Fitness Facts

Laborers have jobs that put big demands on their bodies all day, every day. This means they need to be strong, healthy, and fit. But what does fitness really mean?

Being fit means a lot more than having big muscles or flat abs. It also means having enough stamina to get the job done, controlling stress, and eating well. And in turn, being fit helps lower your risk of diseases like cancer, heart disease, obesity, and Type 2 diabetes. Keep reading for more about how eating well and getting physical activity can help you avoid these health problems.

Type 2 Diabetes

Type 2 diabetes (sometimes also called adult-onset diabetes) is a huge health problem in the US. It is directly related to being overweight and not getting enough physical activity. The number-one thing you can do to keep Type 2 diabetes at bay is maintain a healthy weight for your height and age.

Obesity

Being overweight is very hard on the body: it puts stress on the heart muscle and can cause high cholesterol and heart disease. Being obese can also raise your risk of developing certain cancers. Eating lots of fruits and vegetables is a great way to help control weight, as is getting the right amount of physical activity.

Heart Disease

Although Laborers do hard physical labor and may burn a lot of calories at their jobs, they don't always get the kind of physical activity that helps the heart. To keep your heart strong, it's important to do some form of activity that gets your heart rate up (like brisk walking, for example). And physical activity is a great stress reducer, which also helps the heart beat healthier.

Cancer

Because many Laborers smoke and/or work around materials that may cause cancer, it's important to eat fruits and vegetables and get enough physical activity. Both have been proven to lower cancer risk in the long-term—and keep you feeling fit in the short-term.
A Final Word on Fitness

Results of a long-term study of 3,000 Americans show that people who have lost weight and kept it off have four things in common. They:

- follow a low-fat diet with lots of fruits, vegetables, and whole grains
- eat breakfast every day
- monitor their weight closely
- get lots of exercise

Most of the people who lost weight walk a lot, but many also lift weights and cycle.