



Summary

Physical fitness, in general terms, is a person's ability to meet the physical stresses and demands of a variety of physical activities efficiently and effectively. Physical fitness provides a person with the capacity to perform work safely in activities of daily living, including activities required for work at home and in the workplace, for leisure-time pursuits, and for sports. On the other way a sedentary lifestyle is associated with a high risk of health complications including obesity, type 2 diabetes and heart disease. But we can get in shape after being sedentary by changing our daily habits, eating, healthier, to improve the energy level and gradually adding exercise into our weekly, and then daily, routine.