



Lessons You Can Learn From Fitness Classes



Pump, Step, Attack And Jam
Your Way To Optimal Health

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Foreword

Health and fitness, these are primarily the words used to portray people's physiological condition. Medicine, recreation and sports are essential aspects of the health and fitness industry, but you will find it also overlaps into other fields like tourism, education, etc.... Get all the info you need here.



Lessons You Can Learn From Fitness Classes

Pump, Step, Attack and Jam Your Way to Optimal Health

Chapter 1:

Introduction

Synopsis

The industry offers all kinds of products and services, all designed to sustain or enhance physical health. There are medical and sports facilities devoted entirely for health and fitness, and diet regimens for weight loss programs are usually accompanied by workout routines that not only are meant for addressing weight but also for promoting general fitness and healthy lifestyles.



The Basics

In addition, during the past decades a whole range of natural therapies have been introduced to provide people another alternative, an alternative considered by many to be better at delivering health and fitness goals.

With the industry involving varied fields, it also offers job opportunities demanding varied skills. Depending on your related skills, you can get employment in sporting clubs, leisure centers, fitness gyms, swimming pools, schools, sports facilities, equipment and food health manufacturers, resorts, sports equipment retailers, medical clinics and many others.

What This Course Offers

Diet and exercise programs fuel the industry, but there are just too many of them that sometimes you have a difficult time choosing. This course, however, won't confuse. Instead it will enable you understand your needs in relation to health and fitness better.

This course is composed of 10 chapters aimed at providing you basic knowledge of how your body works and the effective ways you can keep it healthy and fit by following a regular exercise routine and appropriate diet.

To provide you with a preview of the whole course and give you an idea of the benefits you will get from it, the following is a summary of topic discussed in each chapter.

Chapter 2-- entitled the bio-chemistry of fitness and health discusses the things that you should be doing to ensure your health remain stable. It discusses the importance of knowing how your body works, obviously the bio-chemistry of people are not the same, and what specific diet you should be following to keep your body running well.

Chapter 3 --this chapter, entitled Fitness and Health, discusses the importance of regular exercise to good health

Chapter 4 ---this discusses what regular exercise specifically does for you and what it contributes to your health.

Chapter 5 --this chapter discusses the relationship between nutrition and fitness. You will find out in the discussions that getting fitness is not just about exercises, it also requires other things like proper nutrition.

Chapter 6 --this chapter discusses the reasons why fitness training is important to maintaining good health.

Chapter 7 --this is the chapter that contains the main content of the course – the unique exercises featuring the pump, step, attack and jam routine.

Chapter 8 --this describes the benefits you will get from the unique styles of exercises.

Chapter 9-- this is a discussion on how the exercise helps you attain optimal health

Chapter 10 --in this chapter which is the last chapter of the course, you will read various case studies clearly illustrating how the technique helped people obtain the excellent health they are enjoying now.

There are many health and fitness courses online. This one is different in that it helps you understand your body and its needs better and thus you get better appreciation of the exercises.



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Chapter 2:

The Biochemistry Of Fitness And Health

Synopsis

Our body should be fuelled enough to sustain our daily activities. Imagine it to be a vehicle that should be maintained for long: checking if gas will not run out and if the engine is running smoothly.

How much we take care of our vehicle should be the same with taking care of our body. We should check daily if our food consumption is enough for a day's work. Not too much as it may clog veins nor too little to cause dizziness.

Do you know how to check your body's fuel? Check your body's biochemistry of fitness and health by doing these practical tips:



You Need To Be Aware Of Signs

The biochemistry of fitness and health should start with knowing the warning signs your body is giving. All unnatural intakes, especially drugs and other medicines, may affect the biochemistry inside your body so you may feel better if you are suffering from any disease.

On the other hand, it may also cause complications especially when these are taken without proper precautions. In order to check your biochemistry, you need to be more sensitive and be aware of signs and symptoms.

Maintain a Healthy Lifestyle

Just like any ordinary vehicle, your body should be maintained in a proper way. With that, it is good to practice a healthy way of living by investing on healthy food items that are low in fat. A balanced diet should also be practiced with the right amount of carbohydrates, proteins and fats. For example, you are to drink alcohol tonight so you need to understand that at large consumptions, you may feel dizzy. This is your body telling you to stop. This also goes when we feel sleepy with sugary snacks or feel full as we eat a high-fat meal.

Tune-Up and Check-Up

Our body needs the right tune up in order to function well. With that, a thorough check-up should be done once or twice a year – even more when necessary. It is ideal to go visit your doctor for a series of medical check-ups and talk to healthcare professionals on how to

maintain a healthy lifestyle. In this way, you will get to learn how your body's chemistry works. You will know how to deal with any signs and take control of your over-all wellness.

Long Term Maintenance

If you are on a restricted diet without the help of food supplements, you are sure to be susceptible to nutrient deficiencies. This is the reason why health advocates continue to hold campaigns of fortifying certain food items with vitamins and minerals.

These are the facts that you need to know about the biochemistry of health and fitness. We all have a different biochemistry, just as we have different thumbnails. Some people may have fast metabolism while other have slower ones. A drug can be effective to one but ineffective to others. Others have a strong immune system while some develop infections easily. This is how we are different and the way to define the balance of your biochemistry is called homeostasis.



Chapter 3:

Exercise and Health

Synopsis

We all already know that exercise is good for the body. Maintaining a life with constant exercise helps in the prevention of many diseases especially those that are lifestyle-generated like diabetes, heart diseases, obesity and even cancer. Aside from that, regular exercise is known to give you a fitter body and a healthy weight.

With its many benefits, health experts recommend a regular physical activity for 20-30 minutes at a regular interval, ideally 3-4 times a week. This is good enough to maintain a healthy cardiovascular system just as long as you are doing an aerobic activity like walking, jogging, bicycling and many others.

To gain strength and burn more calories, it is also advisable that you allot time for strength training. This is done by doing resistance workout to build more lean body mass.

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Exercise

If you are still starting to learn how to do a consistent exercise, or you were previously active and have gone sedentary, you may need to start slowly. To do this, you can start to do light activities for about 20 minutes at your own comfortable pace. When your body is able to cope up, you may increase the duration or the intensity of a fitness routine you are performing. Practicing this activity can burn as much as 1000 calories, enough to burn a high-fat fast food meal!

Now that you have learned the importance of exercise, you may want to appreciate more of it by knowing what it can further contribute to your body. Regular physical activity has been known to improve health and over-all wellness.

To be more specific, here are the benefits of having a regular physical activity:

- Lessens the risk of dying at an early age or dying prematurely.
- Lessens the risk from dying at an early age due to heart disease which may develop because of sedentary activity and poor diet.
- Lessens the risk of developing blood sugar problems.
- Lessens the risk of developing blood pressure problems which may lead to hypertension.

- For those who already have hypertension, it also helps in the regulation of blood pressure.
- It contributes to mental health by developing good vibes thus reduces the onset of anxiety and depression.
- Aids in weight management
- Lessens the risk of cancer
- Helps in developing a fit body by increasing lean body mass, healthy bones and joints
- Helps older people strengthen their body so they are able to move better and lessen the risk of physical injuries.
- Promotes healthy mind and psychological health

These are the specific benefits of exercise that your body can achieve. In order to know the best exercise that is good for your health profile, it is advisable that you visit your doctor or your fitness trainer so you can practice a program that will allow your body shift from a life of sedentary to an active one. More so, combine your regular physical activity with a healthy diet. In this way, you are holistically changing your lifestyle to a fitter and healthier you.

Chapter 4:

How Effective Is Fitness to Health

Synopsis

Regular physical activity has different beneficial effects to human health, especially the heart. Energetic exercise makes the heart pump better making this muscle stronger and healthier. Even activities like household chores can increase the circulation of the blood, lowering blood fats and blood pressure.

All these good effects reduce the common health problems of the heart such as stroke and heart attack.

Fitness can also result to other benefits like building muscles, enhancing flexibility, and strengthening bones. These benefits will protect you against thinning of the bones known as “osteoporosis.” Consistent activity also promotes health of the mind because of the relieved anxiety and pressures. It results to sound sleep and renewed body energy. If benefits of exercise can be contained into a small container, this would be the most saleable medicine everywhere.

Activity is Effective to All

People can become healthy through the activities they do. But each year, surveys show that more people become inactive as they continue to live. They are less physically active and this causes their serious health problems. Sadly, but there is a cost of being inactive, and people pay for this.

The cause of being inactive is not hard to identify. Most jobs that require long hours of sitting can limit the body to do physical activity. These days, people tend to rely more on modern devices like power tools, appliances, cars, when they are supposed to do hand-on tasks.

However, there's one more reason why overweight and lack of physical movement happen. Look at those bodies on televisions showing how vigorous exercise is. Viewers have the notion that exercise is tough to do and requires lots of perspiration. They think exercise is best done by the fit, strong, and sporty individuals. However, it is proven wrong. Good benefits are acquired even from minor activities such as sweeping, gardening, and walking.

Activity and Maintaining Ideal Weight

If your body burns more calories compared to the amount you consume, the result is you shed pounds. For additional 3,500 of calories spent, you will lose 1 pound. Have vigorous physical

activity and you get your calories burnt immediately. Fortunately, you burn equal amount of calories with minor activities. The secret is you should perform it more frequently and with longer time. Exercise also offers slimming effects to the body. It helps in reducing body fat and builds leaner muscles. A mass of muscle has more weight than the similar amount of fat.

Since exercise helps to build tough muscles, it can also encourage the desire to go on diet. As the body reduces calories, the metabolism will slack off burning calories more gradually. So it makes weight loss harder to attain. But studies show that routine activities will correct the low burning of calories. As a result, it also helps to continue to shed pounds.

If you have some struggles about spending time on fitness, then don't be discouraged. As long as you have daily activities and you don't remain sedentary most of the time, then you can still be healthy. Keep in mind that minor activities like walking and gardening have the same health benefits you get from exercise. Just do it regularly and you are on your way to your good health.

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