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Research article

Relationship between Fitness and Healthy Lifestyle

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Abstract: (1) Background: In our study we will refer to the benefits of practicing appropriate fitness exercises that can contribute to maintaining or returning to a closer weight, to achieving an adequate physical condition reflected in self-confidence and to adopting a healthy lifestyle.; (2) Methods:.Our theoretical study is based on the analysis of perspectives offered by specialists in fields complementary to physical education, in order to understand not only from a medical but also a social perspective, the importance of fitness in the lives of young people. (3) Results: We believe that the physical exercises that make up the fitness set have beneficial effects on the human body, from the point of view: morphogenetic, physiological, educational, prophylactic and curative. (4) Conclusions: In this context, we believe that it is necessary to reconsider the benefits of fitness - a good remedy against sedentarism and aging, being able to delay, diminish or completely prevent the mechanisms associated with these processes (arterial diseases, diabetes, high cholesterol, etc.). Fitness is part of a healthy lifestyle

Keywords: *Fitness, Health Lifestyle, Physical exercises*

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1. Introduction

In the current living conditions, in which people have to carry out their activities being subjected to stress, sometimes to irrational eating and most of the time to sedentary lifestyles, it is necessary to find ways to combat the negative effects of these risk factors, such as: practicing physical exercises [1, 2]. Especially today, when more and more people have become aware of the importance of practicing a physical activity, in order to ensure and maintain optimal health and adequate muscle tone. It is known that people who practice various physical activities have more fulfilling lives, having more energy, a greater resistance to diseases, permanently having a good physical shape.

The research of recent years, in the medical field, shows that the lack of full health is closely correlated with the lack of physical activity. Studies carried out between 2002 and 2010 in Germany showed that the prevalence of overweight and obese children and adolescents was increasing, as also among adults there was a higher occurrence of metabolic and cardiovascular diseases. [3]

In 2016, the increase in obesity cases in the 5-19 age group worldwide was 18%. [4] In fact, experts say, overweight children may develop increased risks of CVD, diabetes or cancer as adults [5]. A solution was adopted by the German authorities, who understood the importance of physical exercise, so that in 2016, in this very economically developed country, 70.2% of children between 9 and 11 attended sports clubs [6]. As early as 2010, policies were established to promote physical activity and prevent obesity in adolescence, promoting the idea of practicing at least 60 minutes per day of moderate to high intensity physical activities [7].

The growing progression of diseases - non-communicable diseases - NCDs [8], which represent high risk factors for the body, including heart disease, diabetes, various forms of cancer, among which obesity occupies a leading place in the world, invites doctors, therapists, trainers, teachers not to neglect any approach that favors a better pathogenic and therapeutic understanding of these "diseases".

And the provocation of the measures taken in the context of the COVID-19 Pandemic confirms this reality, through the observations of specialists. Thus, some even talk about the need to reset that *Global Action Plan on Physical Activity 2018-2030, designed in 2017 by the World Health Organization – WHO* [9]. In recent studies, specialists already draw attention to the fact that, under these conditions, only 1 out of 4 adults and respectively 3 out of 4 adolescents (aged between 11 and 17) globally do not practice physical activities [8].

Moreover, if we talk about the economic effects, in 2013, the value of health care costs affected by the lack of physical activity amounted to 54 billion (INT$, [10]. The knowledge of this fact, associated with the awareness of what health care means, can determine the change of the human lifestyle.

With the installation of the industrial revolution, machines, automata, robots obviously made life easier, but they also created numerous problems. Today, under the conditions of urbanization, instead of walking, people prefer to go by car or other means of transport, instead of going up the stairs, they use the elevator and most of the time, many hours of the day are spent in a chair at the office or in -an armchair at home, in front of the TV, so the level of inactivity has increased in 70% of the countries of the world [11]

A study carried out by specialists, with the objective of determining what exists between quality of life and family factors in physical activity, the subjects being students from the University of Szczecin [12], also highlighted the differences between generations, speaking now reporting the practice of physical activities and the satisfaction regarding the state of physical, mental, social, environmental health, with impact on the quality of life of young people, to those of parents and grandparents, the result being somewhat expected - young people are more willing to practice physical activities, they being more aware of their positive effects, compared to their parents and especially their grandparents, with the latter also having the lowest level of quality of life identified.

I was saying that the results were expected, because beyond the statistical data, it is advisable to take into account the fact that they are different generations, and each of them relates to the values of the time in which each one lives, with the conditions offered by the evolution of society, by the level of personal expectation, as well as inherited or acquired pathologies throughout life.

At a given moment, the three generations are contemporaneous, but they are fundamentally distinguished by the age categories in which each of them is located. Also, an indisputable factor must be accepted, the differences between women and men, with an impact on one's own perspectives regarding the objectives set in the practice of physical activity for example. The differences are also perceived in terms of their appearance, so we observe differences in height, weight, etc., with an impact on the objectives of each sex, as far as the practice of physical activity is concerned [13].

2. Materials and Methods

Starting from researching the causes of the specific pathologies of a sedentary life, sometimes associated with an irrational diet, under conditions of high stress, we assumed that the practice of appropriate fitness exercises can contribute to maintaining or returning to a weight closer to normal of young people, to ensure a healthy lifestyle. I was also interested in young people's motivations to change their lifestyle for the better, as well as the role of fitness in asserting social identity.

Currently, the concept of fitness is very often used, but the multiple meanings make it difficult to define, Pedro Hellín Gómez [14] speaking about it as a means of "preven-

ting diseases, fighting against aging, preserving and increasing professional skills, motor optimization, personal well-being, recreation, self-realization, socialization", even social phenomenon [15] or philosophy [16, 17].

Among my concerns in recent years, was the understanding of this concept (18), the conclusion being that physical fitness is based on qualities and abilities that allow a person to carry out a physical activity, so we can talk about physical condition, well-being. Regarding well-being, Jennifer Smith Maguire [19) demonstrates, through a sociological survey, that everyone has their own opinion, so that a specific answer can rarely be obtained. Thus, some answered that fitness means "being physically fit, in good shape." Robert M. Malina [20] is of the opinion that physical fitness denotes the general state of health and well-being, the ability to meet specific demands in sports and in everyday life.

The level of physical fitness being an important indicator of lifestyle since childhood and adolescence [21], while health status and quality of life are associated with muscle fitness, which can reduce the risk of cardiovascular diseases in young people, independent of body mass index and cardiorespiratory fitness, with beneficial effects on the skeletal system, emotional state and even reduction of adipose tissue in children [22].

3. Discussion

Fitness has been shown to make some improvements to a weight management program. The exercises change the body composition in a desirable direction, implicitly changing the metabolism and ensuring the energy consumed daily. Of course, these exercises also determine the direct consumption of energy, offering, at the same time, the psychological benefits brought by the fact that looking and being healthy would also reduce stress-induced eating.

From the perspective of some specialists, physical activity surpasses any other treatment method, being "the perfect recipe for life" (Joe Weider). When the muscles are challenged through physical exercises, the frustration, anger and hostility caused by stress disappear and the mind becomes clear. Improved self-image accompanies these benefits and this tends to sustain a person's commitment to persist in the weight control effort.

Exercise sharpens the senses, and fulfillment from a physical point of view develops the appetite for the small joys of life (walking in the open air, rational nutrition, love and relaxation), the person who practices it acquiring a good opinion of himself, in relation to others, with the world. Emotionally stable and happy people have a reduced risk of stress-related illnesses, regardless of their eating habits.

It must be remembered that stress is identified with a polluting agent of the first order of our existential universe. Relaxation by practicing various sports can substantially help us to annihilate or prevent the harmful effects of stress.

In addition to sedentary lifestyle, another risk factor in contemporary society is overeating, the cause of which must also be sought in the stress of everyday life and in the way everyone organizes their lives. Metabolism (all transformations undergone by substances in the human organism) has two aspects: anabolism (the synthesis process with energy assimilation) and catabolism (the degradation process with energy release). A series of nutrients (proteins, lipids, carbohydrates, mineral elements, vitamins and oxygen) are necessary for the proper development of metabolic processes in the body. These substances carry out the maintenance and nutrition functions of the body, and their excess or lack can cause serious ailments.

If the caloric ration does not correspond to the energy expenditure, the body weight changes, and to maintain or restore the balance, the best solution remains practicing physical exercises as well as a balanced and especially natural diet. The latter provides freshness, energy and vigor, which explains the fact that obesity was unusual in ancient Greece.

Studies show that a greater muscle mass obtained by practicing physical exercises means a higher metabolic rate and effective control of body weight.

Training increases strength and balance, protects and improves the condition of bones, blood vessels, immunity and even general physical appearance.

It should be noted that if fitness exercises are performed to help with weight loss, they must be active exercises - voluntary muscle movement.

Specialists speak of differentiations [23] that include biological phenotypes [24], psychological traits [25] and environment [26], which can lead and to different pathologies depending on them, with different drug metabolism [27] needed to treat them.

We will further illustrate this idea with the most significant differences between men and women, determined by specialists from the Department of Medical Epidemiology and Biostatistics, Karolinska Institutet, Sweden [28], related to diseases, depending on age, body functions and frailties fig. 1 (Abbreviations AD Alzheimer's disease; COPD chronic pulmonary obstruction)

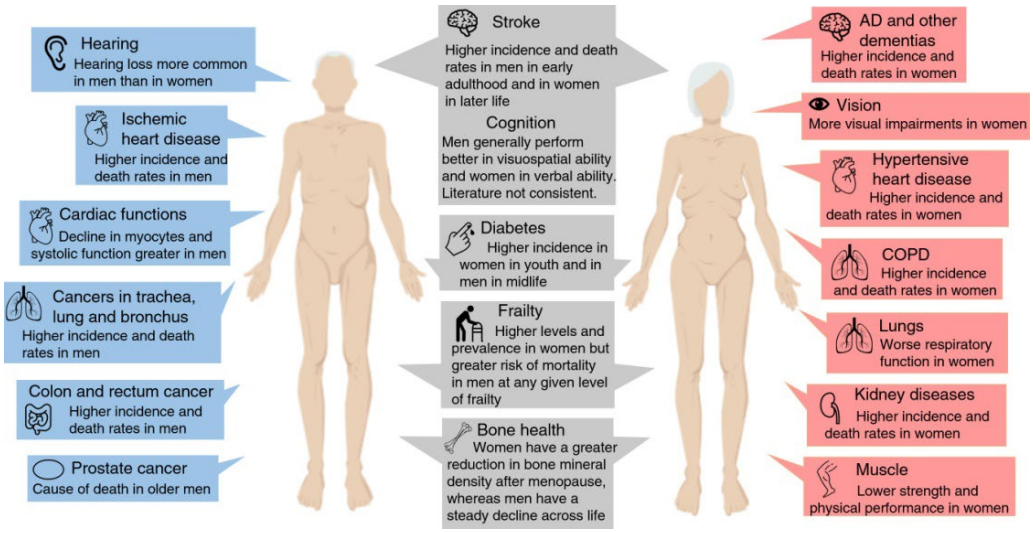

Figure 1. The most significant differences between men and women

Among the factors that strongly influence the objectives of the two sexes, there is no doubt the social environment, including social stratifications (e.g. social classes and the distribution of social power), to which are added social laws, customs, habits, traditions, etc. [29, 30] Thus, men want the development of strength, speed in the first place, relief and the construction of an image that emanates power, while women aim more at the aesthetic side, toning, without losing in terms of skill, coordination, femininity [31, 32] At the same time, we find that everyone wants to develop respiratory endurance. It is, however, difficult to distinguish genetic predispositions from the influence of external factors: overeating, insufficient physical activity, etc.

4. Results

. According to the opinion of Diana Lucia Andrade [33], a healthy lifestyle presupposes correct eating habits or behaviors and an adapted physical activity, and in the 21st century, we are talking about the "fitness style", which keeps the body in excellent conditions, this being subject and object of culture. This agrees with Ana María Muñoz López [34] is of the opinion that social success depends on the ability to work, the management of human-emotional relationships and social acceptance.

Experience has shown that physical exercise [35, 36] is an effective factor in preventing and treating weight gain, because it activates the major vital functions, including metabolism, increasing appetite, but also the body's assimilation power.

In order to better understand the influence of the physical exercises that make up the fitness ensemble on the body, it is necessary to know their effects on it: morphogenetic, physiological, educational, prophylactic and curative.

From a morphogenetic point of view, physical exercises (fitness) represent a very important plastic factor, especially for the components of the locomotor system: bones, joints, muscles, tendons, fascias and other soft tissues. The effects do not occur from one day to the next, but over time and are not specific for any age. The shape and structure of the whole body are greatly influenced by the effort made.

At the same time, the physiological effects are obvious and immediate, so that: breathing improves (respiratory capacity increases, the number of inhalations and exhalations per minute decreases); cardiac contractions become stronger (blood flow being higher); nutritional and elimination functions are balanced; the glandular and nervous systems are perfected.

Fitness favorably influences intellectual, volitional and affective functions, contributing to the formation of character and the perfection of personality.

The prophylactic effects are already known, among the objectives of practicing fitness being the continuous preservation and strengthening of health, the growth and improvement of the body's functions.

In addition to all this, the curative and therapeutic effects (specific and non-specific) are evident through the practice of fitness.

Among the specific effects we mention: restoration of volume and improvement of muscle properties; preserving or restoring normal joint mobility, etc. The non-specific effects are: stimulating or relaxing, balance and functional synergy.

5. Conclusions

Physical exercises specific to fitness can relieve depression or tension without the need to resort to drugs, especially because the latter cannot be used for a longer term (they are, in fact, the basis of preventive medicine).

The benefits over time of practicing physical exercises are indisputable, they are a good remedy against sedentarism and aging, being able to delay, diminish or completely prevent the mechanisms associated with these processes (arterial diseases, diabetes, high cholesterol, hypertension, arthritis, osteopause and depression).

Aerobic exercise (cardiovascular – swimming, cycling, jogging) prevents heart disease, osteoporosis, hypertension and diabetes, while building muscle increases bone density and metabolism (the rate at which the body burns calories to fuel basic functions such as breathing), balances the proportion of cholesterol and offers protection against joint pain or rheumatism.

Practically, "every man's task is to defend his life" (Ralph Waldo Emerson), and the most effective means that man has at his disposal remains, without a doubt, the practice of physical exercises.

In addition, fitness, which in the last century was a fashion, is becoming more and more general and becoming a social habit [37], which ensures the optimal functioning of all the body's systems, osteomuscular, cardiovascular, nervous, respiratory, to cope with the demands everyday, so that it is no longer only part of the healthy lifestyle, but also involves a culture of health, in which personalized training is complemented by a healthy diet. All this gives the young person an individual social identity, in which others recognize this healthy lifestyle. [38]

6. Patents

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