Author’s Name

Professor’s Name

Class

Date

Fitness Improvements, Pros and Cons.

Fitness is the state of being physically aligned and healthy that includes traits such as muscular endurance, mental acuity, muscular strength, cardiorespiratory endurance, flexibility, and body composition. It encompasses being in upright bodily form or being fit for a precise mission. Studies have derived that fitness becomes complete if an individual meets the goals of flexibility, endurance, strength and balance that are working to control the overall wellbeing of an individual from the inside and outside as well (Wu 2019). Fitness can also help in reducing the risks of diseases, injuries and improve the quality of life.

The fitness principle of specificity stems from the reflection that the [adaptation](https://www.merriam-webster.com/dictionary/adaptation) of the body or alteration in bodily shape is explicit to the type of training undertaken. This implies that any goal of fitness requires specific types of exercise and lifestyles to be achieved. Quite simply, to increase flexibility, then flexibility training must be used. Strength development requires resistance training and strengthening exercises. Equally, if weight loss is the ultimate goal, then weight-loss programs that incorporate exercise, as well as diet, will be more appropriate to rely on.

The progression principle similarly asserts that individuals often attempt rapid changes for a fitness change which usually is a mistake that causes them harm and slug in achieving their fitness goals (Kasper 2019). It is important for anyone joining the fitness wagon to listen to their body and take it one step at a time. Exercising should not be done vigorously from the start but rather a slow start that slowly progresses with the body adaptations. Sudden vigorous activities frequently result in an injury, stiffness of bones and muscles as well as general soreness.

Overload is another principle of fitness that should be keenly followed for improved developments. It involves improving the aspects of physical fitness by progressively increasing the demands placed on fitting body systems. The body should be keenly listened to to avoid over-indulgence that can ultimately cause fainting or injuries. Losing weight will require progressive increasing of aerobic and active programs progressively and an overload in running programs is achieved by running marathons or by increasing the speed and intensity. Developing strength will call for progressively lifting heavier objects and increasing tolerance levels to exercises.

Exercise physiologists highlight that developing and maintaining physical fitness require regular physical activities and frequencies that are tolerable to the body system. Regular workout at 45 to 50 per cent of one's highest capacity is tolerable to improve one’s physical functioning and overall health as this level of intensity is normally comfortable for most people. A dependable means to device workout intensity is to measure the [heart rate](https://www.britannica.com/science/heartbeat) during exercise as an exercise heart rate that is 65 per cent of a person's highest heart rate matches nearly 50 per cent of his maximal capacity.

Exercise helps people lose weight and lower the risk of some diseases. Exercising regularly lowers a person's risk of developing some diseases, including obesity, type 2 diabetes, and high blood pressure (Carbone et al 2019). Exercise also can help keep your body at a healthy weight. The principles of specificity, progression, overload, adaptation, and reversibility are why practising frequently and consistently are so important if you want to improve your performance.

Appropriate exercise is said to increase the forte and stamina of skeletal muscles by executing numerous recurrences of a given exercise, then stirring to another exercise for a different muscle group. Warming up is surely a comfortable and safer way to commence an exercise session as it allows the body structures to fine-tune to augmented metabolic demands. It is therefore important to warm up and gradually twitch the exercise session then slow down at the end to cool down by reducing the exercise intensity at the end of each session. This helps in building endurance and ultimately reaping bigger benefits of fitness.

Fitness has so many benefits that can be derived from it. Appropriate exercise improves muscular forte and stamina, body [configuration](https://www.merriam-webster.com/dictionary/composition), flexibility, and cardiorespiratory endurance thus improving the general fitness of an individual. It is important that the constant energy-spending ability directly relates to the utmost levels of performance. Evidence proposes that steady exercise may help in the treatment or deterrence of other chronic diseases. Fitness programs and routines are said to ultimately result in decreased risk of [coronary heart disease](https://www.britannica.com/science/coronary-heart-disease)s as well as other lifestyle diseases such as diabetes type 2 and cancer and eventually improving the quality of life of fitness participants. Exercise also has been revealed to improve mood and energy levels as well as promote improved [sleep](https://www.britannica.com/science/sleep).

Fitness has disadvantages like any other programs. Some people who participate in fitness training will develop injuries to their bones, muscles, and joints. It is therefore important for participants to monitor their bodies and go slow as the body adapts as well as get medical clearance to exercise. Fitness training can lead to addictions whereby an individual can become inactive or sick without exercising. Some serious complications from an exercise program may lead to an unfortunate occurrence of sudden death (Gianzina et al. 2019). Exercise enthusiasts should always consult with their doctors before starting any exercise routine to ensure they are safe.

In conclusion, over time a lot of progress has been made in the field of exercise and physical training. Concepts about exercise have been backed up with science and medicine and so many people have embraced fitness as a journey. Both men and women have adopted fitness without the ancient myths of exercises that did not allow women to participate. Scientific legitimacy, researchers in [physical education](https://www.britannica.com/topic/physical-education), exercise physiology, and medicine have played a big role together in healing society from the faddism that once wrapped the field. All over the world, fitness studios ang gyms are opening rapidly to sustain the need for fitness.

Citations

Carbone, Salvatore, et al. "Obesity, risk of diabetes and role of physical activity, exercise training and cardiorespiratory fitness." *Progress in cardiovascular diseases* 62.4 (2019): 327-333..

Gianzina, Elina A., and Olga A. Kassotaki. "The benefits and risks of the high-intensity CrossFit training." *Sport Sciences for Health* 15.1 (2019): 21-33

Kasper, Korey. "Sports training principles." *Current sports medicine reports* 18.4 (2019): 95-96.

Wu, Hongjiang. "Research on the Training of Fitness Coaches under the Cooperative Innovation of" Government, Industry, Education and Research." (2019).