



## HEALTH & PHYSICAL FITNESS

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### Abstract:

#### Introduction:

Good health is a man's priceless treasure. If one does not possess good health one can not enjoy success, prosperity and other comforts of life. Health happiness and peace of mind are those assets and treasures that can not be purchased. Health is a fundamental right of an individual and is considered a state of physical, mental, social and spiritual wellbeing. Both internal and external cleanliness of the body are of great importance if good health is to be achieved. This can be attained by practice of yoga which lays great emphasis on purification of internal and external organs, breathing (pranayam) exercises, art of eating, relaxation methods and different Yogasanas for preventing diseases and promoting health. The most widely accepted definition of health is that of **World Health Organization Constitution**. It states "Health is a state of complete physical, Mental and Social wellbeing and not merely the absence of disease or infirmity". In more recent years, this statement has been amplified to include the ability to lead a "Socially and economically productive life"

The solid aspect of wellness that fit firmly in the realm of medicine are the environmental health, nutrition, disease prevention and public health matters that can be investigated and assist in measuring wellbeing. Good health enables people to enjoy life and to have the opportunity to achieve the goals they have set for themselves. The real purpose of health is to develop and maintain Vigor and Vitality to acquire interest and habits in ways of living that are wholesome and to meet the

demands put upon the individual efficiently with energy and satisfaction. The concept of health has been appropriately summed by J.F. Williams "Health is that quality of life that enable the individual to live most and serve best". "Health is wealth". This saying rightly translates health into wealth because if you are healthy you can enjoy all happiness and joy of life but if you are in pain, all comfort luxury and treasures are useless.

Physical fitness is used in two close meaning general fitness (a State of health and wellbeing) and specific fitness. Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential fitness can be described as a condition that help us look, feel and do our best. More specifically, it is "the ability to perform daily tasks vigorously and alertly with energy leftover for enjoying leisure time activity and emergency demands. It is the ability to endure, to bear up to withstand stress, to carry on in circumstances when an unfit person could not continue and is the major basis for good health and well being.

#### Fundamentals of Physical Fitness :

Physical fitness is used in two close meanings-i.e. General fitness (a state of health and wellbeing) and Specific

General Fitness :- Physical fitness is the result of regular exercise, proper diet, nutrition and proper rest of physical recovery within the parameters allowed by the genome.

Physical Fitness is often divided is in to the following types:-

- Agility

- Balance
- Body Composition
- Cardiovascular endurance
- Coordination
- Flexibility and joint range of motion
- Muscular Strength and endurance
- Speed

One may be physically fit but may still suffer from a mental illness or have emotional problem. Physical fitness can also prevent or treat many chronic health conditions through on by unhealthy lifestyle or aging.

Specific fitness- Specific or task oriented fitness is a person's ability to perform in specific activity with a reasonable efficiency for example Sports or Military service

#### **Checking Your Health :-**

If you are under 35 and in good health. You don't need to see a doctor. But if you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommended a graded exercise test. Physical fitness is most easily understood by examining its components or "Parts" there is widespread agreement that these four components are basic.

- Cardio respiratory Endurance
- Muscular Strength
- Muscular Endurance
- Flexibility

#### **Components of fitness are found these principles**

- Specificity
- Overload
- Regularity
- Progression

#### **Six Tips For a Healthier Living :-**

Healthy life is more important than a healthy economic life. Here are few tips for a healthier living

- Keep Hydrated
- Have Home Cooked Meals
- Exercise
- Get enough sleep
- Consume less sugar
- Maintain Hygiene

#### **Benefits of fitness and Exercise:-**

Today there is a growing emphasis on looking good feeling good and living longer. If you are committed exercise in combination with a sensible diet can help

provide an overall sense of wellbeing and even help prevent chronic illness, disability and premature death.

#### **Improved Health:-**

- Increased efficiency of heart and lungs
- Reduced cholesterol level
- Increased muscle strength
- Reduced blood Pressure
- Reduced risk of major illness such as **diabetes and heart disease**

#### **Improved Sense of well being :-**

- More energy
- Less Stress
- Improved Quality of sleep
- Improved ability to cope with stress
- Increased mental activity

#### **Improved Appearance :-**

- Weight loss
- Toned Muscles
- Improved posture

#### **Enhanced Social life**

- Improved self-image
- Increased opportunities to make new friends
- Increased opportunities to share an activity with friends or family members

#### **Increased Stamina:-**

- Increased Productivity
- Increased Physical capabilities
- Less frequent injuries
- Improved immunity

#### **The Fitness Formula**

If you are interested in improving your overall conditioning, health experts recommended that you should get at least 30 minutes of moderately intense physical activity on all or most days of the week. Instead of thinking in terms of a specific exercise program, work towards permanently changing your lifestyle to incorporate more activity. Don't forget that muscles used in any activity any time of day, movement with these extras.

- Take the stairs instead of the elevator.
- Park at for end of a parking lot and walk to the office or store
- Get off public transportation a few blocks before your stop.

- Get up from your desk during the day to stretch and walk around.
- Take a brisk walk when you get the urge to snack.
- Increase your pace when working in the house or yard.
- Mow your own groceries.

These are all the tips which are necessary for the individual to follow it in the routine to keep your health physically fit.

**Reference :**

- 1) Developing physical fitness in sports by **T.K. Narasimhan**
- 2) Health and physical education by **Prof.- Chandrakant H. Chauhan**
- 3) Health physical education and sports. By **George K. Mathew**

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