

5 Basic Components of Physical Fitness

1. Goal Setting by LeviHerbert

1. Goal Setting

Many people fail at achieving physical fitness as they do not set a realistic and dedicated goal. It is imperative if you wish to succeed at your goal to define a personal goal in conjunction with a realistic time frame. Therefore, before any physical fitness routine is planned for, it is important to consider your personal fitness goal. Nevertheless, it is not easy for a first-timer to set any goal for themselves. If that happens, consult a friend who exercise regularly or engage a fitness coach.

2. Diet and Nutrition

Nutrition is key when implementing a fitness routine. By not receiving the proper nutrients, the body will deteriorate during the fitness routine making your efforts futile. It is important for the body to have the correct food intake to support your fitness routine.

3. The Set Schedule

It is absolutely essential for a fitness routine to be outlined to be performed on specific days as well as specific times in order to ensure success. Without this strict commitment, an individual is easily swayed to put of a workout here and there, then suddenly realize they have missed their entire routine. This leads to disappointment and failure to resume trying.

4. Training with Weights

If your body is physically fit and you are committed to a regular fitness routine, there is absolutely no reason you cannot implement a weight training routine into your fitness training. Weight training is beneficial or both men and women as it allows the metabolic rate to increase while resting, resulting in more calories burned.

5. Cardio Training

In conjunction to weight training, no fitness enthusiast should ignore the amazing benefits noted in cardio training, whether it is running, biking, jogging, or MMA. The heart remains the most vital organ in the body, and should be treated as such. Beyond the factors of physical and internal health, cardio training further allows heavy reduction in body fat, and allows the regular practicing enthusiast to look great, perform even better, and feel better than he or she has ever felt before.

About the Author:

Levi Herbert is a fitness enthusiast who loves to share his experience and help people to get fit. You can find his lessons about Personal Training for Physical Fitness and Physical Fitness Routine on Clivir.com.