

Importance of exercise and overall fitness

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Exercise decreases the threat of suffering a stroke and experiencing cardiovascular diseases. Half -hour exercise daily reduces the chances of experiencing heart failure.

Aerobic work out takes place when the respiratory and the cardiovascular systems are working at the same time. The cardio-respiratory exercise engages and relies on the type of exercise, period, concentration and speed. Examples of aerobic training activities are swimming, basketball, running among others while weightlifting is an example of anaerobic exercise. Preventable diseases that result from a lack of exercises include obesity, atherosclerosis, and cardiovascular ailments.

Body composition is the bodily fitness aspect that is determined from the relative quantities of body organs, body fat content, muscle, and skeleton. Determining body composition is crucial in the establishment of the baseline measurement, conducted prior to the launch of the exercise program. The analysis of body composition is also vital in the evaluation of the progress in the course of the fitness program.