

Global health is multifaceted, influenced by genetics, healthcare access, preventive medicine availability, natural disasters, socioeconomic status, and the environment. Despite these external factors, individuals significantly control their health through actions like increased physical activity and healthy eating, offering immediate benefits (Centers for Disease Control and Prevention, 2020a). While health choices remain personal, supporting individuals in adopting and maintaining healthy habits is crucial for fitness professionals. Preventive efforts, particularly exercise, are globally underutilized, presenting a significant opportunity for positive impact. The World Health Organization (WHO, 1948) defines health as "a state of complete physical, mental, and social well-being," not merely disease absence. Health is dynamic, requiring constant internal and external adjustments to maintain homeostasis—the body's equilibrium amidst environmental and functional demands (Misselbrook, 2014). The human body's adaptive capacity .is central to this ongoing process of maintaining optimal health and physiological function