Physical fitness is the key to a long, healthy life. People spend years in the gym trying to reach their own personal pinnacle of fitness. Two basic workout routines to choose from is power lifting and endurance training. Every individual has his or her idea about what will work for them. Unfortunately, they do not always now all the facts about what to do. Some use power lifting to reach their goal some use endurance training to build a lean, healthy body. Each has it’s own beneficial outcomes. Individuals must first decide which road to travel. What outcome they hope to find at the end of that road. However, hardly anyone learns the facts before making a decision.

Power lifting is a popular sport used in many areas of life today. Such as professional body building for competition, strong mans competition and even for athletes who play professional sports. Power lifting is a very hard way of training. It takes months before one will ever see a dramatic difference in their fitness level. A lot of heavy weight, sweat, and even personal injuries is involved. By power lifting, one puts extraordinary amounts of strain on the joints and ligiments in the body. The body is designed to withstand extreme amounts of abuse over time the body is not as durable at thirty as it was at seventeen. Stabilizer muscles where designed to hold the joints in place and keep the body stabalized. If the muscles are not worked appropriately, then the tendons and muscles will be forced to stretch and sometimes rip. They’re are all kinds of pharmaceuticals available in today’s market to help the body adjust to the strain, however doctors have researched to conclude that injuries will be inevitable.

Physical fitness plays an important role in today’s society. With all the distractions in the world, one tends to neglect their bodies. Which leaves a reason for the rise of infectious diseases, shortened life span, and low self esteem. Physical training can lead to a physically fit, long, healthy life.