is thus beneficial to gradually decrease one's speed (for 5 to 10 minutes towards the end), rather than halting abruptly. Following this, one should carry out a brief stretching routine (10 minutes).

Adults need 7 to 9 hours of uninterrupted sleep at night for optimal mental function and prevent daytime napping. A lack of sleep can undermine one's ability to deal with stress and lead to health problems.

In order to follow a perfect fitness plan the diet of a person is also very important. The diet should be composed of fruits, vegetables, grains and milk that are free of fat. Products that have less cholesterol should be consumed and these include poultry, fish, beans, egg and nuts. Breakfast is considered to be an important meal and hence people should never leave it out.