



FITNESS PRACTICE: THE PHYSICAL AND PSYCHO-EMOTIONAL STATE

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Abstract: The author reveals the importance of fitness training in improving the body. Fitness for women includes a range of specially designed exercises that contribute to the change not only physical but also psychological state. Analysis of the reasons for the interest of many peoples in fitness clubs indicates dissatisfaction with their figure due to excess subcutaneous fat mass. For this reason, many women 18–25 years old prefer to do exercises with aerobic exercise, because it is in this mode of load after the required time actively split fats, and few people pay attention to the state of the muscular system, the weak development of which affects the physical fitness of women and, accordingly, their performance at work, and when performing household chores. If we consider the effectiveness, each direction (strength or aerobic training) brings excellent results.

Keyword: fitness, fitness training, fitness and health

Introduction

The number of sports, therapeutic and health fitness programs is growing every year. Fitness is so diverse in its manifestations that any person, regardless of age, gender, lifestyle and health status, can create a fitness training system for themselves, and it is guaranteed to lead to their goal. All kinds of fitness areas contribute to the development of mass health improvement of the population by means accessible to every person.

An analysis of the reasons for the interest of many women in exercising in fitness clubs indicates dissatisfaction with their figure due to excess subcutaneous fat mass. For this reason, many women 18–25 years old prefer to engage in aerobic exercise, since it is in this mode of exercise that fats are actively broken down after the required time. However, few people pay attention to the state of the muscular system, the poor development of which affects the physical fitness of women and, accordingly, their performance both at work and when performing household duties. If we consider performance, then each direction (strength or aerobic training) brings excellent results. In the activities of the Russian fitness industry, the practice of organizing special methods of strength and aerobic exercises for various groups of the population (gender, age, health status, presence of injuries, etc.) has appeared. Based on the identified problem and the noted needs of women 18–25 years old, we consider the study of the influence of fitness on the physical fitness of women 18–25 years old to be relevant.



Fitness has become widespread due to its beneficial effects on the human body. As a result of fitness classes, the human body should acquire not only slimness, flexibility, endurance, but should also significantly improve health. Fitness is necessary to strengthen the cardiovascular system and reduce the risk of developing atherosclerosis.

Helps get rid of excess weight by normalizing the balance of muscle and fat tissue. Slags and toxins are removed from the body, and the functioning of the digestive system improves. Cleansing also occurs at the energy level, which has a beneficial effect on the general condition. A balanced diet combined with strength training allows you to achieve amazing results in a short time. The purpose of the training is to form a beautiful, fit figure, adjust weight, prevent diseases of the musculoskeletal system, and eliminate complexes. During the exercises, proper breathing and mobility are developed, and a surge of strength and energy is felt. Fitness for women includes a set of specially designed exercises that help change not only the physical, but also the psychological state. Regular attendance at training develops disciplinary qualities that are necessary in many areas of life. They help women to be in harmony with the outside world. There is a feeling of strength, confidence, and a desire to achieve your goals. Having started attending classes and setting the goal of improving her body and strengthening her health, a woman, without knowing it, makes significant changes in her life. Fitness has its own philosophy of way of being, which consists of knowing oneself. The technique instills love for oneself and for people, creates a desire to bring light and joy to the world around us, to live a full active life and enjoy every moment, discovering new qualities and abilities in oneself.

Methodology

It has been experimentally established that the indicators of strength, flexibility, and heart rate change most effectively, and the maximum development of these indicators occurs in the first three months of training.

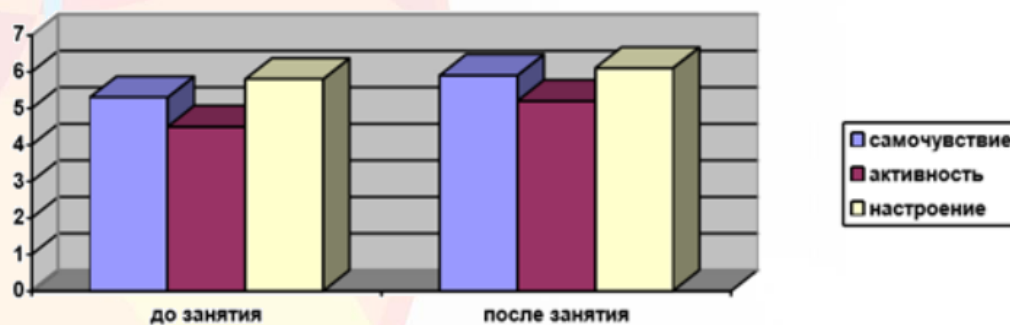
The study involved 30 women aged 25 to 35 years who attended fitness training three times a week.

The tests carried out found that after fitness classes the “well-being” indicator rises by 0.6; the “activity” indicator – by 0.7 and the “mood” indicator – by 0.3. At the same time, I would like to note that for some respondents these indicators decrease after classes, but this happens among those girls (women) who have been doing fitness for only 1–3 months or who do not attend classes regularly enough.

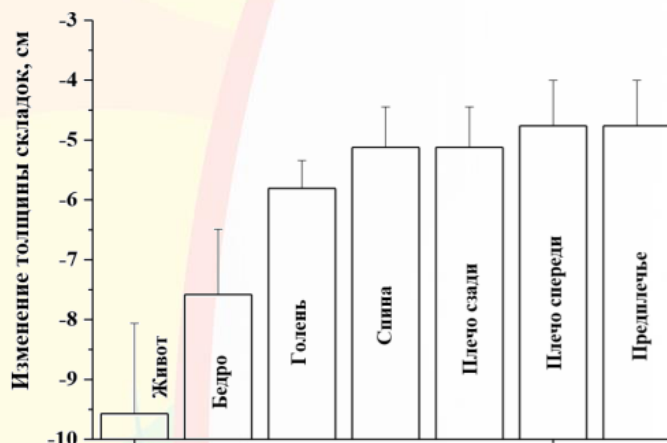
Only 60% of people do various types of fitness 2-3 times a week, 25% once a week and 15% more than three times a week. The share of financial costs for fitness classes on average for most women is determined to be up to 5% of the budget per month. It turned out that 80% had never had experience in sports before and only 10% of women had sports achievements and a high level of sports qualifications. However, despite the fact that women do fitness quite regularly, in the long term, only 20% note that they have been doing it for several years, while for everyone else fitness is a fairly new type of physical activity.

Results

No less interesting was the study of the degree of change in the thickness of individual fat folds in different areas of the body during effective fitness exercises. The sample consisted of individuals who achieved a positive expected result - a decrease in fat content (judging by the change in the thickness of the fat folds). The maximum reduction in the thickness of fat folds was noted in the abdomen and hips (Fig. 2.)



Rice. 1. The impact of fitness on well-being, activity and mood



Rice. 2. The degree of change in the thickness of individual fat folds in different areas of the body during fitness activities

To assess the effect of visiting a fitness club, the questionnaire included the following question: “What benefits did you gain from visiting sports and health (fitness) centers?” (Fig. 3). Despite the fact that only young girls, whose health should generally be within normal limits, participated in the survey, the majority of respondents noted an improvement in health status (31%) as the main effect; improvement in appearance (figure) was noted by only 14%. Meanwhile, girls initially saw improvement in appearance as the main goal of going to fitness.

Fitness, as a simplified form of sports activity, has clear differences from sports in understanding it as an area of professional and specific activity. It does not include such parameters as mandatory attendance at training sessions, responsibility to the trainer for the result, dosage of exercises performed and their specificity, amount of time devoted to the training process, etc. In fitness, physical activity is controlled by the practitioner himself. He is also responsible for the result to himself. Fitness classes in comparison with sports differ sharply in their emotional manifestation. Fitness involves activities for pleasure, without stress at the maximum level. Fitness classes involve maintaining the body in a state of athletic shape.

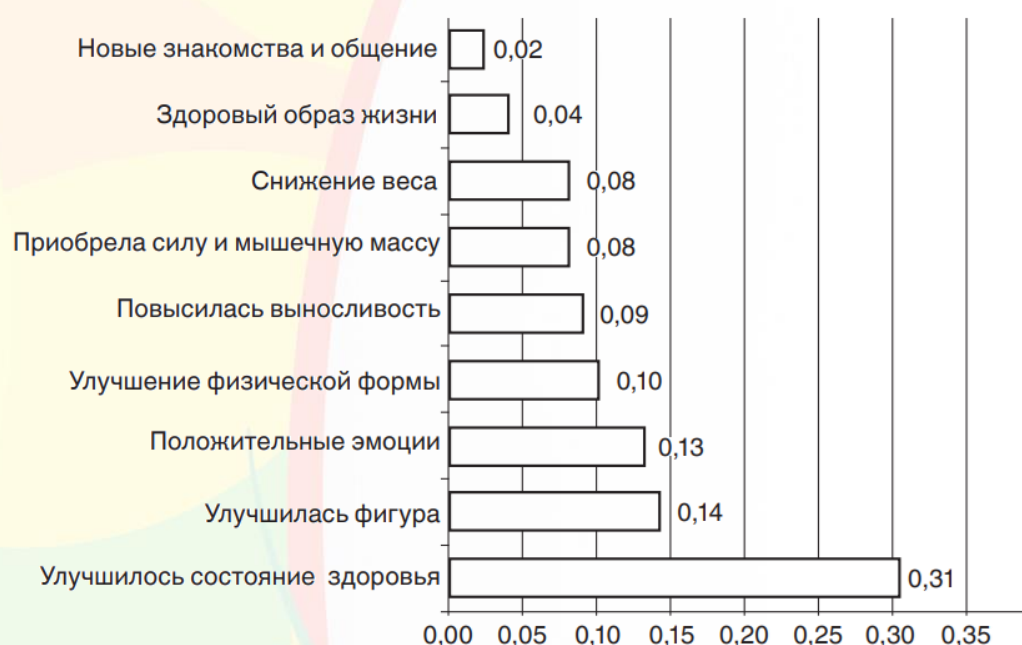
Your mood improves when you exercise. Using a questionnaire, 15 women attending group training at a fitness club were interviewed. The state of the respondents before training is characterized by fatigue, some pessimism, a desire to rest, and concern. The results showed that the physical state after training is



characterized by fatigue, some drowsiness, the state of health is characterized as cheerful, fresh, elevated, cheerful. There is a desire to continue training. The mood indicator before training was 5.1 points, after training - 6.2 points. This is the basis for our claim that physical activity improves mood.

Fitness methods differ between men's and women's. Due to natural characteristics, the female body has problem areas in which fat deposits appear most often and which are more difficult to combat: the sides, lower abdomen, thighs, buttocks. In addition, we should not forget that the shape of our body is determined by genetics and it is impossible to completely change the shape of your body, you can only correct it.

During the study of scientific and methodological literature, the following principles of fitness classes were identified:



Rice. 3. Results of a survey on the benefits that women gained from visiting sports and health (fitness) centers

1. For women, training with a high number of repetitions and approaches is very effective due to increased production of glycogen in the muscles.

2. The total volume of workload for women should be gained through a large amount of work done, and not as a result of increasing its severity.

3. Women can train every other day, since they recover faster than men, so it is unacceptable for them to train one muscle group once a week. Girls should exercise more than one area of the body in one workout

It cannot be denied that excellent physical condition makes a person confident and energetic. Although many people understand the importance of a healthy diet, many women still do not enjoy regular exercise. The reasons identified during the study boil down to the following: lack of the proper level of energy, time, self-confidence and interest in new things.

When engaging in one sport or another, women often mistakenly strive to achieve certain mythical parameters of an ideal figure. It is worth understanding that there is no standard for ideal physical fitness: everything



depends on the person personally, and on the goals that he has set for himself. For example, a goal that is based on the desire to win competitions is different from the goal of being slim, beautiful, healthy, and confident. But in any case, well-chosen and correctly performed physical exercises will improve metabolism and normalize the functioning of the respiratory system and cardiovascular system.

Some psychologists believe that a woman with a beautiful figure easily comes into contact with other people, is more open and sociable. Quite often there are situations when, when looking for an employee, employers give preference to people whose figure has an aesthetic appearance. In their opinion, the prosperity of the organization directly depends on the attractiveness of the staff. Despite the injustice of this opinion, it not only exists, but is also quite common. This is another good reason why physical activity should be present in every woman's life. Regular, systematic fitness classes not only strengthen women's health, but also help achieve perfection.

Conclusion

However, it is worth remembering that not all sets of exercises can have a positive effect on the figure and the body as a whole. Excessively intense and strenuous exercise, as well as grueling workouts, can cause serious harm to health. This is why you should be careful when choosing physical activity.

Even if you decide to make your cherished dream come true through physical activity, it is important to remember that everything is good in moderation. There are known cases where excessive exercise and strict diets have caused serious illnesses in adult women and young girls. Great exhaustion of the body is not able to have a positive effect on health, but regular fitness classes, but with acceptable load levels, will certainly have a beneficial effect.

The beneficial effects of regular fitness classes on the female body:

- promote bone health, which prevents the development of osteoporosis and musculoskeletal diseases;
- increase the elasticity of tissues, promote a healthy pregnancy, natural childbirth and rapid recovery after it;
- normalize endocrine processes in a woman's body, which has a beneficial effect on well-being at any age;
- increase skin tone, which prevents the formation of wrinkles and folds;
- reduce the likelihood of developing diseases of the mammary glands, as well as diseases of the female reproductive system.

In addition, fitness is one of the most effective means of maintaining health and attractiveness. Correctly selected exercises are the key to the beauty and health of the body, vigor, good mood, and self-confidence. Physical development for both men and women since ancient times has been and is a source of health, success, recognition and happiness.

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