



YOGA AND FITNESS

Punnya L.I.

Department of Physical Education, Yashoda Girls' Arts & Commerce College, Nagpur (M.S) India
 Email: *kmanohart71@gmail.com*

Abstract:

Introduction:

Physical fitness is defined the body's ability to function efficiently and effectively in work and other activities.

Fitness involves not only physical but intellectual, emotional, social and spiritual aspects of an individual.

The yoga workouts combine deep breathing, stretching, strength, balance, cardiovascular exercise and meditation. It is a unique science and is the most complete approach to a healthy lifestyle. It urges us to explore and challenge our mind and body.

Yoga is the only discipline through which an individual can truly experience inner harmony. It improves the physical, mental and emotional health of person. The present paper focuses on "Yoga and Fitness".

Objective :

- To make awareness about fitness.
- To make awareness about yoga practice and its benefits.

Fitness :

The ability to perform daily physical activities without under fatigue and spare enough energy for leisure time activities is called fitness.

Components of Fitness :

Strength, muscular, endurance, aerobic endurance speed, agility, balance, flexibility and body composition.

Factors affecting physical fitness.

Anatomical factors, physiological factors and psychological factors.

Importance of Physical Fitness :

Improved health, stamina and sense of well being.

Yoga :

Yoga is the discipline that brings about an overall personality development and leaves one feeling confident, energetic and motivated. It creates the perfect balance in all the systems of the body. It tones the nervous system, releases anxiety and promotes inner harmony. It helps to develop concentration focus and mental flexibility.

Yoga Benefits :

- Increase overall health energy and vitality.
- Better Posture
- Natural weight loss.
- Reduce stress and tension.
- Improved concentration.

Physical Benefits :

Strong Body : Improves respiration, release pain, improve athletic performance.

Improves respiration : With the help of yogic breathing exercise, it is possible to control respiration problems.

High Blood pressure : Yogic breathing and relaxation technique has been found to lower blood pressure and reduce the need for high blood pressure.

Pain Management : Breathing exercise used in yoga and Relaxation technique, meditation can also help reduce pain.

Mental Benefit : Helps to relax. Encourages positive thoughts and self acceptance.

Spiritual Benefits : Build awareness of your body.

Yoga and Beauty : Glowing face, melodious voice, charming smile all have been possible rewords of yogic practice.

Asana and Pranayama for good health

- The exercise provided by Hatha yoga stimulate our circulation.

- Proper breathing to absorb a good supply of oxygen to fuel the body and deliver ample supply of prana.
- Relaxation for both body and mind. Good sleep & rest. (Early to bed, early to rise make man healthy and wise)
- Ahar (Food habits) : Natural wholesome food. The yoga perspective is to eat small quantities of high quality foods. The recommended foods are fruit, vegetables, whole grain and nuts. Good diet help to keep fit and healthy.
- Dhyana - Water purifies the body and the meditation purifies the soul.
- Clear thinking and concentration of the mind.

Conclusion :

Physical fitness is the ability to perform moderate to vigorous levels of physical activity without fatigue and the capability of maintaining such ability throughout life.

Yogic exercise acts both as curative and preventive therapy.

Yogic stretching and breathing exercise effect on both mental and physical energy. It regaining or retaining general good health.

Suggestion:

Fitness is required to perform any kind of activity.

Asanas and pranayama offers the complete health package to mind and body.

References:

- 1) **Vijaya Laxmi** "Physical Fitness", Khel Sahitya Kendra, New Delhi, 2011.
- 2) **Charriers, B. and Dinsey Ruth** 'Concepts of Physical Fitness Medisen', Brown and Benchmark 1994.
- 3) **Dr. Agase Sanjay**, "Health Education" Khel Sahitya Kendra, New Delhi, 2013.
- 4) **Dr. Prem Sunder**, "Yoga for Fitness", Khel Sahitya Kendra, New Delhi, 2009.
- 5) **Kaul H. Kumar**, "Yoga for Health", New Light Publications, New Delhi, 1986.
- 6) **K. Uppal, G. P. Gautam**, "Physical Education and Health", Friends Publication, New Delhi, 2000.
