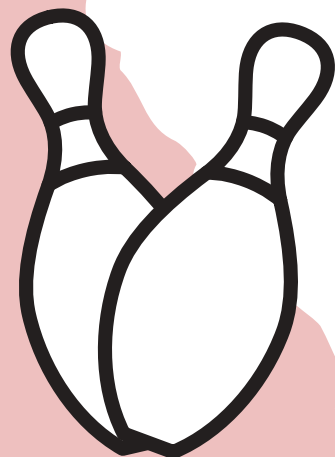


Keeping fit

Idaira Reyes Hernández

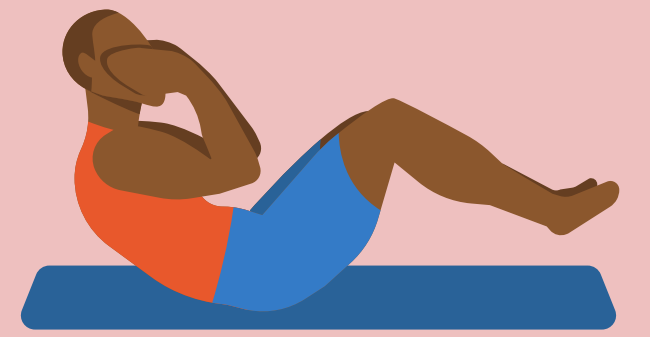
1.1 Bachillerato



What I do to keeping fit?

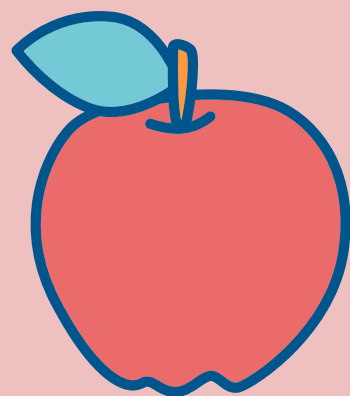
For keeping fit I:

- Do sport in my house, I design a lot of circuits with different types of exercises like:
 1. Squats: Traditional squats, sumo squats or jump squats
 2. Crunch: Traditional crunches, bicycle crunches or kick crunches
 3. Plank: Front plank and side plank
 4. Jumping Jacks: or star jumps
 5. Punching: I usually accompany them with knee lifts
 6. Donkey kicks: To do it we need raise the bent knee in quadruped
 7. Bridge: or pelvis lift
 8. Dumbbell daises: Front dumbbell daises or side dumbbell raises
 9. Russian twist: It is a type of exercise that is used to work the abdominal muscles by performing a twisting motion in the abdomen.
 10. Inchworm: or the worm





- I go to run or walk many times a week (Five or six times a week)
- Before quarantine I usually go to the swimming pool usually because my favorite sport is swimming. I practice it since I was little, I stayed six years in swimming class and I did a lot of swimming competitions.
- I usually eat healthy fruits and vegetables. One of my favorite foods is the salad, it tastes good to me and it's healthy



My opinion of keeping fit

I always think that it is very important to keep fit to be in good health. It is very important do sport and stay active, even if we are lazy, it is necessary. It is always a positive thing to eat healthy, but we do not always have to eat healthy, there are times when one can indulge himself, not very often, but rarely. It is not good to stay in shape just to be slimmer, but to be healthier. In conclusion, for me doing sport is something important, positive, entertaining, necessary and if we accompany it with healthy food we will have excellent health, and for me the most imposing thing is health.

