

Are you truly fit?

Fitness can mean a lot of things to a lot of people. To know if you are truly fit, you firstly need to come up with a definition of what fitness is to you. Fitness to a marathon runner is being able to sustain great aerobic output over a large distance, whilst fitness to an Olympic Weight Lifter is being able to lift the heaviest weight, using set techniques. The problem here is that if we asked these athletes to swap sports, each one would fail miserably. My question; is either one of these athletes truly fit? The problem with the fitness of our marathon runner and weight lifter is that their decision to become so specific at a particular task has destroyed their ability to perform well at a variety of tasks. Webster's Dictionary defines fitness as 'Good health or physical condition, especially as the result of exercise and proper nutrition'. Whilst I would not disagree with this definition, it is very broad and certainly doesn't give much insight on what true fitness really is.

So, if the marathon runner and Olympic weight lifter aren't truly fit, then who is? The truly fit athlete will be equally gifted in all aspects of their physicality i.e. cardiovascular/respiratory endurance, coordination, strength, speed, agility, flexibility, accuracy, stamina, balance and power. It is only when you are balanced within these ten principles of fitness that you can claim to be truly fit.

Now this may seem to be a bit daunting to the 'average Joe' trainer out there who has no specific goals, however the 'average Joe' is the person who can benefit the most from this type of training. Whether you want to be able to play with your kids for longer or put in a good days work in your garden, you will find that employing these principles to your training will allow you to adapt to the unpredictability of everyday life.

To put it simply, I have included a quote my favourite fitness website: www.crossfit.com.

World Class Fitness in 100 Words

- Eat meat and vegetables, nuts and seeds, some fruit, little starch and NO sugar. Keep intake to levels that will support exercise but not body fat.
- Practice and train major lifts: deadlift, clean, squat, presses, clean & jerk, and snatch. Similarly, master the basics of gymnastics: pull-ups, dips, rope climb, push-ups, sit-ups, presses to handstands, pirouettes, flips, splits, and holds. Bike, run, swim, row, etc, hard and fast.
- Five or six days per week mix these elements in as many combinations and patterns as creativity will allow. ROUTINE IS THE ENEMY. Keep workouts short and intense.
- Regularly learn and play new sports!

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The information contained in this article is the authors' opinion and should be used as a guide only. If you plan to undertake an exercise program you should first consult your medical practitioner and fitness professional.