Abstract
The health is not exclusively related to the physical domain or fitness endeavors, but also to our mind and heart. In order to be a healthy person it’s necessary to understand why we are doing what we are doing, and to analyse of how this can improve our life and relationships with others.
To be a totally healthy and whole person involves to improve physical health but also to establish loving and healthy relationships with people that are important in our life. It means not sacrificing those relationships for egotistical endeavors.
To be a healthy athlete simply means that in all areas of our life we seek to improve, and that philosophy is to improve our physical body and mind in order to be used to love and help the others.

Keywords: fitness, philosophy, features, activity.

Jel classification: I10, I19

1. Introduction
In times past health has been defined as the absence of disease. But what means disease we can notice from the definition provided, that the phrase is simply "the absence of disease." The type of disease is not specified. An analysis of this definition proves most telling.

Categories of disease - with any disease process, the physical is not all that exists. There are two elements to any disease process: the mental and the physical. And, for every physical manifestation there is a mental equivalent. After all, consider the two words that the word disease is made up of: DIS-EASE

The term "DIS" is a prefix that is derived from the old French term „des” and means "no longer". It is a term that is used to describe a tense.

The term "EASE" is a suffix that is also derived from the old French term „aise” and means "to be at rest." It describes a state of being.

So, with that understanding, the term disease means that someone is no longer in a state of ease. This state of no longer being at ease can be brought about by the mind or the body, and therefore disease can be mental, physical, or both. As

1 Sofia Gloria Margineantu, sofia_gloria_miatovici@yahoo.com
bodybuilders who eat correctly and get plenty of exercise, we may believe that we are healthy in every sense of the word. But are we truly healthy? Some of us, as will be shown, may not be.

The Lifestyle - fitness truly is an amazing lifestyle to live. From the time that many of us looked at our first bodybuilding magazine or saw our first Arnold movie, we became inspired. That inspiration lasted and became something more: commitment and love. Each of us fell in love with the iron game at an early age and are still at it today. But what have we given up to get here? Because everything requires sacrifices, what have we given in order to get, from the iron sport?

One indicator of health is how physically fit someone is, and their ratio of adipose to muscle tissue. Quite another, and equally important, indicator is how happy someone is, and how well they are able to maintain loving, close relationships with those around them.

In the post-modern Western Society the prevalent philosophy is called "the way of get." This view puts the focus on the individual, as opposed to others (Schoeneman, 1994). By contrast, Asia and other places are collectivist in nature. This is not to suggest that other parts of the world do not share the Western attitude of individualism, but research shows there is a profound difference in how people in the West identify their self-concept and how people in other parts of the world do the same.

The technical terms for these two concepts of self-identity are: independent and interdependent. As the names suggest, with the independent outlook, one "looks out for no.1" and identifies oneself as being separate from the group. In the interdependent model, the opposite is true. "Being responsible" does not mean rejecting others, but taking ones responsibilities within the group seriously and doing them, so as to further along group goals.

By examining anthropological data we know and understand that groups are necessary for survival. Our ancestors required the assistance of others for survival. Division of labor is one example of group work to ensure the survival of all members.

Despite people in the post-modern western society advocating capitalism and its virtues and damning communism and its faults, a look at capitalism is revealing.

In the capitalistic model of economics, labor is specialized. One person acquires the raw goods, sells them to someone else who manufactures a product, who then sells that product to a distributor, who then sells that product to a vendor, who then sells the product to the consumer. At times the "middle men" are not required, so the transaction occurs from manufacturer to consumer. In either case each person requires the other.
It should be obvious that the manufacturer requires and needs someone who will provide the raw materials, and then requires someone to buy the product that he or she is making. The whole nature of the economy is symbiotic.

However, I do believe that a helpful outlook would be to view capitalism (the so-called individualistic model of economics) as an interdependent system comprised of individuals striving for one goal: affluence. When everyone wins, everyone wins. How does this have any relation to bodybuilding? In every way.

*Does our ego tell us that we are an individual?* - we can see from our life and relationships that we require others to sustain our existence. After all, someone had to have given birth to us and feed us when we are helpless. However, despite the evidence before our eyes, we all must contend daily with one element of our natures that, if allowed to run wild, can be the destruction of our lives: the ego.

The ego is the part of us that loudly proclaims, "I am separate from everyone else." Our ego is that part of us that divides, classifies and judges. If so-and-so does not belong to "us" then they belong to "them", ego reasons.

While this function and ability can be extremely useful under certain circumstances it can be detrimental in others. Think about your personal relationships. In the book *Maximum Achievement* by Brian Tracy (1993) remarks that "...most of your joy in life comes from your happy relationships with other people, and most of your problems in life come from unhappy relationships with them." This is a truism.

The sad reality is that most of our problems in life do arrive when we interact with other people. And an even sadder reality is that many of us have difficulty interacting with others simply because we don’t know how.

Truly, most of our problems have a face and hair on top. Consider, for a moment, the nature of the current bodybuilding movement. By its very nature it is contentious. If one phrase could be used to describe it, that phrase would be "it's a dog-eat-dog world." It is every man for himself; each man trying to out-do the other; its about walking on corpses to get to the top.

Man has an innate tendency toward aggression, competition and dominance. In the Bible creation story written over 4000 years ago we find God instructing Adam "...Replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the flow of the air, and over every living thing that moves upon the earth." (Genesis 1:28). In other creation stories we find similar sentiments. It is little surprise, then, that humanity has continually fought wars over every imaginable matter.

In western society where the infrastructure exists to avoid war on the north american continent, we find increased rates of cancer, depression and heart disease. Consider this passage from the book *Psychiatry and the Bible* by Carroll A. Wise: the ability to be angry is deeply rooted in human nature. A very small infant can
become angry to the point of rage. For the infant, as for all of us, anger is a response made to an experience of frustration which makes us fearful and insecure...its aim is either to destroy the offender, or get away from him...there are many human situations where anger only creates greater danger...When a child becomes afraid of his own anger, he has to bury it, and hide it deeply inside himself. Anger thus held festers and becomes a poison. It then begins to emerge in disguised ways, such as unruly behavior or physical sickness (Tracy, B., 1993)

*Overcome fear to reach the potential* - to overcome this process many years of dedicated, disciplined work are required. Bodybuilding can also be a therapeutic part of this overcoming process. For it can greatly reduce stress, improve health, and improve the quality and length of ones life. (Manescu, D., 2009)

However, the opposite can also be true. Because of the ego and its adoration of praise and the need to discriminate, classify and judge, it is very easy to become "hot headed" or "egotistical."

When this happens it can become easy to look down upon others for not being physically perfect or motivated enough to get to the gym to fix, what we perceive to be, as "problems." This attitude can carry over to our relationships. Not only can an egotistical attitude manifest a situation like the one just described, but an even worse one can appear: selfishness that hurts others.

It is one thing to harbor selfish attitudes, but quite another to apply them in reality. Sometimes selfishness can be a good thing under very specific circumstances. Being selfish at the appropriate time can prevent people from being victimized. So, like the ego, selfishness does have beneficial applications under certain, and appropriate circumstances.

Problems arise when everything become about "me". It’s selfunderstanding what devastating effects can be brought forth from a selfish attitude fueled by a carnivorous ego, bent on getting for the self only.

*The Purpose Of Fitness and Bodybuilding* – in everyday life there are many examples of bodybuilders who can be considered to be epitome of physical perfection. Many times they truly believe about themselves that they are king. After all, they are the best, but no one hold a candle to them. There is kind of trouble in paradise: they are so perfect that they are alone.

This is a perfect illustration about how bodybuilding should not be undertaken to convince ourselves or others about how "good" we are, nor should it be undertaken to boost our ego. Bodybuilding should be a lifestyle that we live every day because we are trying to become a better, more mature person. Bodybuilding should be a lifestyle we live so that we can enjoy enhanced mental and physical health, and that because of this our relationships with others will improve.
When bodybuilding feeds our ego, and when this results in detriment being brought to our life and relationships because we become arrogant and self-centered, inspiration has turned into one thing: obsession. And obsessions are not healthy.

**Conclusions**

The health is not exclusively related to the physical domain or bodybuilding endeavors, but also to our mind and heart. In order to be a healthy person it’s necessary to understand why we are doing what we are doing, and to analyse of how this can improve our life and relationships with others.

Jim Morrison remarked "no one gets out of here alive." An even wiser man remarked that you "can’t take it with you when your gone." So if you can’t take anything with you when you are gone, the only thing you can do with this life is give it away. Giving, instead of taking. The "way of give" instead of the "way of get."

To be a totally healthy and whole person involves to improve physical health but also to establish loving and healthy relationships with people that are important in our life. It means not sacrificing those relationships for egotistical endeavors (Manescu, 2010)

To be a healthy athlete simply means that in all areas of our life we seek to improve, and that philosophy is to improve our physical body and mind in order to be used to love and help the others.

**References**

1. Donne, J. - Devotions upon Emergent Occasions, 1998
5. Tracy, B. - Maximum Achievement. New York, 1993