

Reflection Essay On Fitness Essay

Why do people exercise? This may be a simple question, but it can generate multiple and varying responses. Assumptions such as pure weight loss, arise. Although this may be true, weight loss is not the only reason that drives people to engage in such activities. If curious minds dig a little deeper within this topic, different perceptions are brought up or given a better understanding of the situation. People exercise for many reasons. These reasons can be categorized to physical, psychological, and emotional dimension.

In the physical sense, people exercise to better their appearance by losing or maintaining weight and overall health. One of the most noticeable effects of exercise is the physical changes that occur to the loss of body fat in a person. A person who may be overweight see exercise as a tool to help him achieve his desired body composition. With continuous exercise, the body burns calories. Excess fat that are stored within the body are utilized and burned for energy, leading to weight loss. Aside from weight loss, exercising provides beneficial heart effects to a person.

It strengthens the heart muscle by allowing it to pump blood more effectively which results in the reduction of pressure on the walls of the blood vessel, which lowers blood pressure. (Sherwood, 2010). Other heart benefits include good HDL cholesterol levels, reducing bad LDL cholesterol levels, and reducing inflammation of arteries, as suggested by the University of Maryland Medical Center, or UMMC (as cited by Sherwood, par. 4). According to the website WebMD, regular exercise can help prevent diseases and ailments such as heart disease, stroke, high blood pressure, diabetes, back pain, and osteoporosis.

Beyond the physical effects of exercise come psychological effects. Running, after a long and stressful day at school or work can help a person feel better afterwards. "The link between exercise and mood is pretty strong," Michael Otto, PhD, a professor of psychology at Boston University says. "Usually within five minutes after moderate exercise you get a mood-enhancement effect. " (as cited by Weir, 2011). Aerobic exercises help the body produce chemicals called endorphins. Endorphins are polypeptides that that bind the neuron-receptors in the brain which provides relief from pain (ciarac, 2006).

Endorphins also help treat contributing factors to anxiety and depression. Exercise can help reduce immune system chemicals that may worsen depress

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Marcel A. Müller



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Handbook of Optimization in Complex Networks My T. Thai, Panos M. Pardalos, 2012-01-28 Complex Social Networks is a newly emerging hot topic with applications in a variety of domains such as communication networks engineering networks social networks and biological networks In the last decade there has been an explosive growth of research on complex real world networks a theme that is becoming pervasive in many disciplines ranging from mathematics and computer science to the social and biological sciences Optimization of complex communication networks requires a deep understanding of the interplay between the dynamics of the physical network and the information dynamics within the network Although there are a few books addressing social networks or complex networks none of them has specially focused on the optimization perspective of studying these networks This book provides the basic theory of complex networks with several new mathematical approaches and optimization techniques to design and analyze dynamic complex networks A wide range of applications and optimization problems derived from research areas such as cellular and molecular chemistry operations research brain physiology epidemiology and ecology

Nutrition and Fitness: Diet, Genes, Physical Activity and Health A. P. Simopoulos, K. N. Pavlou, Berthold Koletzko, 2001-07 This is the first of two volumes containing the proceedings of the Fourth International Conference on Nutrition and Fitness It presents the latest data on the interrelationships of genes nutrients and physical activity as they influence the phenotype throughout development The human genome was shaped by the environment especially diet and physical activity The phenotype is thus the result of continuous gene environment interactions However new data indicate that the environment has changed enormously especially during the last 100 years so that it is no longer in harmony with the human genome A new discipline is evolving called Nutrigenetics which combines concepts and methods from genetics and nutritional sciences and the term refers to individual variability in response to diet The papers presented make it abundantly clear that we must make a conscious effort to develop in all dimensions the environment particularly diet and physical activity in which the human genome finds its optimal expression This approach of individualized environmental modification is called Euphenics and it must evolve simultaneously with Genomics and the use of genotypic analyses to enhance the quality of medical care for the individual The euphenic approach is essential for the prevention and management of chronic disease These proceedings will be of interest to geneticists nutritionists and dietitians exercise physiologists anthropologists psychologists and psychiatrists pediatricians internists general practitioners health care providers scientists in government and industry policymakers and governmental organizations

Nutrition and Fitness Artemis P. Simopoulos, Konstantinos N. Pavlou, 2001-01-01 This is the second of two volumes presenting the proceedings of the Fourth International Conference on Nutrition and Fitness The papers in this volume consist of reviews as well as new data recommending new approaches for the prevention of chronic disease taking into consideration the essential features of ancestral human existence particularly during the Paleolithic period during which the human genome was programmed

Western diets and current patterns of physical activity lead to imbalances in essential fatty acids and physical inactivity that promote obesity insulin resistance and variation in mood and mental health Data are presented on the different effects of fatty acids on human metabolism on the regulation of lipid metabolism during exercise on the metabolic effects of endurance exercise on mood and its relationship to physical activity and nutrition and on the immune system Moreover it is clear that physical activity ensures nutritional well being in the elderly The application of this knowledge is essential to both Western cultures and societies in transition

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The Science of Science

Dashun Wang, Albert-László Barabási, 2021-03-25 This is the first comprehensive overview of the science of science an emerging interdisciplinary field that relies on big data to unveil the reproducible patterns that govern individual scientific careers and the workings of science It explores the roots of scientific impact the role of productivity and creativity when and what kind of collaborations are effective the impact of failure and success in a scientific career and what metrics can tell us about the fundamental workings of science The book relies on data to draw actionable insights which can be applied by individuals to further their career or decision makers to enhance the role of science in society With anecdotes and detailed easy to follow explanations of the research this book is accessible to all scientists and graduate students policymakers and administrators with an interest in the wider scientific enterprise

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the best solution to a problem The nature inspired optimization algorithms are unconventional and this makes them more efficient than their traditional counterparts **Parliamentary Papers** Great Britain. Parliament. House of Commons,1903

Proceedings Of The 11th Joint International Computer Conference: Jicc 2005 Qingsheng Zhu,2005-10-07 This book presents the latest techniques algorithms research accomplishments and trend in computer science and engineering It collects together 222 peer reviewed papers presented at the 11th Joint International Computer Conference The theme of this year is IT Intellectual Capital for the Betterment of Human Life The articles in this book cover a wide range of active and interesting areas such as Digital Entertainment Grid Computing Embedded System Web Service and Knowledge Engineering This book serves as a good reference not only for researchers but also for graduate students in corresponding fields The proceedings have been selected for coverage in Index to Scientific Technical Proceedings ISTP CDRom version ISI Proceedings CC Proceedings Engineering Physical Sciences **Genetic Programming** Alberto Moraglio,Sara Silva,Krzysztof Krawiec,Penousal Machado,Carlos Cotta,2012-03-23 This book constitutes the refereed proceedings of the 15th European Conference on Genetic Programming EuroGP 2012 held in M laga Spain in April 2012 co located with the Evo 2012 events The 18 revised full papers presented together with 5 poster papers were carefully reviewed and selected from 46 submissions The wide range of topics in this volume reflects the current state of research in the field including different genres of GP tree based grammar based Cartesian theory novel operators and applications **50 Games for Going Green** Carol Scaini,Carolyn Evans,2012 Presents a range of activities that teach environmental concepts including fitness challenges relay races cooperative games and literacy and drama activities Page 4 of cover

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