

Focus of Health and Fitness in Life

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Abstract: The primary purpose of this narrative review was to evaluate the current literature and to provide further insight into the role of physical inactivity plays in the development of chronic disease and premature death. We confirm that there is irrefutable evidence of the effectiveness of regular physical activity in the primary and secondary prevention of several chronic diseases (e.g., cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis) and premature death. We also reveal that the current Health Canada physical activity guidelines are sufficient to elicit health benefits, especially in previously sedentary people. There appears to be a linear relation between physical fitness and health status, such that a further increase in physical activity and fitness will lead to additional improvements in health status.

Keywords: Health Status, Fitness, Physical Activity, Life Style.

I. Introduction:

Health and fitness is the key to a long, active and enjoyable life. It is correctly stated that Health is the actual Wealth that a person can retain. Teachers assign this topic to their students to enhance their knowledge about staying healthy and fit, and create awareness among others as well. It also results in the development of a healthy lifestyle for children. Being healthy and fit in simple terms means taking good care of the body. We should remember that a healthy mind resides only in a healthy body. Good health of both mind and body helps one maintain the required energy level to achieve success in life. All of us must strive to achieve wholesome health. Protecting your body from the intake of harmful substances, doing regular exercises, having proper food and sleep are some of the important instances that define a healthy lifestyle. Being fit allows us to perform our activities without being lethargic, restless or tired.

II. Review of Related Literature:

A healthy and fit person is capable of living the life to the fullest, without any major medical or physical issues. Being healthy is not only related to the physical well being of a person, it also involves the mental stability or the internal peace of a person. Generally, a healthy diet consists of taking a proper and healthy food which includes eating green and fresh vegetables, fruits, having milk, eggs, minerals, proteins and vitamins essential for a human's lifestyle. Practising Yoga including regular exercises in your daily routine also help you maintain your desired fitness, blood sugar and immunity level. Healthy habits improve your physical appearance, mental stability, ability to perform activities in a better way, which help you lead a stress-free lifestyle, maintaining happy moods, high energy levels, etc. Each individual should take of one's health on a priority; no single day should be skipped for making efforts on maintaining physical and mental fitness. Being happy is directly related to boosting your mental strength and health, so happiness can be considered as the result as well as the part of a healthy and fit lifestyle. Health can, generally, be measured on major three parameters: Physical, Psychological and Nutritional. Physical health means the physical appearance of a person; Nutritional health means the presence of essential nutrients in the body to fight diseases with immunity. Psychological health means the ability in a person to maintain patience, calm and composure in all circumstances of life.

Health professionals consider cancer, diabetes and several other mental and physical health issues such as depression, lethargic attitude, etc to deficiencies in fitness and well-being of a person. Unhealthy and unfit lifestyle of a person also results in premature death. Obesity and lack of physical fitness in young generation sets the stage for diabetes, heart disease, and other serious health problems. Walking, running, cycling, playing, swimming, gardening, skipping, weight-lifting and Yoga are some of the important activities which help us maintain fit and healthy lifestyle. A person who is fit both physically and mentally is strong enough to face the ups and downs of life, and is not affected by drastic changes in the circumstances. One should also spend time outdoors in the sun, inhaling fresh air and taking part in healthy activities. Staying active makes you stay energetic. Out of the several components that affect one's health, following are the seven key physical components to ensure the overall good health, fitness and mental well-being:

1. Cardiovascular/Aerobic Conditioning
2. Strength Training and Muscular Development
3. Stretching – Muscles, Ligaments and Tendons
4. Core Stability – Both physical and mental
5. Nutrition and Supplementation – Balanced Diet
6. Mental Rest and Relaxation – Balanced lifestyle
7. Sleep – Regular sleep

Eating healthy and nutrients rich food, exercising, taking sufficient sleep, avoiding intake of harmful substances are just few simple ways to stay healthy and fit. These are directly related to our mental, physical and emotional health. Fitness and mental well-being are essential parts of a healthy life. The benefits of an active and healthy lifestyle are undeniable by all means. Whether you decide to increase your activity levels slightly or develop and participate in a thorough fitness plan, it will pay you off in the long run. Exercise is good for your health of various organs of your body and makes you feel stronger. Nutrition and fitness are essential for a healthy living. Not only we look and feel good, but by eating the right nutritional food and doing the right amount of exercise, we could also lower the chances of getting some pretty serious life-threatening diseases.

Things to be done for maintaining balanced healthy and fit lifestyle:

- keeping body hydrated – Drink ample water
- Washing hands before and after meals – Maintain sanitation
- Regular exercise
- Intake of nutrients
- Regular, sound sleep

Good health helps a person to live one's life to its fullest potential without being physically or mentally unfit. Unhealthy lifestyle results in deterioration of one's well being. Staying healthy and fit is very important for each generation. Exercising and eating healthy are the best ways to retain your health both physically and mentally. People, who take their health seriously and are serious about maintaining their fitness, do exercises on a daily basis, eat a healthy diet, and sleep well on time for adequate duration. Being healthy and fit allows you to stay active and further increases your confidence and concentration power. By staying healthy and fit, one can set an example for others and slowly help others increase their health, nutrition, knowledge, and consumption of sustainably produced foods.

Major reasons that lead to the deterioration of health are as follows:

- Daily stress – Students often feel stressed about school work, and exams. Professionals are also prone to stress with regard to their life and work. Such conditions lead to imbalanced mental health.
- Depression – Prolonged stress about something leads to depression and becomes a health issue.
- Intake of harmful substances like alcohol, preserved foods, etc, adversely affect the physical and mental health and fitness.
- Lack of sleep – People tends to work late at night, constantly use their phones, etc and forego their destined sleep cycle. As suggested by medical experts, a defined time of sleep is mandatory for each individual. Lack of sleep results in an unfit lifestyle.
- Junk foods – Intake of junk foods has replaced the proper nutritional diet that one should consume. Unhealthy food habits directly create unhealthy wellbeing. Natural phenomena such as pollution, etc also make us unhealthy and unfit. Proper preventive measures must be taken to defend ourselves against adverse natural environment.

Following are the things that lead to maintenance of a healthy and fit person:

- Regular Exercise routine – Each individual should focus on a defined time for daily exercise, as it directly affects both mental and physical health of a person.
- Balanced nutritional food intake – One should concentrate on each and every thing to eat and drink. Having a balanced diet that includes essential minerals, vitamins and proteins makes a person healthy and fit.
- Clean and tidy environment – We should make sure our surroundings clean and fit for us to survive.
- Take appropriate amount of sleep. Each individual, as per medical norms, should take at least 8 hours of sleep.
- Drink loads of water, as it helps to release toxins and improve one's metabolism
- Maintain hygiene and have proper sanitation.
- Have a positive outlook towards life. For mental health, it is the key to stay fit and healthy. Positive thoughts should rule the mind in order to stay happy and maintain the mental and emotional health and fitness.

Staying healthy and fit is not difficult if taken as the foremost priority. By following the above-mentioned simple steps, each one of us can lead a healthy, fit and fruitful life. Maintaining balance of thoughts, nutritional diet, rigorous exercise, Yoga, optimum level of sleep are actually the main contributory factors for our wellbeing and a healthy and fit lifestyle.

III. Conclusion:

Health is the most important thing that a person should take care of. Leading a healthy lifestyle leads to happiness, success and achievements. Sound health not only means keeping a healthy body but it also includes a healthy mental condition. Our health depends upon several factors such as food, pollution, regular sleeping habits, fresh air, water, sunlight, and healthy mental condition. Morning walks and physical exercises are very helpful for ensuring the fitness of our mind and body. We create the conditions that lead to an unhealthy and unfit lifestyle. That's a fact. So, we should develop good habits, and become capable of taking the required measures to lead a healthy and fit lifestyle. The way towards Healthy and Active wellbeing is to focus on making the healthy choice at any given moment, rather than postponing the things that are must to be done in the long term.

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