

LINK BETWEEN FITNESS, NUTRITION AND STUDENT SUCCESS

A JOURNEY WORTH EMBARKING ON

The benefits of healthy eating cannot be considered without also including physical activities because health and exercising are deeply intertwined. Regular physical activity not only improves your body composition, but it also enhances several aspects of heart function, improves sleep habits, reduces stress and positively affects blood pressure, blood cholesterol, regulation of blood glucose and immune function, see figure 1:1 (Wardlaw and Smith 2009, 408).

Unfortunately, not many students practise moderate to vigorous physical activities on a regular basis, and most of them quit an exercise program within one month of initiation.

WHO (the World Health Organisation) recommend 30 minutes of physical activity for an adult and 60 minutes of activity for adolescents, each day of the the week. This can be achieved by jogging or playing a fast game. Vigorous aerobic exercise requires the heart and lungs to work hard to deliver more oxygen to the arms, legs, and brain. Aerobic exercise increases oxygen intake. On the other hand, muscle-strengthening exercise build the body and self-esteem.



STUDENT TESTIMONIAL: GYM CAME TO MY RESCUE AND GAVE ME A VOICE



It all started as 'just going to the gym' but as I started to see results and as I decided to commit myself fully to "going to the gym" everything changed. Maybe a few will get this and relate to it: not everyone is as bold, some of us are even afraid to take compliments from our peers due to the lack of self-confidence and I was "once" there.

Gym came to my rescue and gave me a voice I never imagined myself having. It came and broke barriers that held me down and kept me caged up; some I didn't even know existed. The moment I started hearing whispers of encouragement saying "you can do this" and "keep pushing" I knew the journey had a lot of great things in store for me and I was excited about it. I started to change my diet and by changing my diet I do not mean "starving yourself" as that is what most of us young people tend to think helps. What I did is I ate appropriate portions of meals and followed the right diet to help attain my goal. We don't diet, we eat according to our end goal.

While my peers were struggling with stress; 'STRESS' was something that was completely foreign to me and that is all thanks to working out at the gym. It helped me to balance all spheres of life not only that but also taught me to value my time and most off all to keep calm. As some may say 'I have everything figured out'. Dedication and consistency will take you to greater heights when it comes to gym. You cannot expect the first few months to be easy though as nothing worth having comes easy but as soon as you get the hang of it, it will be a hobby. Just remember your body can stand almost anything. It's your mind that you have to convince. As I said before, Nothing truly great ever comes from a comfort zone.

"Strive for PROGRESS not PERFECTION"- Nhlanzeko Sithabile Ngcobo

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