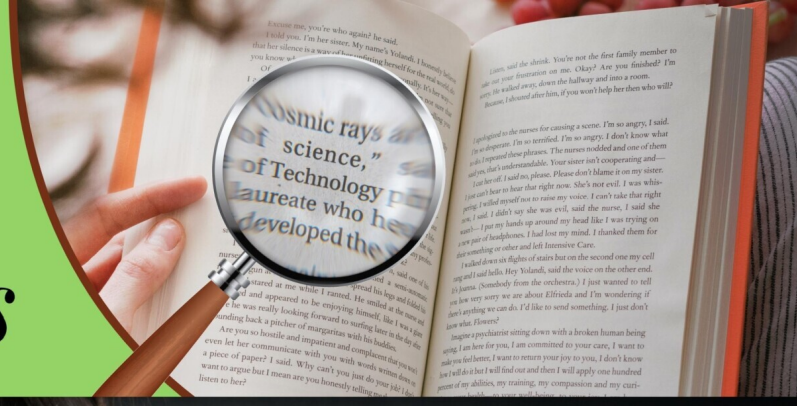
BaronE Health Reviews



What does being physically fit mean?

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Holistic Natural Health Experts

About us

Why Barone Health Reviews ?

Because today, although there is an incredible amount of information on the internet about health, finding authentic, professional, unbiased knowledge that is accessible to everyone's understanding is difficult.

In this era of technology and globalization, where there is an overwhelming amount of information, this may seem shocking but it is the sad truth. A responsible, self-reliant person can spend months searching for answers and solutions for their health and never find them.

On the internet, it is possible to find all types of information on health: courses, products, methods, practices, advice, opinions, explanations, scientific studies, devices, techniques, medicines, life experiences, anatomy, biology, medical research, etc...

Drowning in this ocean of health content, how can an average person tell the difference between lies and truths, misinformation and information, propaganda and knowledge, technical data and knowledge applicable to daily life?

How is this different from ebooks, webinars, articles, etc.?

Like all content created by Holistic Natural Health Experts, the health review contains our independent expert opinions, tips and recommendations for anyone looking to improve their health.

However, the review offers you a different perspective. Unlike our articles, ebooks and webinars, where we develop our knowledge of a specific health topic with you, in the health analysis, we start from an external source that we dissect and analyze.

What will I learn?

By dissecting and analyzing these external sources, we show you how we avoid the countless traps present in the majority of content available on the internet (especially free content). A bit like a magician revealing his tricks!

By bringing to light what is hidden behind a so-called "revolutionary" method, a "miracle product" or a so-called "holistic" medicine, you realize what is really possible and what is charlatanism or simply pure fraud.

This way, you make better decisions for your health, based on knowledge and true understanding.

Who are the Barones ?

We are a family of three holistic health experts. Barone Santé is the name of our natural medicine practice in Switzerland, opened since 1993. Barone is simply our last name: Marina, Pascal and Philippe-Abraham Barone.

We have over 30 years of training and experience and have helped over 5,000 clients improve their health through natural medicines.

In 2021, our health education and online consultation platform is born: Holistic Natural Health Experts.

Since then, we never stop working for the health of our patients and developing this platform for all people who want to learn about health and gain independence.

Original article

https://www.medicalnewstoday.com/articles/7181

> *What does being physically fit mean?*
>
> *Maintaining a good level of physical fitness is important. However, it can be difficult to determine what fitness entails.*
>
> *Experts define physical fitness as "one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior."*

This is absolutely correct. What is important here is the notion of daily activities, meaning normal activities that do not require any particular physical condition.

Inversely, a person can be said to be in poor physical condition if he or she is unable to carry out daily activities without pain and undue effort.

Of course, this definition does not apply to people whose daily activities are very physical or very strenuous, we are talking about average daily activities that most sedentary people do, hence the end of the definition "by reducing sedentary behavior".

> *This description goes beyond being able to run quickly or lift heavy weights. Despite being important, these attributes only address single areas of fitness.*
>
> *This article provides details of the five main components of physical fitness.*
>
> *Fast facts on fitness:*
>
> *- Maintaining good physical fitness can help prevent some conditions.*
> *- With exercise, body composition can change without changing weight.*
> *- Athletes' hearts show different changes depending on their chosen sport.*
> *- Muscle strength increases due to fiber hypertrophy and neural changes.*
> *- Stretching to increase flexibility can ease a number of medical complaints.*

Before moving on to these five main components of fitness, this article throws out a few "facts" about fitness, also five in number (an obvious marketing strategy).

We could have 7, 10 or 24, or we could summarize them in a few, but for the sake of the article we are given five, so be it.

Although these "facts" are vague and imprecise, they are true and demonstrate the importance of a person's physical condition.

Let us specify here that for the first fact, the good physical condition, helps to prevent all the diseases and not only some of them.

What does being physically fit mean?

Overview

Being physically fit depends on how well a person fulfils each of the components of being healthy.

When it comes to fitness, these components are:

- cardiorespiratory fitness
- muscular strength
- muscular endurance
- body composition
- flexibility

The following sections will look at each of these components individually.

We can already regret not to find in this list some essential components of fitness as :

- mobility
- coordination
- proprioception
- fine motor skills
- balance
- etc.

Some of these points are even more important than those mentioned in the list in this article, but never mind, the marketing argument of the number five won out.

So let's look at these 5 points individually.

What does being physically fit mean?

Cardiorespiratory performance

Cardiorespiratory endurance indicates how well the body can supply fuel during physical activity via the body's circulatory and respiratory systems.

Activities that help improve cardiorespiratory endurance are those that cause an elevated heart rate for a sustained period of time.

These activities include:

- swimming
- brisk walking
- jogging
- cycling

People who regularly engage in these activities are more likely to be physically fit in terms of cardiorespiratory endurance. It is important to begin these activities slowly and gradually increase the intensity over time.

Exercising increases cardiorespiratory endurance in a number of ways. For example, the heart muscle becomes stronger so that it is able to pump more blood per heartbeat.

At the same time, additional small arteries grow within muscle tissue so that they can deliver blood to working muscles more effectively when needed.

Cardiorespiratory fitness is one of the most important components of physical fitness. It represents our ability to "provide fuel" throughout the effort.

This capacity is the functioning of a couple: the cardio (our heart and blood vessels) and the respiratory (our lungs).

Although they are closely related, it is good to separate them here because regarding physical fitness and how to develop them healthily, they are fundamentally different.

The heart should be considered first and foremost as a muscle. Like any muscle, it needs effort to develop. In this respect, we must remember the absolute rule "the function creates the organ", in this case "the effort creates the muscle".

However, it is not at all mandatory or even necessary that this effort be an endurance effort as proposed in this article. Thus, activities that improve cardiorespiratory capacity are not limited to swimming, brisk walking, jogging or cycling.

That would be like saying that to develop abdominal muscles, only sit-ups are useful. For some strange reason, endurance exercise is still presented today as the reference for developing cardiorespiratory capacity.

However, scientific studies have been carried out on endurance athletes which tend to prove that endurance activities practiced intensively and over the long term have harmful effects on the heart.

From our perspective as experts in optimal holistic health, there is no doubt about this, as all components of fitness benefit more from varied efforts of varying intensity rather than specific and constant ones.

In other words, for optimal health, diversity of practice wins out.

In practice, this implies that one can develop a good cardiac capacity with sports such as climbing, squash, boxing, soccer, etc.

> *How does heart health change with exercise?*
>
> *The heart's efficiency changes and improves after persistent training. However, recent research suggests that different types of activity change the heart in subtly different ways.*
>
> *All types of exercise increase the heart's overall size, but there are significant differences between endurance athletes such as rowers and strength athletes such as football players.*
>
> *The hearts of endurance athletes show expanded left and right ventricles, whereas those of strength athletes show thickening of the heart wall, particularly the left ventricle.*

This is proof that a diversified sport practice is superior to a specific training. Moreover, what we have just said about endurance activities practiced intensively and over the long term does not apply to someone who diversifies his practice.

Therefore, for optimal health, we can only advise you to diversify your sports practice as much as possible so that your heart and the rest of your body can develop in an optimal way.

> *How does lung health change with exercise?*
>
> *Although the heart steadily strengthens over time, the respiratory system does not adjust to the same degree. Lung size does not change, but the lungs do use oxygen more effectively.*
>
> *In general, exercise encourages the body to become more efficient at taking on, distributing, and using oxygen. Over time, this improvement increases endurance and overall health.*

It is very unfortunate to see only a few lines written in this article about the development of respiratory capacity. Even worse, no recommendation of sports practices to develop it! A simple statement that overall effort will, by default, improve it...

As we said above, cardiorespiratory capacity is based on the heart-blood vessel-lung pair. Although closely related, the heart and the lung must be treated separately, because their development operates in a different way.

It should be noted here that we refer to the lung organ in the singular for simplicity, although anatomically there are two of them.

Unlike the heart, the lung should not be considered a muscle at all. The effort itself does not really improve the respiratory capacity, or at least not in an optimal way.

While it is true that the size of the lung does not increase, it is not true that the lung uses oxygen more efficiently. At sea level, the air we breathe contains about 21% oxygen. At altitude, the air contains even less oxygen.

The lung's primary function is to take in air. If its performance increases, it will take in more air, but this has nothing to do with using oxygen more efficiently.

Oxygen utilization happens at the cellular level, it is not the responsibility of any one organ or part of our body. Each cell in our body will use oxygen more or less well depending on very complex biological parameters.

To develop our respiratory capacity in a healthy way, physical effort, especially for beginner athletes, is not a good way.

Unlike the heart, which develops independently with effort, the lung depends entirely on our breathing. We can't control how our heart contracts, but we can control how our lung inflates and deflates.

This is the key difference that drastically changes the approach to healthy lung development.

In beginner athletes, breathing is usually not trained, and when the intensity of the effort increases, the natural reflex is to breathe faster.

This acceleration of the breathing rate will be based on a bad breathing technique, which will lead to less good oxygenation of the tissues.

This is why the amateur athlete can feel a burning sensation in the lung, a feeling of discomfort in the chest, great difficulty in the effort, or even a feeling of suffocation which will force him to stop the effort.

Formulated differently, we can say that the lung will mainly suffer from the physical effort that we will inflict on it. Therefore, if we want to develop it in an optimal way, the best way to do so is to train it at rest, outside of the effort, thanks to different respiratory exercises. This way, we will be able to educate our lung to function better, rather than building up its muscles.

> *Health benefits of cardiorespiratory fitness*
>
> *Cardiorespiratory fitness can help reduce the risk of conditions including:*
>
> *- heart disease*
> *- type 2 diabetes*
> *- stroke*

In a more general way, a good physical condition will allow to reduce the risk of the mentioned diseases.

Let's remember that the main causes of heart disease, type 2 diabetes and stroke are primarily diet and lifestyle.

> *Muscular strength*
>
> *There are a number of ways to measure muscular strength. Generally, lifting a set weight in a prescribed position and comparing the results against any given population is the best way.*
>
> *In general, if a person works their muscles consistently and regularly, they will increase in strength.*
>
> *There are various ways of putting the muscles through rigorous activity, but anything that works a muscle until it is tired will increase muscle strength over time.*
>
> *How does muscle structure change with exercise?*
>
> *Muscles consist of elongated muscle cells. Each muscle cell contains contractile proteins, called actin and myosin, that give the muscle its strength.*
>
> *These fibers contract together, producing the so-called power stroke. The total force depends on the number of these units contracting in unison.*
>
> *To build muscle, an individual must regularly exercise their muscles and take in enough protein.*
>
> *Scientists do not fully understand the exact mechanism of muscle building, but the general principles are well known. Training causes the muscle cells to expand, and there is an increase in actin and myosin production.*
>
> *Also, in untrained muscles, fibers tend to fire in an asynchronous manner. In other words, they do not fire in unison. As a person trains them, however, they learn to fire together as one, thereby increasing maximum power output.*

Muscular strength is indeed one of the criteria of a good physical condition. It is also the parameter that most influence physical appearance, the silhouette. Due to collective conditioning, the shape of the body is, perhaps since forever, the icon of a good physical condition for a majority of people.

For this reason, many of us place muscle strength as the main criterion for considering ourselves physically fit. In many cases, it is the only criterion that matters.

This can be seen in the majority of weight room enthusiasts, for example. In this case, although these people can be considered as having a good or even very good physical condition, it is important to specify that this is far from ideal for optimal health.

This is the major difference between a classical and popular view and a holistic health view.

For optimal health, muscular strength comes after more important criteria such as mobility or coordination. It must also be developed with a lot of control and above all be proportional to the size of the person.

This is why, for example, bodybuilding cannot be a practice compatible with optimal health.

Finally, we can also put muscular strength in perspective with functional strength. Functional strength has the advantage of being accessible to everyone and of being necessarily compatible with optimal health, unlike muscular strength which may not be.

Muscular endurance

Fitness can also include muscular endurance, which is the ability of a muscle to continue exerting force without tiring.

As mentioned above, strength training builds bigger muscles. Endurance training, on the other hand, does not necessarily generate muscles of a larger size.

This is because the body focuses more on the cardiovascular system, ensuring that the muscles receive the oxygenated blood they need to keep functioning.

Another important change in muscles that people specifically train for endurance concerns the different types of muscle tissue: fast twitch and slow twitch fibers.

Fast twitch fibers contract quickly but get tired quickly. They use a lot of energy and are useful for sprints. They are whitish, as they do not require blood to function.

Slow twitch fibers are best for endurance work, as they can carry out tasks without getting tired. They are present in core muscles. These fibers appear red, as they rely on a good supply of oxygenated blood and contain stores of myoglobin.

Different exercises will promote fast twitch fibers, slow twitch fibers, or both. For example, a sprinter will have comparatively more fast twitch fibers, whereas a long distance runner will have more slow twitch fibers.

We see an obvious contradiction here, because you can't say "so that the muscles get the oxygenated blood they need to keep functioning," and 2 paragraphs below say, "The fast-twitch fibers...are whitish, as they do not require blood to function."

The answer is obviously that all of our muscles need oxygen and therefore blood to function. The fast muscle fibers called "white" are simply lighter in color than the slow muscle fibers which are quite red.

This is due to the fact that these fast muscle fibers are less rich in myoglobin, a red colored protein that transports oxygen in the muscle (like hemoglobin in the blood).

Except for professional athletes, the distinction between slow and fast muscle fibers is not of great interest, especially since all of our muscles contain a mixture of both, although the proportions vary depending on the individual and their training.

On the other hand, it is much more useful to talk about the deep musculature. This musculature includes all the muscles that are located deep down (against our skeleton under the layers of external and visible muscles). Its main role is anti-gravity (to fight against gravity) and stabilization.

This musculature is very important for muscular endurance. Indeed, these deep muscles are designed to remain contracted for hours, every day, without getting tired. That's why, for example, you don't feel any muscular effort when standing or sitting at a desk.

However, without realizing it, these muscles are constantly contracted in order to maintain the position of your body in space.

For example, you can keep your head upright all day long, without even realizing that dozens of deep muscles have been contracted all day. These muscles only relax when you lie down, which is why you need a deep and restful sleep.

Thus, to come back to muscular endurance, although it is not an important criterion of good physical condition, if we wish to develop it to the best of our ability for optimal health, we must begin by training our body to use our deep muscles much more than our superficial muscles to carry out many daily movements.

In addition, we can also work on the efficiency of the movement, which allows us to considerably improve our muscular endurance, without physical change.

This efficiency is the ability to perform the same movement with less effort. This is achieved by working on the essential components of fitness (mentioned above) such as coordination, fine motor skills, or balance.

Body composition

Body composition measures the relative amounts of muscle, bone, water, and fat an individual has.

A person can potentially maintain the same weight but radically change the ratio of each of the components that make up their body.

For instance, people with a high muscle (lean mass) ratio might weigh more than those with the same height and waist circumference who have less muscle.

How is body composition calculated?

There are several methods for calculating body composition. For example, a doctor can measure a person's body fat using tools such as calipers or through bioelectrical impedance analysis to detect fat cells.

The above methods are prone to inaccuracies, however.

Body composition is a vital tool for understanding fitness. When used correctly, it can be used as part of a quick but fundamental analysis of an individual's physical condition and can be used to track physical progress partially.

As a tool for understanding, body composition tells us that for the same mass (commonly called weight) it can vary considerably. This is particularly important in a weight loss program.

Indeed, overweight people have an excess of fat mass and sometimes water (edema) and not of muscle or bone mass. Worse, most of the time, these people have insufficient muscle or bone mass.

However, most of the time, these people are only concerned with calories ingested and the loss of grams on the scale.

However, in a holistic health approach, in the case of overweight (about <15 kg in excess), these people would benefit from working mainly on changing their body composition rather than on losing weight, thus having a two-in-one action (weight loss and increase in muscle mass).

This is the problem with the BMI (body mass index), which is only a weight/height ratio that does not take into account body composition.

Thus, an athlete who weighs 80 kg and is 1m70 tall will be considered overweight according to his BMI of 27.7 when he is absolutely not.

As a tool for monitoring progress, one must be wary of the errors and inaccuracies of bioelectric impedance scales. For more reliable results, we advise you to buy top of the range models and not the cheapest ones. Even in this case, it is wise to combine these measurements with more traditional means such as measuring waist circumference or using a fat caliper.

> *Flexibility*
>
> *Flexibility refers to the range of movement across a joint.*
>
> *Flexibility is important because it improves the ability to link movements together smoothly and can help prevent injuries. It is specific to each joint and depends on a number of variables, including the tightness of ligaments and tendons.*
>
> *Various activities that stretch the joints, ligaments, and tendons can increase flexibility.*
>
> *There are three common types of stretches that people use to increase flexibility:*
>
> *- Dynamic stretching: This refers to the ability to complete a full range of motion in a particular joint. People use this type of stretch in standard warmup exercises, as it helps prepare the body for physical activity.*
>
> *- Static-active stretching: This refers to holding the body or part of the body in a stretched position and maintaining that position for a period of time. One example of static-active stretching is the splits.*
>
> *- Ballistic stretching: People should only engage in ballistic stretching when the body is already warmed up and limber from exercise. It involves stretching in various positions and bouncing.*
>
> *There are a number of ways to improve flexibility. Having a daily stretching regimen can be the simplest and most efficient way of achieving whole body flexibility.*

As mentioned above, it is unfortunate that this article does not mention mobility, a fundamental concept especially in relation to flexibility, as both are intimately related.

Flexibility represents the passive amplitude of all possible movements of our body.

Mobility represents the active amplitude of all possible movements of our body.

Flexibility is, in fact, developed mainly through stretching exercises.

On the other hand, what is being said about the so-called 3 common types of stretches to improve flexibility is catastrophic.

Before we begin, a few important points.

There is no mention of passive stretching in this article. Yet it is by far the most common and most practiced stretch in the world.

No stretching (neither dynamic, nor active, nor passive) should be used as a warm-up. It is a widely proven fact today that one should never stretch before or after intense physical effort, such as playing sports, but always outside of it (at least 6 hours before or after).

Stretching is not only useful to improve flexibility and you can stretch your muscles, tendons and ligaments without stretching exclusively.

Dynamic stretching

Dynamic stretching (active-dynamic) is a poor stretching technique practiced by people who are ignorant of biomechanics and human physiology. It increases the risk of injury and is less effective than passive or active-static stretching.

Be careful not to confuse mobility exercises, which are perfectly appropriate for warming up, with dynamic stretching.

Active-static stretching

Active-static stretching is a good stretching technique to complement passive stretching. The split is not an example of this, nor is any other stretching position. What defines an active stretch is the fact that the subject (the person stretching) must use their own force to do it, as opposed to passive stretching where the subject uses an external force (force of gravity, weight, etc.).

Ballistic stretching

It is surprising to see this stretching technique mentioned in this article given how old, bad and dangerous it is. A real aberration, ballistic stretching is partly inspired by Swedish gymnastics. Widely practiced fifty years ago, ballistic stretching is nowadays little practiced and widely discouraged, rightly so, by anyone who knows anything about the biomechanics of the human body.

The main goal of this stretching technique is to stretch the muscle by shearing it. To do this, the subject makes repetitive back-and-forth movements.

This is obviously useless (because 50% of the stretching time is wasted) and harmful for the muscle (because it leads to more or less important micro-tears).

Summary

In general, fitness means different things to different people.

The important message is that embarking on any regular exercise will be of benefit to a person's health. The more exercise they do, the healthier they will look and feel.

Despite the catastrophic explanations of stretching that we have just discussed, we can only agree with this final summary.

Everyone must decide what physical condition they wish to achieve and maintain during their lifetime. From our point of view, we advise you to aim for a good but above all healthy physical condition, especially if you wish to achieve optimal health.

Regular physical activity is more than beneficial for your health, it is essential!

It is important to note that being more active does not automatically make you look healthier. Excessive physical activity is also a reality, especially among people who are addicted to sports, which can have very harmful consequences on health.

However, the vast majority of us are chronically lacking in regular physical activity, so there is no harm in encouraging people to practice a sport, movement discipline or other physical activity.

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