

5 Elements of a Well-Rounded Fitness Routine

Aerobic Fitness

Aerobic exercise is the cornerstone of most fitness training programs. It causes you to breathe faster and more deeply, which maximizes the amount of oxygen in your blood.



Stretching

Stretching improves the range of motion of your joints and promotes better posture. Regular stretching can even help relieve stress.



Muscular Fitness

Strength training at least twice a week can help you increase bone strength and muscular fitness. It can also help you maintain muscle mass during a weight-loss program.



Core Stability

Exercise for the muscles in your abdomen, lower back and pelvis help train your muscles to brace the spine. They also enable you to use your upper and lower body muscles more effectively.

Balance Training

Balance is often overlooked, yet very important since it tends to deteriorate with age.

