



FITNESS REFLECTS ON HEALTHY LIFESTYLE

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ABSTRACT

Fitness is the state of being physically healthy and fit. Physical activity and fitness will lead to additional improvement in health status and empowering to those looking better their mind and body, healthy lifestyle through fitness. The best of living a good life is by maintaining good health and fitness. Fitness is key source of living happy and healthy, Physical fitness keeps heart, lungs and circulatory respiratory and other system of the body healthy. The world health organization (WHO) had set a target that every person in the world should become health conscious by 2000 AD and it was right step in the attainment of health for all.



Maintain good health is an important factor for everyone. Health is wealth is one the sayings in our Indian tradition. In this globalization, every one is busy with their work and neglecting their health fitness, which leads to not only health problems but also to fatal death. Physical activity can bring you many health benefits physical fitness is the fine-tuning of the human body to perform and work well. The goal of fitness is to maintain health, reduce disease, disability and to enhance the overall quality of life of individuals over the entire the life span. Fitness gives us a capacity to enjoy a full life. Quality of life is a state of health, happiness and prospering of a human being.

KEYWORDS: Physical Fitness, Physical Activity, Health, Healthy Lifestyle, Exercise, Diet.

INTRODUCTION

Physical fitness refers to that condition of the body wherein an individual is able to carry out lifestyle with greater ease while being immune to potential health issues and importance of emergency situation. We are physical and spiritual beings. Our mind, body and spirit are all connected and learning how they work together and how to care for them can save us from unnecessary pain and suffering. Knowing how to take care of our body, mind and spirit will lead us down the path towards happiness, health and wealth. In modern times everybody has become aware of fitness and health. In the words of Swami Vivekanand "What our Country's now wants are muscles of iron and nerves of steel, gigantic wills, which nothing can resist, which can penetrate into the mysteries and secrets of the universe."

* What is Physical Fitness ?

In general meaning, physical fitness is a general state of good health. Obtaining a physical fitness is a result of certain great physical activity, proper nutrition and diet and most important is the proper course of the physical recovery which is rest. In a nutshell, physical fitness is the fine tuning of the human body to perform and work well.

Importance of Physical Fitness :-

Physical fitness substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes and high blood pressure. It also help to control weight. Contribute to healthy bones, muscles and joints reduces falls among older adults, helps to relive the pain of arthritis; reduces symptoms of anxiety and depression and is associated with fewer hospitalizations, physician visits and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular moderate intensity physical activity, such as 30 minutes of risk walking five or more times a week.

Ten components of Physical Fitness for healthy lifestyle:

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| 1) Muscular Strength | 2) Muscular Endurance |
| 3) Cardio Vascular Endurance | 4) Flexibility |
| 5) Body Fat Composition | 6) Co-ordination |
| 7) Balance | 8) Agility |
| 9) Speed | 10) Power |

Fitness is defined on the following factors:

- 1) Proper Work Out.
- 2) Proper Diet
- 3) Health lifestyle
- 4) Rest Relaxations.

1. PROPER WORK OUT:

The factor that determines how long we live is not how much we weigh, but how much exercise. Studies have shown that men who are thin but unfit are more likely to die prematurely compared to men who are fat but fit, aside fro the people on the extremes. It is not a matter of whether you are fat or thin, tall or short. It is a matter of being fit, being healthy means being fit. To achieve this, we have got to exercise and there are no short cuts.

Today exercise has become so commercialized that it has become a fashion trend rather than a culture towards healthy living. A healthy body is a product of a healthy mind as the latter controls the body. Good health is a necessity for every human being. Physical well-being determines the quality of our life. A healthy physical body promotes and enhances spiritual and emotional well-being, which in turn helps us realize our potential, living life with zest to the fullest.

By understanding the basic principles of healthy living and applying them with sense and moderation, people can vastly improve their quality of health reducing the risk of high blood pressure, diabetes, cardiovascular diseases and others as well as increase the length of their lives. Inactivity is common among all age groups, 40% of the world people are fat. Millions have become couch potatoes. Millions hog like pigs "Pit out" not knowing when to stop. Even though several studies have linked an inactive lifestyle with increased risk of hear attack, few people exercise with consistency. Lack of exercise is a risk factor for various diseases and people miss the positive thrill of "exercise high" and end up looking for negative cheap thrills elsewhere.

Adhering to a regular exercise program can help to eliminate other known risk factors. In addition to benefiting the cardiovascular system, regular exercise allows your body top function freely and powerfully,

increasing flexibility, stability, strength and power as well as enhancing your sense of well-being “exercise high and confidence”.

2) PROPER DIET :-

The health of an individual depends on his nutrition. This well known fact has led man to be more aware of the food he consumes. It is essential for a healthy diet to eat a variety of food so that you get all the vitamins, mineral and nutrients you need. Now the question arises as to how much you should eat ? This will depend on the type of activity which the person concerned performs. One should see that he takes a balanced diet which contains adequate amounts of proteins, carbohydrates and fats as well as sufficient vitamins and minerals. To obtain a balanced diet, make sure that you eat each day some foods giving concentrated proteins e.g. milk, fish, meat etc., some vegetables, fruits, dal, to provide Vitamin C and other vitamins, nutrients and fibre, vegetable oil, and some whole meal, cereals or chapatti to provide more protein, energy, vitamin and fibre.

3. HEALTHY LIFESTYLE :

Positive attitude results into positive result and by changing inner attitudes of their minds one can change the outer aspects of their lives. Likewise our emotions are the driving power of our lives when we are aroused emotionally, unless we do something great and good, we are in danger of letting our emotions perverted. So if we adopt healthy lifestyle by changing our attitude, we will add something to our fitness.

Benefits of Physical fitness :-

Regular physical activity is one of the most important things you can do for your health it can help. The physical activity benefits as follows.

- * Control your weight.
- * Reduce your risk of cardiovascular disease.
- * Reduce your risk for type 2 diabetes and metabolic syndrome.
- * Reduce your risk of some cancers.
- * Strengthen your muscles and bone.
- * Improve your mental health and mood.
- * Improve your ability to do daily activities and prevent falls, if you are an older adults.
- * Increase your chances of living longer.

CONCLUSION:

Fitness is very important aspect for healthy lifestyle because it reduces risk of cardio vascular disease, improve brain function and prevent many diseases. It decreases the chances of pre mature death and improves the length and quality of healthy lifestyle. Understanding the importance of physical fitness can be a key element in keeping yourself physically and mentally healthy. At any age, being physically fit is an asset to your overall health.

Physical fitness mainly consists of daily exercise, healthy nutrition, and adequate sleep. These three things have an enormous effect on your general health. Lastly proper exercise system nutritional food, regular medical check-up stress management, rest and sleep, avoidance of smoking, alcohol drugs, various sports and games give an individual total fitness. In addition, total fitness is a symbol of good health.

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