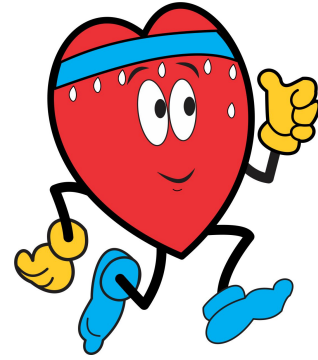


Physical condition



Ways of life have changed. Formerly, humanity lived from hunting, agriculture, livestock, etc., so that man was forced to carry out physical activity continuously. Currently things have changed and we find many people who, due to their daily activity, completely dispense with physical exercise. However, all health professionals recommend practicing physical activity. Why? What benefits does sports practice bring to the body? You will find the answer below.

1. What is fitness?

Many times, our body is fatigued by the constant effort to which it is subjected. Who has not had the feeling at the end of a day of being completely tired? The ability to overcome that fatigue depends on the so-called physical condition. The physical condition is a state that allows the person to be able to carry out a physical activity with energy, efficiency and without feeling tired. A good physical condition will allow you to carry out a greater number of activities, with greater efficiency and for a longer time, in addition to preventing diseases and ensuring good health. On the contrary, poor physical condition has a negative impact on the performance of our daily activities. It can even, if the level is very low, cross the health threshold and enter the disease threshold, due to a malfunction of the different devices and systems of the human body.

2. Physical fitness components

The physical condition is the sum of each one of the coordinative and physical qualities of the person.

a) Physical qualities

Physical abilities determine the amount of movement; that is, those responsible for a movement being able to be made with force, quickly, for a long time, etc. they depend on the organic-muscular capacities of the person, and they are resistance, strength, speed and flexibility.

The physical qualities are:

1. Endurance: It is the body's ability to endure physical activity for a certain time until reaching fatigue.



2. Strength: is the ability to overcome resistance through the contraction of our muscles.



3. Speed: It is the ability to perform a movement as quickly as possible.



4. Flexibility: it is the capacity that allows the joints to travel as wide as possible.



b) Coordinative Qualities

Coordinative abilities determine the quality of movement; that is, they are responsible for a movement being carried out in a harmonic way, with a certain rhythm, seeking balance, etc.

Las cualidades coordinativas son **el equilibrio y la agilidad.**

3. Factors that affect physical condition.-

a) Physical exercise helps to increase the level of our physical qualities. Therefore, it is recommended that we do any physical activity during leisure time.

b) Sedentary lifestyle decreases physical condition

c) A correct diet allows the human body to function better. An unbalanced diet causes disorders in physical condition and health

d) Drug use. Due to its harmful effects, any type of drug, alcohol, tobacco, etc. They negatively affect the physical condition.

e) Rest. All work, all physical exercise needs its corresponding rest. It is necessary to respect a minimum sleep time and take the opportunity to relax in the free spaces of the day. Thus, our body will recover and it will be possible to start another activity. But beware! We should not confuse rest with a sedentary lifestyle.

f) The psychic qualities. To develop physical condition, psychic qualities such as will, self-confidence, self-esteem, good mood, etc. are necessary.

g) Age: The physical condition increases at the same time as the person develops, until reaching a point where it decreases. All the factors mentioned above have a certain importance for the physical condition. If you take them into account and try to lead a healthy and orderly life, your physical condition will remain at a high level. On the contrary, if you do not respect them, your physical condition will progressively worsen and with it your quality of life.

