

# Exercise and Prevention of Chronic Disease—An Introduction to Physical Fitness

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## Abstract

Recently, the mortality rate of the chronic disease has become the greatest number among the tenth major causes in Taiwan area. One way to prevent chronic diseases is to exercise regularly. Physical fitness programs using scientific method are safe and efficiency. Physical fitness should include five major elements, designing of the training course and procedure of the training. For those who pursuing the better quality of life, the acquaintance of physical fitness and exercise accordingly are necessary. This article is the introduction of the health physical fitness via exercise and prevention of the chronic disease. It is intended to bring some benefits for those who are interested in physical fitness activities.