

# International Conference on **Sports Medicine and Fitness**

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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 "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.

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### **Male and female eating disorders in fitness sports**

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Fitness sports may be considered high-risk sports for the development of eating disorders (EDs), along with aesthetic sports, weight division sports, endurance sports, and sports with vertical moves. Based on previous research, the purpose of this presentation is to better understand the relationships between EDs and fitness sports among men and women. Fitness activities themselves cannot be associated with EDs; different fitness sports are associated with different EDs among males and females. The fear of gaining weight or the desire to lose weight leads women to practice cardio-based activities and notably cardio-based fitness classes. Nevertheless, fitness classes seem not to be the preferred physical activity for women suffering from EDs and fitness sports play an ambivalent role in EDs. In contrast, many men who are unhappy with their body appearance choose bodybuilding to increase their muscle mass and develop EDs. Muscle dysmorphia is characterized by the desire to increase muscle mass and lose body fat, and also includes obsessive compulsive features that are typical to those related to EDs. Muscle dysmorphia is common and has been mostly studied in competitive bodybuilding. The development of EDs in fitness sports among men and women is related to social norms of attractiveness in the Western Society. Further studies are needed among women to analyze more in depth the relationship between other more unstructured cardio-based activities and EDs. Among males, further psychosocial studies with quantitative and qualitative methods, notably among non-competitive bodybuilders, would permit to better understand male EDs in fitness sport.

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