

Importance of physical fitness

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



Physical fitness is one of the most important keys to a healthy body. It is the basis of creative artistic activity. Physical fitness means the condition of being physically healthy, especially exercises and proper nutrition. It is the reason, a state of general well-being marked by physical health and mental stability. Physical fitness is not just bending our bodies.\n

It is about having cardiovascular and overall muscular endurance, as well as a strong immunity system, and most importantly, a satisfied state of your mind. (Manohar, 2011) Past these days when physical exercises were meant for people who are serving in the armed forces or the people who are having physically demanding jobs. Now a day's most of the people believe that having a physically fit body is the most important thing that a person can possess.

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The importance of physical fitness and exercise customized to the specific requirements of both young and old. (Fatchicks, 2010) This has led to the quality and use of exercise equipment. The easy access to gyms and fitness centers helps to keep their body physically fit. This has resulted in people leading longer and healthier lives which their predecessors could not have dreamed of before. Physical fitness is important for everyone to stay active throughout their lives. Because of busy work and home lives, more than 60% do not get the best amount of physical fitness daily and these numbers are increasing in day by day. (Katherine, 2010)

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Experts recommend working out several times over the course of a week with varying exercises for the most benefit to your health. College of Islamic Studies Page 1 English Assessment 2013 Importance of Physical Fitness Health is one of the pre-requisites for a happy as much as well-balanced your life. There are many benefits if a person becomes physically fit. There are some benefits of physical fitness like cardiovascular endurance is one of the advantages the person gets due to physically fit. This is the ability of the body to deliver oxygen and nutrients to your tissues.

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As much as this will help to remove waste from over a sustained period of time and also furthermore the strength deals with the ability of the muscle to exert force for a brief time period, while endurance is the ability of a muscle, or group of muscles, to sustain repeated contractions or to continue to apply force against an inert object. (. iaepa. us, 2009) Flexibility will denote the ability to move joints and use muscles through their full range of motion. Exercise and overall fitness help you detoxify your body and thus lets your skin breathe. Katherine, 2010) It also helps to tone your body and thus enhances your overall appearance.

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So in short physical fitness keep you beautiful and glowing. 5. A healthy mind thinks in a healthy body. Any exercise included in your fitness regimen, it will lead to the production of endorphins in the body. Endorphins are the chemicals that make you feel happy and hence a healthy and physically fit

body. (John, 2012) It is always accompanied by a healthy mind. Drive-away illness is also a benefit we will get from physical fitness.

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Moderated and balanced workout in a fitness regimen helps to boost the immune system of the body. Fully functional and strong body immunity means that your body develops the strength to ward off diseases and infections. Body composition: this will help to consider the components of fitness. Composition refers to the body in terms of lean mass (muscle, bone, vital tissue, and organs) and fat mass. Actually, the optimal ratio of fat to lean mass is an indication of fitness. Performing the right set of exercises
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Importance of Physical Fitness can help people to get rid of body fat as well as to increase and maintain muscle mass. (Hardcastle, 2010) So, in short, to have great satisfaction in our life, it is not just the materialistic things that we need, but it is our own physical fitness. This will help us in our life in the long run. It is rare to cause disease if our body is healthy and mind is simply priceless. Even though we have everything like money, high education, family and peers if we are not physically fit we can't engage and enjoy with them. (Deh, 2012) Like our scheduled breakfast and lunch the physical exercise also must be a part of our day to day activities. College of Islamic Studies Page 3 English Assessment 2013 Importance of Physical Fitness

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