

What is your realization after watching the presentation of Vincent Lam? *

I am one of the people who also have reasoned that "I don't have time to exercise." But I realized that it's not a legitimate excuse if health is what we're talking about. According to the video I've watched, exercise is key to a healthier lifestyle. The benefits that we can gain in the exercise include reducing serious health conditions, enhancing brain functions that can make us smarter, improving mental and emotional health, helping us to be more disciplined as an individual at school or at home, and making us more positive both inside and outside. In conclusion, we will obtain all of this with a good diet and exercise. I realized that I should change the way I think about it if I want to be fit and healthy. I'm supposed to think about my future self and start incorporating exercise into my life. Even if I don't want to, I should force myself to do it because it's for my sake, too. I should learn to love and enjoy things that are beneficial to me. It's going to be hard at first, but after seeing his presentation, I'm extra-motivated to start and just keep going until I make progress. As the speaker said, it doesn't happen immediately, it's a process. And maybe like him, I'm going to enjoy exercise the more progress I'm going to create, and one day, I did not notice that I'm doing it every day without pushing myself.

Can physical fitness be only achieved through exercise? Justify your answer. *

I believe that physical fitness cannot be only achieved through exercise. Exercise can be interpreted as an activity that is more difficult than what you're doing on a regular basis. What may be viewed as an exercise for one person would not be an exercise for the other. For example, if you typically go for a walk after you eat then walking will be considered physical activity and not exercise. Also, if you ride a bike going to school every day, this will become a physical activity for yourself and not exercise.

In conclusion, not only exercise will help you achieve physical fitness, but also physical activity. Kids, teens, and adults of all ages require physical activity on a regular basis because it encourages good health. We must also recognize the importance of physical activity and be mindful of how vigorous we could be since it can also help us to develop good health and improve our quality of life.

What is the difference between health-related fitness and skills-related fitness? Which is more important?

Health-related fitness activities can be integrated into day-to-day routines, which are often defined as life-long activities. Skills-related fitness, on the other hand, includes health-related components, but they also include components related to physical activity. The idea of health-related fitness includes activities that you do to improve your physical health and remain fit, especially in the areas of cardiovascular endurance, muscle strength, flexibility, muscle endurance, and body composition. Skill-related fitness requires training to improve speed, agility, balance, coordination, strength, and response time. They are usually used to help athletes boost performance for their particular sport or activity. For me, health-related fitness is more essential since it relates to how healthy your body should be while skill-related fitness is much more like what you can do with health-related fitness.

