

## Healthy Fitness Ways to Prevent Morbidity While Exercising

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Health and happiness are essential prerequisites of life unfortunately not easily available. The stress and strain of modern times have only added the woes. Given such circumstances health and fitness with an integrated approach is very important for every person.

#### What is health?

The state of being free from illness or injury with physical, physiological, psychological and social well-being.

#### What is fitness?

The condition of being physically fit and healthy.

#### Are both same?

Fitness describes the ability to perform a given exercise task, and health explains a person's state of well-being, where physiological systems work in harmony.

Most people believe being healthy and being fit are one and the same. In reality, they can be separate states of physical being. You can be really fit, and not very healthy, and you can be very healthy and not very fit.

#### How can we be fit and healthy?

##### 10 ways to be fit and healthy

- Regular medical checkups
- Preventive health care
- Regular exercise
- Healthy diet
- Good sleep
- Stress management
- Kicking bad habits
- Man machine relation at work

- Workstation ergonomics
- Socializing and learning new.

#### Fitness and exercise

Fitness and exercise or workouts are very common words with a lot of deeper meaning. When we say we are doing fitness training the most important thing to consider is are we doing right program for the right target in right age and time.

#### Key points to consider when u start exercising

##### Health checks

One should get proper health checkup to understand the cardiovascular and pulmonary function before start of a program.

Pre existing medical history if any.

#### Body composition analysis for an evidence based training

- We need to understand the
- Anthropometrics
- That is height, weight, age and body frame
- Body fat percentage
- Visceral fat percentage
- Resting metabolic rate
- Body mass index
- Waist hip ratio
- Active metabolic rate
- Subcutaneous fat and skeletal muscle ratio
- Maximal heart rate
- Target heart rate
- Resting pulse rate
- Resting blood pressure

- Oxygen saturation
- Exercise tolerance
- Diet evaluation
- Stress evaluation
- Sleep pattern
- Breathing pattern
- Inspiration and expiration ratio
- Work nature and ergonomics
- Personal habits as smoking and alcohol intake impacts on the program design.

Once understanding the health parameters and prefitness levels then the customized exercise program should be designed as per the target of the client in a progressive way.

#### Prevention of exercise induced hazards

When we do a fitness program the major points to be considered to prevent injuries and hazards are

- Flexibility
- Stamina/endurance
- Strength by delorms principle
- Coordination
- Reaction time
- Agility
- Recovery time and speed
- First aid measures which includes
- Acute life support techniques
- Basic life support techniques
- Emergency medication.

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