

THE PHYSICAL SHAPE AND BODY WELFARE

Gjulio Zefi

University of Shkodra “Luigj Gurakuqi“ Shkodër, Albania
E-mail: giuliozefi@yahoo.it

Abstract

By the beginning of sixties, a great interest started concerning health and in particular about physical welfare. People began to “shake” themselves from laziness in order to improve bodily image and be back in the previous shape. Why all this? It has got an answer; millions of people are having a better physical shape as they used to have in the past and they are tending to keep it simply because they feel better. To be in good shape makes you mentally capable and physically skilful and it increases the ability to cope with everyday challenges.

One of the most interesting reasons to undertake physical exercises is the fact that only few of them involved in such exercises intend to step back. The answer is simple; if they try to be back in their inactive life they led before they would not feel well. There is only one way to find out that even you wish to feel better and have a good physical form; try it and see if you like it or not. It would be pity if you convinced yourself not to try something like that. Perhaps you should better be informed about something so important; there are some ways to use in order to have a good physical shape. If you do not like the idea of wearing trainers, run or jog in the fresh air, then find out another way to do something else. In these pages we will examine a wide range of physical activities in order to find an activity that better suits you.

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