

Fitness – Think Outside the Stereotype

There are a huge number of physical activities that can get you fit and/or keep you fit, and yet many people still think of fitness activities in very narrow or stereotyped terms. There are still a lot of people who when they think of fitness activities think only of gyms or particular sports. Thinking about fitness in such a limited way can be an obstacle in itself to getting fit and staying fit, and so it is important to think about fitness in much broader terms.

To achieve and maintain a good base level of general fitness you need to do physical activities that will get your heart rate up (i.e., make you puff consistently) for 30-40 minutes, 3-4 times a week, as well as some regular weight bearing or strength activities and flexibility exercises. If you take this as the guide there are all manner of activities that can be effective fitness activities and many of them are non-gym and non-sport specific. For example:

- Hiking
- Skiing
- Skating
- Cycling
- Dancing
- Martial arts
- Fitball exercises
- Skipping
- Rock climbing
- Roller blading
- Bush walking
- Stretching
- Canoeing
- Aqua exercises
- Medicine ball exercises

Thinking about fitness in this much broader way means that there are a greater number of fitness activities more likely to interest a greater number of people, and since enjoying physical activity is one of the keys to maintaining a fitness program this is a good thing.

It is still important though for all fitness activities - including those not always thought of as fitness activities in themselves – to be part of a balanced and progressive fitness plan which fits within the good base level fitness parameters outlined above, and which incorporates cardio, strength and flexibility exercises.

If you need help in working out a fitness program based around activities of your choice - no matter how traditional or non-traditional they are - contact Hyperactive Personal Fitness Training.

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