



17. All-round exercise

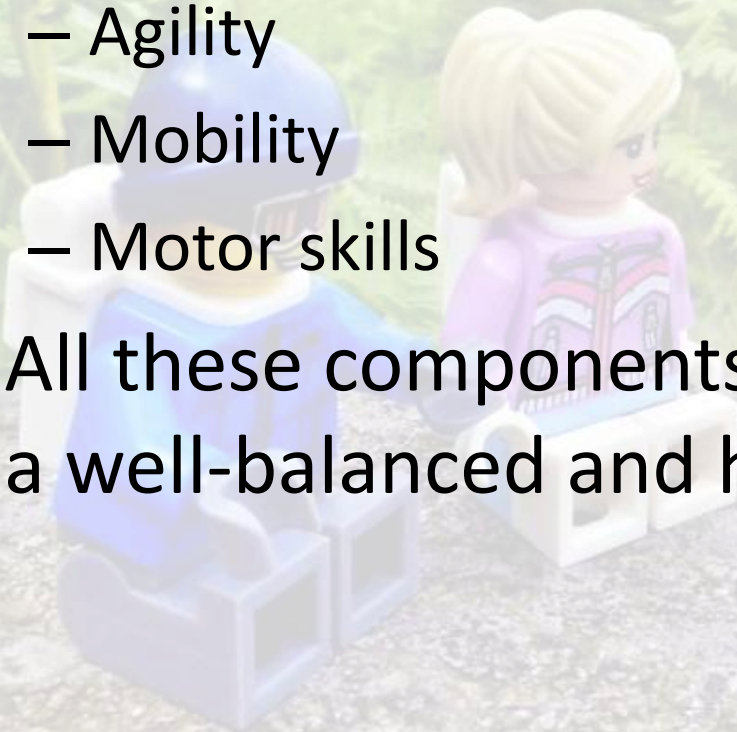
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Work out diversely

- Exercising diversely makes a solid foundation for well-being and having a good condition
- This might include competitive sports, but not necessarily
- Goal is to reap the health benefits of exercise without strain injuries and overtraining of competitive sports
- If you're starting a new hobby, remember that improvement doesn't happen over night

Components of physical condition

- Physical condition consists of the following:
 - Endurance
 - Strength
 - Agility
 - Mobility
 - Motor skills
- All these components are important in leading a well-balanced and healthy life



Endurance

- Endurance consists of aerobic and anaerobic endurance
- Aerobic exercise is the most common form of work out
- Anaerobic exercise can not be sustained for a long time



Ponder...

- What components of physical condition does your hobby improve?
- Are you perhaps neglecting some part of your physical condition?

