Hakiim Norman

Fitness

Ms. Kamia

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FITNESS ESSAY TERM 1

According to a website called medicinenet.com, aerobic exercise is “any activity that you can sustain for more than just a few minutes while your heart, [lungs](https://www.medicinenet.com/image-collection/lungs_picture/picture.htm), and muscles work overtime”[[1]](#footnote-1). Aerobic exercise is any type of exercise that involves low to high intensity. During aerobic exercise, oxygen is carried through your breath to the muscles giving them the energy to sustain the work out. The oxygen is used to burn fat and glucose inside our body. Aerobic exercise can help prevent or reduce the chance of developing cancers, diabetes, depression and other crucial diseases. Aerobic exercise includes walking, cycling, swimming, jogging, and running. Aerobic exercise not only improves our overall health, but also can extend our life. During aerobic exercise, your breathing and heart rate will increase, which will help to keep our heart and lungs healthy. Our respiratory system will become stronger by doing aerobic exercise because it improves the efficiency of how your system supplies oxygen. To improve our aerobic exercise, we need to improve our overall pace and time.

According to a website called sparkpeople.com, anaerobic exercise is “ **a** short-lasting, high-intensity activity, where your body's demand for oxygen exceeds the oxygen supply available. Anaerobic exercise relies on energy sources that are stored in the muscles and, unlike aerobic exercise, is not dependent on oxygen from (breathing) the air.”[[2]](#footnote-2) Anaerobic exercise is any exercise that require high level of intensity, which will make you completely breathless. Anaerobic exercise is also any exercise that help to improve our power, speed, and strength. Anaerobic exercise is very helpful for weight management because it helps to burn more calories. Anaerobic exercise includes jump rope, running sprint, swimming sprints, heavy weight training and also cycling sprints. Anaerobic exercise can only last for short periods of time. if you train your anaerobic exercise, you can work harder for longer periods of time, which great because the harder you work the more calories you burn. Anaerobic exercise is an exercise that help to shape your body for a better appearance. It helps to tone and build your muscle which will give you a stronger and healthier appearance.

distance at which you you’re performing a certain exercise.

Exercises are very important for our health. It will help us prevent chronic health conditions and health diseases. Nowadays, it is also important to increase our daily activity level so that we are able to maintain our body weight and shape to the things we want. Fitness keeps us moving, which will improve our muscle strength, increase joint flexibility and improve endurance. The more active the person are, the better they will look and the healthier they will be. Any type of exercise is beneficial to your health but aerobic and anaerobic exercise help to strengthen the whole body. Oxygen is the only key to differentiate between aerobic and anaerobic exercise. Anaerobic exercise uses energy from muscles while aerobic exercise uses the energy stored in our body from carbs and fats

To create an effective workout, you must combine aerobic and anaerobic exercise. To do this, you can increase the intensity level of an aerobic exercise or, changing from an aerobic activity to an anaerobic activity. For example, you jog for about 10 minutes and then sprint for 5 minutes long. Combining both aerobic and anaerobic workouts can improve your stamina, endurance, strength and power, which will greatly increase our overall health and wellness. You must remember to not push your body to the point of injury. Because any kinds of sports/exercise such as aerobics and anaerobic might also cause injuries and what we really must be aware of is fatal injuries. So when we’re doing aerobics and anaerobic we also need to be aware of it.

1. <https://www.medicinenet.com/aerobic_exercise/article.htm#what_is_aerobic_exercise> [↑](#footnote-ref-1)
2. https://www.sparkpeople.com/resource/fitness\_articles.asp?id=1035 [↑](#footnote-ref-2)