

# Fitness

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Unter **Fitness** wird im Allgemeinen körperliches und oft auch geistiges Wohlbefinden verstanden. Fitness drückt das Vermögen aus, im Alltag leistungsfähig zu sein und Belastungen eher standzuhalten. Der Begriff ist insofern ungenau, als er als Modebegriff nicht klar definierbar ist und von verschiedenen Personen und Interessengruppen unterschiedlich interpretiert wird.

Das Risiko für Zivilisationskrankheiten wie Herzinfarkt und Fettleibigkeit kann durch ein gezieltes Fitnessstraining verringert werden. Konzentrations- und Lernfähigkeit werden gesteigert. Menschen, die sich aktiv fit halten, gelten als gesünder und leben, statistisch gesehen, länger.

Zur Fitness von Körper und Geist gehört zum einen eine regelmäßige körperliche Betätigung, zum anderen eine gesunde, ausgewogene und nähr- wie ballaststoffreiche Ernährung. Ungesunde Ergänzungsmittel (Doping, Anabolika) sind mit Fitness genauso wenig vereinbar wie die Beschränkung auf reines Krafttraining wie es teilweise im Bodybuilding zu finden ist.

## Geschichte der Fitnessbewegung

Der Ursprung des modernen Fitnessgedankens als vereinsfreier Sport liegt in der zumeist bürgerlichen Lebensreform-Bewegung am Ende des 19. Jahrhunderts. Die Bewegung in der freien Luft (oder auch bei offenem Fenster) wurde als Ausgleich zu der zunehmend industrialisierten Umwelt verstanden. Es entstanden schon damals zahlreiche Kraft- und Kunststätten, Licht- und Luftbäder genannt. In ihnen wurde streng nach Geschlecht getrennt trainiert. Auch Systeme für das Heimturnen (zum Beispiel von August Sandow oder J.P. Müller) waren verbreitet, wobei schon damals auf Effizienz und Disziplin beim Training Wert gelegt wurde. Zeitschriften wie „Kraft und Schönheit“ machten Fitness bekannt. Zahlreiche Fitnessgeräte wie Ruder- und Fahrrad (Spinning)-Gerät stammen aus dieser Zeit. Zunächst wurden sie hauptsächlich in den Sanatorien verwendet.

Im Nationalsozialismus wurde der Fitnessgedanke pervertiert (Leni Riefenstahl, Hans Surén) und ein neuer arischer Idealkörper modelliert, der andere, insbesondere behinderte Menschen, ausschloss. Der einzelne sollte sich stählen, um den Anforderungen, die der darwinistische Überlebenskampf der Völker stellte, gewachsen zu sein. Diese Ansätze waren nach 1945 diskreditiert.

Erst in den 1960er Jahren wurde die Fitnessbewegung in Deutschland aus den USA re-importiert und immer stärker auch kommerzialisiert. Die bedeutendsten Ikonen der Fitnessbewegung sind Arnold Schwarzenegger (Bodybuilding) und Jane Fonda (Aerobic). Ein Pionier der Fitnessbewegung in der Schweiz war Jack Günthard. Seine morgendliche Radiosendung „Fit mit Jack“ ab 1975 sollte bei den Zuhörern das Gesundheitsbewusstsein fördern.

Mit den Olympischen Spielen 1972 wurde die durch den Deutschen Sportbund 1970 gestartete Trimm-dich-Bewegung sehr populär.

Ein regelrechter „Fitness-Boom“ setzte in den 1980er Jahren ein. Ein Kennzeichen dieses Booms war die rasant steigende Zahl sogenannter „Fitnessstudios“, in denen die Fitnesswilligen gegen Bezahlung trainieren können. Heute sind diese Studios zum Teil in Ketten organisiert.

## Fitnessstraining in der Gegenwart

*Siehe Unterartikel: Fitnessstraining*

Fitnessstraining ist ein äußerst weit fassbarer Begriff. Prinzipiell ist jede gesunde sportliche Aktivität eine Form von Fitnessstraining, z. B. Training im Sportverein, im Fitnessstudio oder selbst das Vermeiden von Rolltreppen und Aufzügen zugunsten von Treppen – also auch Bewegung im Alltag. Gezieltes Fitnessstraining beinhaltet meist Ausdauertraining, Krafttraining und Koordinationstraining. Unter Beachtung gesundheitlicher Aspekte mit Berücksichtigung des Alters ist es auch für Kinder und Jugendliche wichtig, ihre Fitness, Koordination und

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Widerstandskraft zu steigern.

## Fitness und Gesundheit

Fitness hat im Zusammenhang von vorbeugenden Maßnahmen gegen Erkrankungen sowie die Volkskrankheit/Zivilisationskrankheit Krebs eine steigende Bedeutung erlangt. Dies gilt vor allem für Lungenkrebs und Darmkrebs. Daher haben die Deutsche Krebshilfe und ihre Selbsthilfeorganisationen zum „Darmkrebsmonat März 2012“ in Deutschland ihren Appell zu gesundem Leben und Fitness mit einem umfassenden aktuellen Informationsangebot verbunden, das die von der Röntgenärztin Mildred Scheel gegründete gemeinnützige Organisation kostenlos zur Verfügung stellt. Ratgeber, Präventionsfaltblätter, Plakate sowie Patienten-Informationenfilme auf DVD können bei der Krebshilfe bestellt oder im Internet heruntergeladen werden.<sup>[1]</sup>

Die Experten machen Bewegungsarmut und Übergewicht für die hohen Erkrankungszahlen bei Darmkrebs verantwortlich.<sup>[2]</sup> Der Ärztliche Direktor des Zentrums für Prävention und Sportmedizin, Prof. Martin Halle (Technische Universität München) fordert die Bürger dazu auf, sich täglich mindestens eine halbe Stunde lang sportlich zu bewegen, um Fitness zu erreichen und zu halten.

## Einzelnachweise

[1] Deutsche Krebshilfe Hauptgeschäftsführer Gerd Nettekoven, Ankündigung vom 28. Februar 2012)

[2] Bundesweiter Appell des Expertenteams zum Darmkrebsmonat vom 1. März 2012 ([http://www.krebshilfe.de/aktuelle-themen.html?&tx\\_ttnews\[tt\\_news\]=3091&tx\\_ttnews\[backPid\]=158&cHash=9a33a19fd1](http://www.krebshilfe.de/aktuelle-themen.html?&tx_ttnews[tt_news]=3091&tx_ttnews[backPid]=158&cHash=9a33a19fd1)) abgerufen am 11. März 2012

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