

# Fitness Essay Papers



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Physical fitness is one of the most important key to a healthy body. It is the basis of creative artistic activity. Physical fitness means the condition of being physically healthy, especially exercises and proper nutrition it even includes being mentally healthy.

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The Components Of Physical Fitness - The five components of physical fitness include cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition.

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Physical Fitness essays Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it is the "ability of the human body to function w

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Platform Working Paper on Physical Activity 6 Health-related physical fitness consists of the components of physical fitness that have a relationship with health.

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Physical fitness is very necessary for a healthy and tension free life. Physical fitness includes diet, exercise and sleep. These three basic things have their own importance in each individual's life and everyone should be sensible with regard to these for a healthy life.

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Effect on the cardiovascular system. The beneficial effect of exercise on the cardiovascular system is well documented. There is a direct relation between physical inactivity and cardiovascular mortality, and physical inactivity is an independent risk factor for the development of coronary artery disease.

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Zone Fitness established as partnership of three friends based in Huddersfield, making success over the past years. It offers different range of health and fitness facilities to only its membership holders, they have multiple fitness facilities ranging from individuals to a group.

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