

FitNet Pro Encourages Young People to Hit the Gym

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FitNet Pro, an online health group, is launching an online campaign to help young people visit the gym more often. The campaign comes at a time when many studies show an increase in cases of health related diseases among people in their twenties.

“Lifestyle diseases are now more common in people aged thirty or less. It is shocking actually, but then it is a fact we must all act upon. Fortunately, there are enough studies to prove that exercising helps reduce these diseases. In one poll from an L.A college for instance, almost 50% of people aged 30-39 feel that there are at better physical conditions compared to those in their twenties. Almost all people questioned in the study were also regular gym visitors. We want to do something about it. And launching this campaign is only the beginning,” Harvey Miller, the group founder said.

In another study done in the UK, people in their thirties also exhibited healthier lifestyle habits than people in their twenties or even teen years. According to the study, almost 25% of people aged less than thirty drank up to 6 alcoholic drinks in a week. Also, the younger group also ate fewer vegetables and fruits compared to their counterparts in thirties.

On the other hand, there have been theories as to why people get conscious of their health in their thirties. One theory cited by Tehrane Michael, a fitness expert, cites costs and lack of family commitments as reasons young people shy away from the gym. According to him, most people only see the need for staying fit after they commit their selves to families. The thoughts of mortality and leaving young children behind tends to motivate even the laziest of people.

“Young people have no families to take care of. At 23, people usually have no thoughts about dying or leaving anyone behind. Instead, it is the 35 year old single mother who thinks of her fitness issues and her children and decides to hit the gym. The teens or twenty something college goers usually find costlier compared to attending parties with friends,” Michael noted.

FitNet Pro wishes to break this trend with their new campaign. According to its advisor, Rachel Sorano, also

the owner of phenq-results.com, ?They hope to extend their campaign to social media and to colleges all around the country.? Sorano also says that their blog plans to increase coverage on the benefits of exercising even where people don?t prefer going to actual gyms.

?We want to make young people to practice gym exercising even before they reach twenty. We hope to collaborate with online colleges, spread the word in social media and increase coverage on gym exercising on the blogs. If possible, we shall also be recommending cheap gyms and exercising they could practice at the comfort of their houses. At the end of it, we have hopes of reducing health related diseases among young people by as much as possible,? Millicent noted.

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