

FITNESS PSYCHOLOGY



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Foreword

When it comes to fitness, you don't need to be a runner or aspire to be an athlete to start improving your overall fitness condition. If you want to be physically fit, you need full determination and focus on what you want to achieve in order for you to be successful. Get all the info you need here.

Fitness Psychology

Chapter 1:

Introduction to Fitness

Synopsis

With the alarming rates of diseases that affect people nowadays, it is important for people to consider improving their physical fitness.

Unfortunately, with the wide variety of foods that surround the market at present, it can be challenging for some to avoid or neglect their cravings on their favorite foods.

However, what they don't know is that not all foods are healthy for improving one's fitness. Some of them can cause health risks, which are not a good thing most particularly if you aim to be physically fit. That is why it is wise for everyone to choose healthy foods wisely.

The Basics

If you have decided to take up exercising to improve your fitness, well, congratulations! It is because empowering your fitness is the most vital step that will lead you to the “new” you! Now, the only thing that you should do is to stick with your plan and learn the basics of fitness.

There are various reasons why some people decide to incorporate physical fitness in their lives. Whether you are aiming to lose your weight, gain size or enhance your well-being, empowering your fitness can be the key for a healthier living.

The basics of fitness revolve around improving your nutrition and doing exercises. In order for you to achieve success in improving your

fitness, you need to exert 100% effort and commitment. When you think of fitness, it is vital for you to take a peek at the big picture.

You have to take note that fitness is not just about endurance, strength or fat content, but also it's the combination of those factors. You can be strong, but you have no endurance. You may have endurance, but you might be less flexible.

In fitness, you need to aim for balance. There are five components that make a good fitness. Proficiency in these components will give you long-term benefits and value to your overall well-being and fitness. These components are as follows:

- Aerobic Endurance- repetitive or rhythmic activities placed an increase oxygen demand on your body systems, lungs, and heart. Big muscle groups can be used in various activities including cycling, jogging or walking. The aim of this component is to train other muscles and heart to use oxygen efficiently, which permits exercise to continue for a long period of time.
- Muscular Strength- It is the capacity of the muscles of your body to produce a huge amount of force to utilize anaerobic energy. This energy produces a short term burst of energy and will not require oxygen. Anaerobic energy comes after the carbohydrates were burned, which is needed in replenishing the system.
- Muscular Endurance- It is the measure of how your muscles can repetitively generate force to maintain the activity. This is use of the raw strengths. When compared other components, this combines both anaerobic and aerobic energy.

- Flexibility- This is ability of a person to stretch. You can increase your flexibility through stretching elastic fibers beyond their limits and maintaining the stretched muscles for several moments. Your fibers will adjust to the new limits. With an improved flexibility, the risk of experiencing injury will decrease while you are exercising and increasing your performance. Yoga and swimming are some of the exercises that require greater flexibility.
- Body Composition- This will show you the percentage of bone, muscles, and fats in your body. These percentages will give you a view on your fitness and health in relation your body's health, age, and weight. Fat and weight are used together most of the time, but the truth is, they're not interchangeable. If you are overweight, it doesn't imply obesity. In fact, there are lots of physically fit people who are overweight because of gaining muscles. But, if you are over fat, you pose health risks that may range to high blood pressure, diabetes, and heart disease.