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## FITNESS AND WELLNESS ACCORDING TO COACHING DIRECTION CONCEPTUAL APPROACH

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### ABSTRACT

In the last decade, in the world health maintenance and fitness of the field development along with, various reasons according to physical exercise with depends individuals to the concept of " coaching ". interest increased. Indeed, American Sports medicine college information according to fitness according to coaching and health according to coaching is also in the world fitness trends according to the first to ten enters This of research purpose health storage and fitness institutions and managers and their employees for fitness and wellness concepts clarification through their differences open is to give.

### KEYWORDS

Fitness, Healthy marriage style, Coaching, Intellectual, Professional, Individual, Physical Activity, Conceptual.

### INTRODUCTION

Of people physical , spiritual and social in terms of achieved achievements , studies as a result physical to exercises has been interest day by day increased is going International Health Save , Racquet and Sports clubs association (International Health , Racquet and

Sports Club Association IHRSA) report according to the world across health storage and fitness clubs members number of 174 million increased went Industry income and 87.2 billion from the dollar increases and revenue in 2023 about 113 billion to the dollar reach planned . In

addition, health today storage and fitness institutions number of 201 thousand increased

In the world health storage and fitness to the field has been interest and development equal to last decade to the concept of " coaching ". interest benhoya increased American Sports medicine college (American by the College of Sports Medicine (ACSM). conducted the world across fitness trends according to in research fitness according to both coaching and wellness according to coaching is also health storage and fitness in the field the first to ten entrance it was emphasized.

Fitness and wellness concepts, health storage and fitness in institutions present to be done of service basis organize is enough These are concepts many sectors, especially private each other in the sector in place or wrong in a sense is used. This of research purpose fitness and wellness concepts clarification and coaching in the concept differences open from giving consists of

Fitness concept, eng simple in form, physical preparation, that is of the body efficient and efficient work ability means Fitness of the person efficient to work, empty from time to his pleasure service does Healthy and it is hypokinetic diseases or to the circumstances against standing up plays an important role. Fitness level development many to factors depends although - although regular physical optimal health without inactivity level reach possible it's not.

Fitness the concept is at least five health and skill with dependent , six ( performance ) constituents from parts consists of prosperity is a state , each of them is a life common to quality contribution adds Health storage with depends of fitness components are the heart blood vascular system, muscle , muscle strength , flexibility , patience and from body composition consists of of fitness structural parts of the disease prevention get health storage for very important

of fitness usefulness how to work depend For example , waist and condition problems prevention get for average strength Demand is high level endurance while collective sports types and the weight raise such as at work good helps to work .

Fitness with coaching people necessary goals about cooperation make , various different methods search and environment creation systematic process means Marriage style with depends coaching himself change and personal development programs planning and done to increase ready has been persons for instruction and support process means Coach to people personal responsibility and deep thinking teaches , where that they are , where to go that they want and goals how achieve helps to understand .

Any in the field that it was like , fitness in the field individuals are also physical exercises technique according to wide comprehensive program or recommendations for to teachers need He will help

them in this regard person - fitness according to is a teacher . Fitness according to a teacher is physical exercises according to expert , own members for the most suitable exercises program which creates it who uses and physical evaluation with own goals reach for person who manages human Theirs main purpose of people healthy marriage style acceptance it 's good to do eating and enthusiastic to be is to help . In addition , fitness according to teachers themselves with to those who work own in feeling the effectiveness and their own physical to the results effect in doing role they help in understanding .

Labor conditions depending on fitness of teachers duties is as follows :

- Physical exercises and physical to the activity preparation according to questionnaire to members apply
- Members physical of preparation present level determination for tests transfer
- To the members real goals in setting , it is necessary when goals in the change and to the program compliance to do for necessary motivation help in providing ;
- Members goals and development account received without the most suitable exercises program Create and need when program change ;

• Members necessary instructions about informed to do and exercises safe and efficient perform methods demonstration reach

• Wrong or Dangerous exercises technique or whole program correction ;

• Most of the time damage risk minimize free weight for exercises with help members ;

• Exercise of the program efficiency for of members disadvantages and development note to achieve

• Health storage and fitness in the field of members to the questions right answer to give for constant respectively information updated stand up

Health is a lot these days in places appear has been famous word Healthy marriage style , healthy marriage programs , healthy marriage centers , healthy marriage competitions , conferences , healthy lifestyle magazine, healthy marriage style managers , healthy marriage rewards , healthy lifestyle tourism, healthy marriage additions and even healthy marriage a dog with a brand and a cat food in the form of it seems

To health in approach a person personal responsibility own undertake take and own health in storage active to be need To these people own to health care in doing active role and responsibility will give . Healthy marriage in the style of enough sleep and recreation , experience , food , social communication and

supportive relationships such as habits of health balance provides. Health physical , emotional , intellectual , social , professional , environmental , spiritual and financial measurements with whole and a lot is dimensional .

First six Dimensional ( occupational , social , intellectual , physical , emotional , spiritual ) health care model was developed in 1976 by Dr. Bill Hettler by work developed

- Physical measurement - Physical regular participation in activities healthy eating and physical body activity .
- Emotional Measurement - feelings , values and relationships to understand and respect to do , the feelings of others to understand show
- Intellectual Measurement - new skill and abilities constant respectively take over and creative application , self who manages behavior through to learn for life loyalty
- Social Measurement - S is strong relationships storage , etc with from being pleasure , friendship and near relationships development .
- Professional Measurement - Values , goals and marriage style according to personal satisfaction . of life wealth which provides at work participation to achieve

• Environment Measurement - Environment and person between harmony , human environment to manage has been interest of the person like the environment behavior effect does

• Spiritual measure – Religious or life with depends purpose , value and to understanding have to be , to believe and to values according to at events participation to achieve

• Financial Measurement is financial health is a person's there is from the situation satisfaction and near in the future financial situations mobile to do ability , personal finance over knowledge and control . Financial health is a person's personal financial of the situation objective perception and subjective taking into account the indicators get is the ability .

Health according to coaching field very wide service as appear that it was due to , physical exercises and sports sciences such as areas finished persons and fitness teachers for new chance created That's it due to health coaching part of his career that which counts there are many people. Members requirements , health storage in the field news , personalized service and good individual fitness according to teacher to be desire this education to get for necessary has been main are the reasons .

Health according to the coach is of the people behavior change in the process to them convenience the person who creates . Health according to coaches are coaches

theories and methods used without health preservation, health and fitness in the field specialists. Health storage according to teachers health and fitness according to sure to goals have has been members with and personal or professional to goals works with people who have

this thread when spoken Fitness Coaching and Wellness coaching between differences understanding need Saying should be two trainings prevention regarding health storage about that helps people passionate, reliable and talented are experts. But that's it similarities reason fitness training and wellness training concepts many each other in the fields in place to be used brought

## CONCLUSION

None doubt no, fitness and wellness concepts many structural parts in the middle strong relationships there is. Fitness common health strengthening, from diseases protection do, cognitive functions increase such as advantages offer if he does, this person empty in time participation increases, which is usually satisfactory social experience is considered In addition, fitness concept and content disease and early scientist risk decrease possible about very a lot evidence there is.

However, fitness neither health and neither health means In addition, health and health concept fitness to the concept than much wide to the meaning have So

doing fitness concept health and health concepts with are related, but they are the same it's not. Because health not only physical, perhaps much a lot measured will be

Other on the other hand, health physical, emotional, intellectual, social, professional, environmental, spiritual and financial measurements with whole approach features have That's why for these two of understanding cause released difference to education has been it is also reflected in the approaches.

Fitness in coaching person teaching and with him work about talk when leaving, health in coaching person more to understand and to him leadership to do very important Fitness in coaching teacher leader is considered and a member to the teacher follows. Health according to in coaching decisions wide spread out and teacher of the member to the situation it helps to look. Fitness according to teacher uncertainties determination through to solve problems movement makes, health according to teacher while opportunities identifies the person his concerns according to manages

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