

## Sports Fitness: Fun Way to be Healthy

When you talk about sports fitness, what comes first in your mind? It is, basically, the different sports activities, right? This is because sports fitness has always been referred to as the sports itself.

Generally, sports entail physical activities that are usually carried out for some "recreational" functions such as self-satisfaction, entertainment, competition, etc. It uses physical activity that is why most fitness experts regard sports as one way of staying fit and healthy. It can also be considered as one way of physical fitness; the only difference is that sports fitness is more inclined to the development of skill or ability.

However, like physical fitness, sports fitness is also capable of toning down the body fats of a person. Because of its rigid and strict health program, a sports enthusiast is able to maintain a well-balanced lifestyle in order to cope up with the strenuous demands of sports.

In sports, people should learn how to value their health. Otherwise, they can never endure the kind of energy that is required when playing sports activities.

Therefore, for people who are into sports fitness, here are some tips that you could use in order to stay healthy and be active on whatever sports you want to pursue:

### 1. Drinks lots of water

Humans can survive days, or even months without food, but they can never last a day without water.

Water is, indeed, the most important element needed by the body. Excessive perspiration, without any means of replenishing the lost fluids will result to serious health problems, and even death.

Therefore, for people who are into strenuous exercises and trainings, it is best to always drink lots of water.

However, for sports enthusiasts, water may not be enough to replace the kind of fluid lost. Hence, it would be better if they would have sports drinks instead. Aside from the fluid, sports drinks have two additional important ingredients needed by a person who is into sports fitness: carbohydrates and electrolytes.

Electrolytes are usually lost during strenuous physical activity, and this can

only be replaced through sports drinks. Carbohydrates, on the other hand, are also needed by the body during rigid workouts to provide more energy so that the body can cope up to the demands of the activity.

## 2. More veggies!

People who are into sports fitness require more intakes of vegetables and fruits. This is because the body is craving for more vitamins and mineral supplements. It makes the body stronger and healthier enabling it to cope up with demands of the activity.

## 3. Calcium intake

People who are into sports fitness should have calcium present on their diet. This is to provide stronger bones to the body.

Since the body is more exposed to greater physical activities, it is important to have stronger bones in order to avoid fractures or certain bone diseases like "osteoporosis."

Calcium can be found in different vitamin and mineral supplements. They are also abundant in foods like sardines, tofu, dairy products, etc.

## 4. Warm exercises are always important before any kind of strenuous activities.

This kind of activity is needed in order not to strain the body. Hence, before playing the sports that you have always love, it is best to do some warm-up exercises first.

Indeed, engaging into sports activities is one great way of being physically fit. The best thing about it is that in sports, you get to enjoy the best of both worlds.