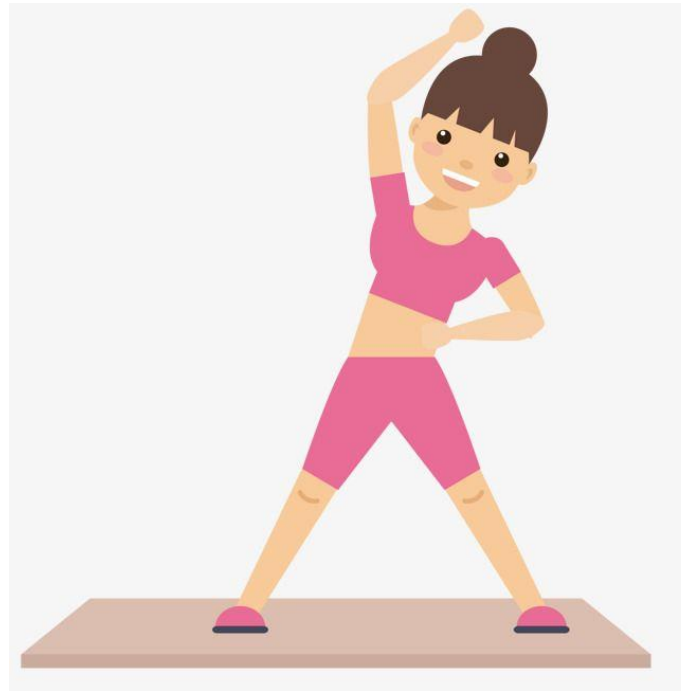


KEEPING FIT

Daniela Stašová

What does keep me fit?

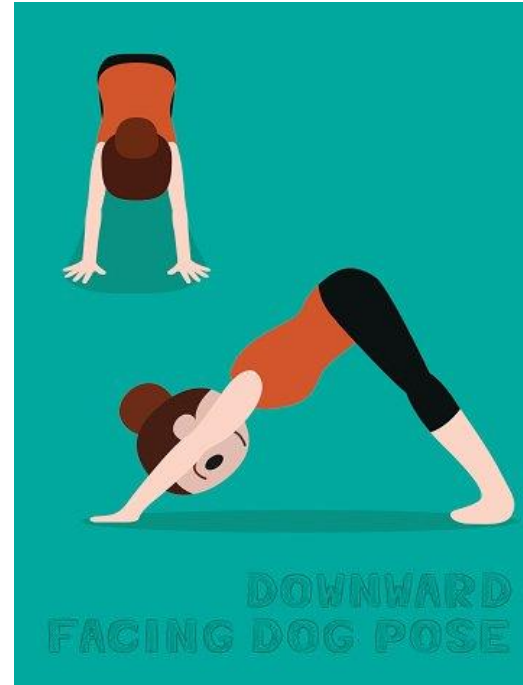
- ▶ I adore sport as it keeps me fit and healthy. I believe, it is a wonderful thing to do for health. I also love healthy food as it is essential to stay fit.



My types of exercising

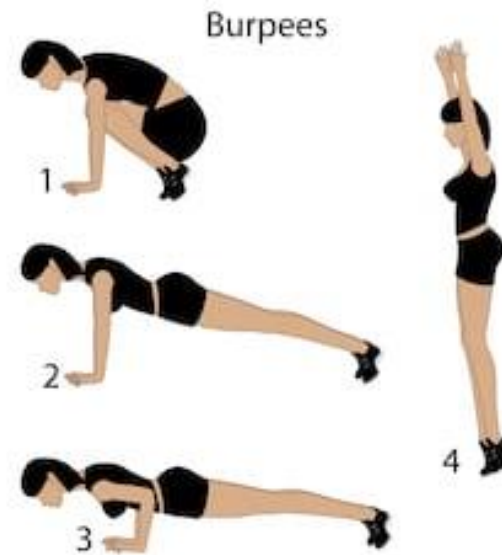
These are the types of exercising I enjoy doing:

- ▶ **fitbox**
- ▶ **tabata**
- ▶ **yoga**
- ▶ **pilates**
- ▶ **body weight exercises**
- ▶ **exercises with light weights**
- ▶ **walking**
- ▶ **running**



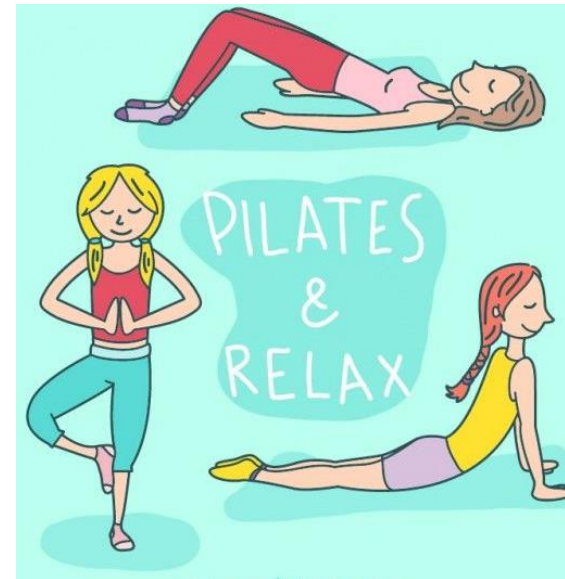
Fitbox and Tabata

- ▶ I absolutely adore fitbox as it is challenging. To be honest, if I compare it to my other styles of exercising, I think fitbox is the hardest. With fitbox I burn many calories. It involves a lot of jumping, punching and kicking into a bag. I am always looking forward to fitbox workout with my nice trainer Inge in Fitness Orlando. On the other hand, I am keen on tabata too. In tabata workout I love to do push ups, jumping jacks, burpees and so on.



Yoga and Pilates

- ▶ However, I also like stretching exercises and exercises for mental health. I reckon, it is vital to be flexible as it helps you to have a good posture. I love to exercise pilates and yoga with my friends.



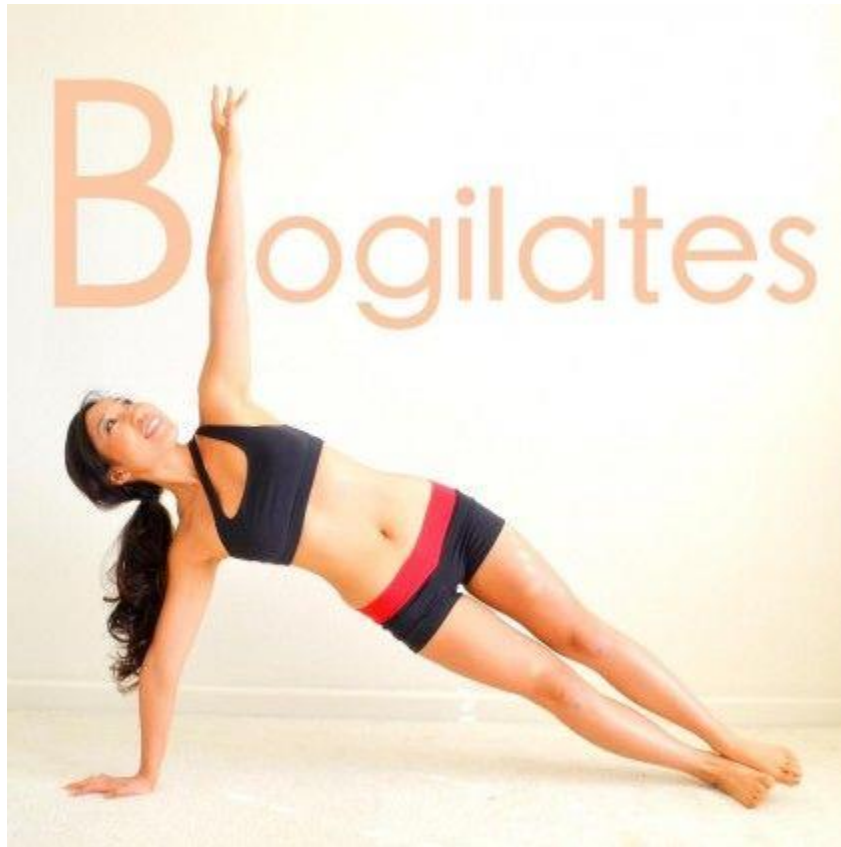
Walking and Running

- ▶ I am into exercising in nature. I adore walking and running with friends in parks and peaceful forests. It is amazing.



My body weight workout

- ▶ I believe, it is great to do various exercises. I do exercises from my favourite youtuber Blogilates. She is an amazing trainer for body weight exercises. She is a positive person and has done many videos about exercising properly.



Working out with light weights

- ▶ I do exercises with light weights after cardio workout. I usually exercise with dumbbells, kettlebell and ankle weights. The feeling after my workout is mind-blowing. I feel much stronger.



My eating habits

- ▶ In my view, I think it is important to eat healthily and not just exercise. Eating is a part of a healthy style too. That is why I eat a lot of fruit, vegetable, dairy products, fish, nuts, seeds and so on.



These are the resources I used for some pictures

- ▶ <https://www.fitnessorlando.cz/>
- ▶ <https://www.shutterstock.com/cs/search/burpees>
- ▶ <https://www.thenpclinic.com/top-6-psychological-tools-for-living-healthy-lifestyle/>
- ▶ <https://www.dinneratthezoo.com/broiled-salmon-fillets/>
- ▶ <https://www.deannaminich.com/colors-of-fruits-and-vegetables/>
- ▶ <https://in.pinterest.com/pin/853080354396268832/>
- ▶ <https://cz.clipartlogo.com/istock/yoga-downward-facing-dog-pose-cartoon-vector-illustration-1518043.html>
- ▶ <https://www.pepeta.cz/kresby-na-prani/>