

SPORT AND URBANISM.

Physical fitness is the ability to do a daily physical workout without feeling too tired.

The components of physical fitness are *Strength, Endurance, Speed, and Flexibility.*

It's also very important, since you need it to have a healthy lifestyle.

So, here are 10 activities that you can do in your city using urbanism in order to improve your physical fitness.

1- Travelling by bike:

You can travel to places around your city or town instead of going by car, to help improve your **endurance** and **strength**.



2- Gardening activities:

Such as raking and pushing a lawn mower, as they help improving your **strength**, **endurance** and **speed**.

3- Stretching:

Just like when you wake up, it's good to stretch properly, so do flexibility exercises that stretch all the major muscle groups. You should do these a minimum of two to three days per week. To improve balance and mainly **flexibility**.

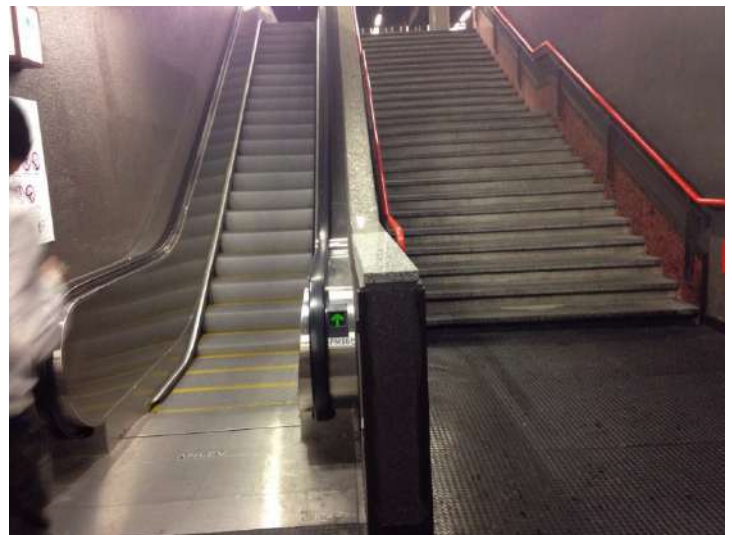


4- Travelling by foot:

You can walk or jog to places around your city or town, and it helps improve your **endurance** and **speed**.

5- Use the stairs:

Next time you go to a mall or the subway instead of using the escalators or elevator, use the stairs, as it helps improving your **strength**, **endurance** and even your **speed**.





6- Heavy gardening:
Digging and shoveling.
It's not the same as the second one, as this one mainly focuses on **strength**.

7-: Help injured people:

If you happen to know somebody who needs crutches or a wheelchair, help them move or carry their stuff!

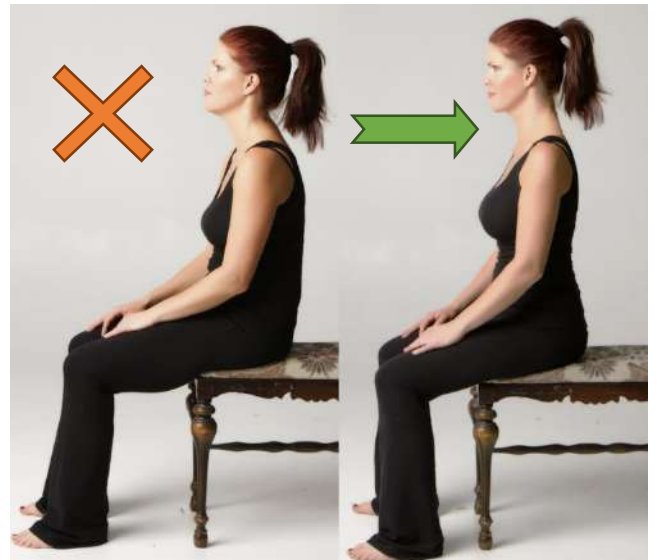
This can help your acquaintance and you, as it can improve your **strength** and **endurance**.



8- Walking your dog:
You can walk your dog or pets to new places and it helps you and the animal! For you though, it helps improving your **endurance**.

9- :Doing postures properly:

Try to sit correctly or sleeping with your head placed correctly on your pillow. This will help your health, by not having muscle or bone problems, and will also improve your **flexibility**.



10- : Doing chores:

Believe it or not, things like making your bed, mopping the floor or hanging out the wet clothes can help you improve your **flexibility**, your **strength** and even your **endurance**!



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24/11/2021