

The Center of a Well Balanced Life
5Keys Fitness: Do You Know What It Takes?
by Adam Milligan, EQUIVITA

The basis of 5Keys Fitness is that to realize success in your fitness goals you must address all 5 areas:

- Resistance Training
- Cardiorespiratory Training
- Flexibility
- Nutrition, and
- Rest.

Resistance Training

Resistance Training is a specialized method of conditioning designed to increase muscle strength, muscle endurance and muscle power, according to the American Sports Medicine Institute (ASMI). Resistance training is also called strength training or weight training.

Resistance training provides a way to challenge all of your major muscle groups – in your chest, arms, back, abdomen and legs. It can be done using specialized fitness equipment, dumbbells and barbells, rubber tubing, or your own body weight. Whether you use free-weights, resistance bands or your own body, moving the muscles against resistance will make them and your bones stronger.

Cardiorespiratory Training

Sometimes called cardio, endurance, or cardiovascular training, this type of exercise performed consistently is great for a healthy heart and body. Cardiorespiratory training will improve your cardiovascular fitness. Cardiovascular fitness can be defined simply as your body's ability to get oxygen and blood to the muscles. When you do physical activity and your pulse quickens and your breathing gets deeper, you are using your cardiovascular system. It is important to improve your cardiovascular system's efficiency through regular training.

Flexibility

Regularly taking the muscles through a normal range of motion will help to reduce the stiffening sensation often associated with aging. Being flexible permits more freedom of movement, adds to your ease of movement, may increase your performance in certain activities, and will help to make you less susceptible to some types of injury.

Flexibility is not the same thing as stretching. There is no ideal standard for flexibility. Lack of use, injury, or disease can decrease joint mobility. Flexibility is influenced by several factors, including age, sex, and race. It is not necessary to sacrifice flexibility in order to develop strength.



Nutrition

Give yourself the best chance for success by ensuring that your body has all of the essential nutrients. The food and physical activity choices you make every day affect your health and how you feel. It is important to choose food from every food group. It is also necessary to find the balance between the food you eat and your level of physical activity. Getting the most nutrition out of your calories is also a factor.

Eating right isn't just a diet or a program, but one of the keys to a healthy life. It is easy to eat, but not easy to eat the right foods that give our bodies the nutrients needed to be healthy. It is also important to balance what we eat with our level and intensity of physical activity.

With healthful habits, you may reduce your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life.

