

Fitness and Wellness: a measure of your Health

Physical therapists are a valuable resource when you are looking to improve your fitness and wellness. They receive extensive training in correcting the limitations a person may have that can adversely affect their health and are also knowledgeable when it comes to helping the healthy individual looking to improve their abilities. Physical therapists can help you analyze your current fitness and wellness level in order to develop a plan that helps you achieve your goal—whether that is losing weight, running a marathon, or simply standing up and walking without pain.

****Movement is the basis of fitness and wellness, so the more you move, the better your health and life will be. Ask a physical therapist what they can do to help you move better.**

Wellness: ability to perform all activities of daily living without excessive physical stress or fatigue; the absence of pathology.

Fitness: can be divided into 9 principles

1. **Strength:** the greatest force a muscle or muscle group can exert at a given velocity.
2. **Power:** the timed rate of performing a specific task; more precisely $\text{Power} = (\text{Force} \times \text{Distance}) / \text{Time}$
3. **Agility:** the ability to quickly change movement direction or velocity
4. **Balance:** the ability to maintain a physical position against external forces for a given time period.
5. **Flexibility:** a measure of an individual's range of motion. Static flexibility refers to the total movement possible about a joint. Dynamic flexibility refers to the range of motion of a joint during active movements.
6. **Muscle Endurance:** a single muscle's resistance to fatigue.
7. **Cardiovascular Endurance:** the efficiency of the cardiovascular system to deliver oxygen and nutrient to the body during work.
8. **Strength Endurance:** the ability of a muscle to perform repeated maximal contractions.
9. **Coordination:** the ability of an individual to combine the above 8 principles to achieve efficient movement.

1. Tancred, Bill. "Key Methods of Sports Conditioning." Athletics Coach. Vol. 29, No. 2, p. 19.
2. Baechle, Thomas R.; Earle, Roger W. Essentials of Strength Training and Conditioning. Human Kinetics, 2008.