

# Benefits of Physical Fitness

Our physical fitness is closely associated with our quality of life. Physical fitness is one of the primary factors that are responsible for our physical as well as psychological well-being. Health is, to a certain extent, nature's gift and a hereditary factor, but maintaining health is mainly in our own hands. It is our responsibility to keep this gift from nature, fit and fine. Physical fitness is the key to happiness in life.

## Activity Tracking

### Benefits of Physical Fitness

Physical fitness encompasses human physical abilities such as body composition and coordination, cardiovascular capacity, stamina, speed, flexibility and overall strength.

Physical fitness prevents the occurrence of a variety of diseases. It develops a capacity to fight infections and certain other diseases. Physical fitness helps prevent many of the major cardiovascular diseases.

Most importantly, our physical fitness is responsible for the postponement of the process of aging. A healthy body is home for a healthy mind. Physical fitness facilitates a sound psychological state, thus preventing us from mental diseases.

A physically fit individual is happier than an unhealthy one. Physical fitness coupled with a healthy lifestyle is one of the vital factors contributing to quality life.

As physical fitness is responsible for the overall well-being of an individual, the maintenance of physical fitness should be one's top priority. Engaging in some daily physical activity is the need of the sedentary life of today. After all, health is the only wealth that is going to remain with us for a lifetime.

### Benefits of Physical Activity

Physical activity helps in the reduction of excess body fat; it decreases blood triglycerides and increases the energy levels of the body. It improves blood circulation and helps in keeping all the body organs fit and functioning. Exercise benefits the body by increasing its capacity to take in oxygen. It increases the ability of the blood to carry oxygen.

Physical activity is responsible for smoothening the process of digestion, thus avoiding constipation and digestion-related disorders. The loss of extra body fat helps prevent diseases like diabetes, hypertension and other obesity disorders. It improves our cardiovascular health by increasing maximal cardiac output and stroke volume, and helps in the prevention of diabetes by improving glucose resistance. Research has shown that a regular physical activity reduces the possibility of getting certain types of cancer. Studies have revealed that breast cancer is less often found in sportswomen and that intestinal cancers are more occurrent in physically inactive people.

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Physical activity results in the strengthening of our bones and muscles. It can substantially reduce