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Trends in fitness industry: Do they improve or deteriorate health of exercisers?

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Taking into account the number of participants, the recreational exercise represents the most frequent area of physical exercise. Regular, goal-oriented and supervised exercise positively influences many present-day health problems, such as: Diseases of cardiovascular system, insulin-independent diabetes, obesity, depression and other. Having said this, it can be concluded that the physical exercise should play an important role in our everyday habits, not only because it is fun, but because it has big health preventive and therapeutic benefits. In order to realize all advantages of the physical exercise, it is important to plan the exercise and to have it conducted under the supervision of a professional. It is also important that the program of the exercise is adapted to the individual characteristics of a person. If not, they can prove inefficient and even dangerous. Unfortunately, present-day trends in the recreational exercise pay little attention to the safety aspects of movements, the correct technique of the exercise performance, the consciousness of the body biomechanics, and the respect of the lawfulness and the sequence of the development of the certain skills - all that can be grouped by a common term in "intelligent exercising". Various trends in sport recreation, as well as the programs themselves, are often very well commercially advertised and become "modern" very fast, but their content is of a suspicious quality and they often have consequences to the human body in the form of minor or major injuries of the locomotor system. This paper gives an overview of the problems and dangers of conducting such recreational programs and demonstrates the most frequent consequences for the exercisers, such as injuries, overtraining and other.

Biography

Slavica Zeger has completed her Master's degree at the age of 28 years from Faculty of Kinesiology, University of Zagreb, Croatia. For 10 years she was a member of TKD club "Banija" of Croatian Taekwondo Federation (HTS), and active taekwondo competitor. She has extensive experience in the fitness industry as a Group Fitness Instructor, Personal Trainer and Pilates Instructor.

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