

MAINTAIN PHYSICAL FITNESS WITH HEALTHY LIFESTYLE

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Abstract

To Maintain physical fitness one should be able to run a healthy lifestyle, i.e. to set a healthy diet, adequate rest, and regular sport. Physical fitness is divided into three groups, namely: (1) Physical Fitness is divided to work every day is acquired from food sources energy with the proportion of carbohydrates is between 60 % till 70%, protein is between 13% till 15%, fat is between 20% till 30%, vitamins, minerals, water, and dietary fibers. To perform adequate rest, the human body consists of organs, tissues and cells that have limited job skills. So, the rest is very necessary for the body to have opportunity to do recovery, so that it can perform a daily work or activity in comfort. Long sleep required for children aged 6-10 years old is about 10 hours; teenager aged 11-14 years old is about 9-10 hours; young aged 15-19 years old is about 8-9 hours; and adult aged 19 years old above is about 7-8 hours. In doing sports, we must consider the intensity, duration, and the frequency of exercises. The intensity of exercises is between 72% till 85% of the maximum heart rate, the frequency of exercises a week for at least is three days of training, the duration needed in exercise is between 20 minutes till 45 minutes, and the appropriate type of exercise to maintain physical - fitness is aerobic exercise. Keywords: Physical Fitness, Healthy Lifestyle so o

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Physical and mental fitness play very important roles in your lives and people who are both, physically and mentally fit are less prone to medical conditions as well. What is Fitness? Fitness does not only refer to being physically fit, but also refers to a person's mental state as well. If a person is physically fit, but mentally unwell or troubled, he or she will not be able to function optimally. People who are physically fit are also healthier, are able to maintain their most optimum weight, and are also not prone to cardiac and other health problems. In order to maintain a relaxed state of mind, a person should be physically active. A person who is fit both physically and mentally is strong enough to face the ups and downs of life, and is not affected by drastic changes if they take place. Health and fitness go hand in hand. Health is a state of complete physical, mental, and social well-being, and not merely the absence of a disease or infirmity. Fitness, on the other hand, is a general state of physical health. Being physically weak means lack of workout routines, physical exercise and fitness diet. These are some easy and effective health and fitness tips, which you should implement in your life in order to lead a healthy lifestyle. 1. Fitness Diet. Here below are the important fitness diet tips Water maintains the level of our bodily fluids, hydrates our skin, and cleanses our system. Drinking water is one of the fitness tips to keep you healthy. 5. Follow A Healthy Lifestyle. Home » Blog » Health » Healthy Lifestyle » Sports for Health. Is Your Current Lifestyle Making You Ill? Are your daily lifestyle choices setting you up for illness in later life, or even worse are they impacting your life right now? Take our quiz today and find out! Physical inactivity is associated with a large number of lifestyle diseases such as cardiovascular disease, cancer, diabetes and obesity. There is a very simple solution. Racket sports are great for fitness. Racket games, like squash, tennis and badminton tax all the energy systems and require a combination of skill, stamina, strength, power and reaction time. Each in their own right require explosive activity and will have you charging and lunging all around the court you're playing on.