

FITNESS INTERNATIONAL

showing
ways to
exercise at
home

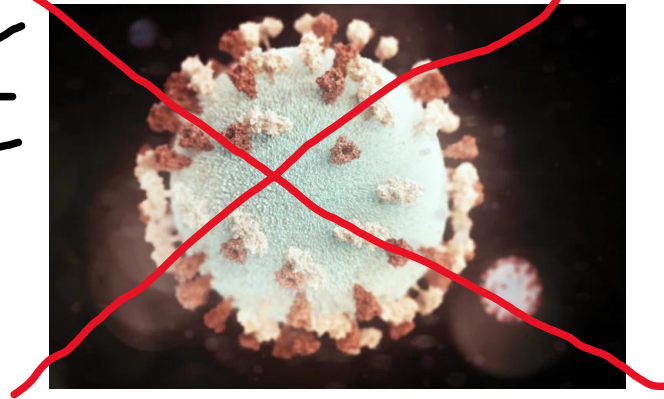
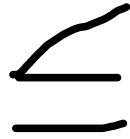


how to be
active during
covid 19



Not Today Diseases!

- Exercise can reduce your risk of many diseases including type two diabetes, cancer, and cardiovascular disease. Some very high contenders in the disease world can be stopped by a little exercise not to mention the fact that exercise can help your body be healthier all around. As stated before, regular physical activity, along with a healthy diet can help prevent and manage type two diabetes.*



Diet alone? Might as well be on your phone.

- Only 10% of people are successful at losing weight through diet alone while 89% of people who use a combination of diet and exercise were successful at keeping the weight off for over a year.*



Not always enough...

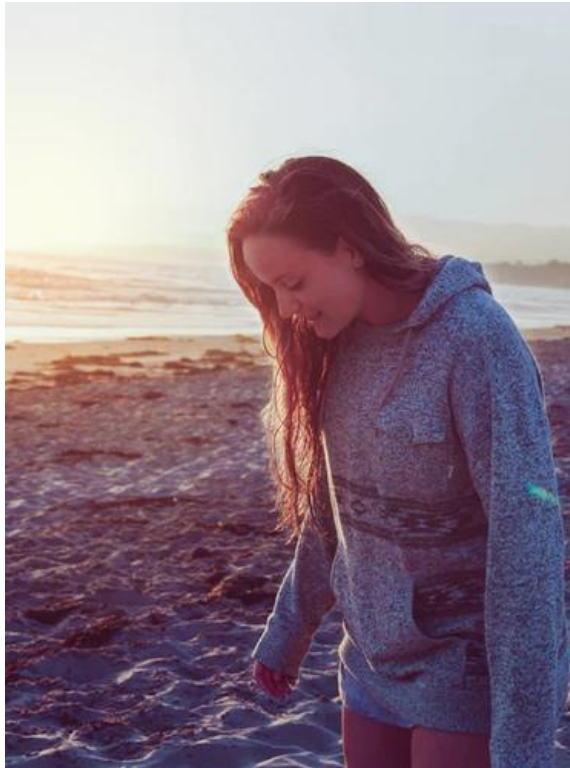


*<https://www.thegoodbody.com/fitness-facts/>

“To Stand Or Not To Stand, That is The Real Question.”



- When you stand you burn an average of 100-200 calories, versus sitting, where you burn 60-130 calories an hour*



* <https://tfliving.com/2020/12/11/10-surprising-fitness-facts-you-probably-didnt-know/>

Get Your Boogie On!

- Music can inadvertently get you moving faster during those tough workouts. Additionally, music is a good form of distraction. The right music varies person to person, but tempo and rhythm response tend to be the key factors for staying motivated. Research dates back to 1911, when cyclists were found to pedal faster while a band was playing music.*



* <https://www.thegoodbody.com/fitness-facts/>.

FUUUUUN FACTS PAGE!

- If all 600 of your muscles pulled in one direction you could lift 25 tons/55115.566 Lb or in other words 0.15625 of a 160 ton/352,739 Lb Blue Whale.*
 - Your body has approximately 60,000 miles of blood vessels for your heart to pump blood through, with nearly 5,000 extra miles of blood vessels if you are 25 Lb overweight.*
- Each muscle fiber is thinner than a human hair and can support up to 1,000 times its weight.*

• [*https://www.lifehack.org/articles/lifestyle/mind-boggling-40-facts-about-fitness.html](https://www.lifehack.org/articles/lifestyle/mind-boggling-40-facts-about-fitness.html)

Your Body Is Strong, But Not Invincible.

- Studies have shown that **each heel strike** produces a force that is equal to 3 - 4 times your bodyweight. For a 150 pound runner, this means that each heel strike will generate approximately 600 pounds of pressure. Over the course of a 5 mile run, this adds up to over 1300 tonnes of pressure!*

You need to keep yourself fit so this does not happen as greatly as your bones are strong but can only take so much. If you s

* https://www.chirohealthsolutions.net/storage/app/media/cropped_images/Running_injury_Report.pdf



here is where you get enough pressure to bend metal inside of your body when you run.