



A few fitness pointers ?

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Thinking about Fitness ?

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What is Fitness ?

Fitness is the pursuit of physical, spiritual and mental wellbeing.

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What are the major benefits of a fitness regime ?

Cardiovascular

- Lower Heart Rate
- Lower Blood Pressure
- Reduced Blood Cholesterol
- Reduced chance of coronary heart disease

General

- Lean Body Mass and reduced Body Fat
- Reduced susceptibility to disease
- Look and Feel better
- Improved Image



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A few reasons why People don't exercise

- Unaware of the benefits ?
- Do not have the time ?
- Feel intimidated at the Gym ?
- Equipment too complicated ?

Or is the real reason that People cannot be bothered ?

One of the real benefits of fitness is that it's personal time for yourself, it's time away from the office, time away from the family. It's only when you feel good about yourself can you feel good about others



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5 Stages of the Fitness Lifecycle

Pre-Contemplation - This is where the majority of those who do not exercise find themselves. For any number of reasons people think they cannot do it, or if they do they will feel stupid

Contemplation - People are now thinking about the possible benefits of exercise but are not ready to commit. The thinking is not today, maybe tomorrow. This phase can last for many months and for some even years

Preparation - The first steps, this can either be buying a bit of kit, contacting a gym, contacting a personal trainer or taking the first steps individually which can lead to a fitter healthier lifestyle

Action - Commitment to a goal however big or small which necessitates physical activity, you'll feel better and far more active .

Maintenance - The thought processes that people go through when a goal has been met or an achievement reached. Usually in the form of a question like “Am I going to carry on ?”

