

# Sports and Fitness

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**Abstract:** *The best sports for fitness are the ones in which you exercise continuously, those that are least likely to injure you and the ones you enjoy the most. You become fit by exercising vigorously enough to increase the circulation of blood. It makes no difference to your heart how you increase your circulation. The best sports for fitness use your legs because the blood vessels in your legs are so much larger that you can circulate far more blood with your leg muscles. Furthermore, arm exercises tire you earlier because most people have weaker arms. Sports can be a great way to get in shape or stay that way. Having a specific goal can be a great motivator. Physically, you need strength and endurance. Your training will vary with your sport. You would not train the same way for pole vaulting as for swimming. You might, however, cross train. Cross training simply means that you include a variety of fitness activities in your program. Research shows that cross training builds stronger bones. Some sports require a great level of fitness just to start. For example, to jump rope, you must spin the rope more than 80 times a minute to keep it from tangling. Many people can't jump 80 times a minute. The safest sports are low-impact aerobics, walking, swimming and pedaling a stationary bicycle. Running causes lots of injuries, because the force of your foot striking the ground can be three times your body weight, which can damage muscles and bones.*

**Keywords:** Exercise; Fitness; Endurance, Motivation

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