Shan II M. Gorra PED28 COC-FC-GEC2-01

During an interview with our client, who has an anemic medical condition, I learned that it's too difficult and risky to engage in exercise if you have an anemic condition. especially if you want to lose weight or gain weight, because there's a limit. Our motivation to finish our output is to be able to help our client understand that even though she is anemic, she can still engage in exercise, but with the right intensity, so she can be safe while doing exercises.

I feel really happy for influencing our trainees in terms of their fitness because it is really important for all of the people to engage in pysichal exercise to maintain a stronger and healthier body, especially during the pandemic because a lot of people gain a lot of weight, including myself, during the lockdown. That's why influencing someone to engage in physical fitness is really important.

We need to encourage others, especially people important to us, to exercise so they can live longer because engaging in physical exercise can lead us to a healthy lifestyle. Before engaging in physical exercise, it is really important to visit your doctor so you will know if you have a medical condition and if it is really safe for you to engage in physical exercise because engaging directly in physical exercise can also lead to death. That's why visiting your doctor before engaging in physical exercise is a must because there are a lot of kinds of diseases for which you can't feel symptoms.