



## PHYSICAL FITNESS AND WELLNESS FOR HUMAN LIFE

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### **Introduction -**

Living a healthier life can not only extend your life. It can also improve the quality, feeling physically better and having control over your own life can greatly increase your mental health as well, although there are some aspects of health that are beyond an individual's control, there are many things that people can do to improve their quality of life.

physical fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue as now -a- days people are emphasizing on looking good, living longer, Achieve these ideas is fitness and exercise, as we have now become depended on machines rather than muscles to get around.

### **Physical Fitness -**

physical fitness can be defined as the ability to carry out daily tasks with vigor and alertness and without undue fatigue with ample energy to enjoy leisure time, physical fitness involves different components which may be either health related fitness.

### **Types of Physical Fitness -**

1. Health Related Physical Fitness
2. Skill Related Fitness

**Health -** Health is a state of physical mental & social well - being in which disease and infirmity are in keeping with the biomedical perspective early definition of health focus on the theme of the body's ability to according to the world health organization, the main determinants of health include the social and economic.

Today three types of definition of health seem to be possible and are used the first is that health is the absence of any disease or impairment.

The second is that health is a state that allows the individual to adequately cope with all demands of daily life. Four distinct conceptions of health emerged from responses to the how do you know question, physical, psychological, capacity & control while prevalence varied with survey year as well as respondent age and education.

Health is a dynamic process because it is always changing. we all have times of good health, times of sickness and may be even times of serious illness. As our life style change ,so does our level of health change. Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive towards an optimal state of wellbeing. As our life style improves our health also improves and we experiences less disease & sickness. When most people are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier, cardio respiratory ability, muscular ability, flexibility and body composition. Although these components are a critical part of being healthy, they are not the only contributing factors. Physical Health is only one aspect of our overall health .

**Types of Health -** There are six main aspect of personal health.

1. Social health - The ability to interact well with people and the environment and to have satisfying personal relationship it is how you get along with other people.
2. Mental Health - The ability to learn & grow intellectually life experience as well as more formal structures enhance mental health it is a level of psychological well being.
3. Emotional Health - the ability to control emotions so that you feel comfortable expressing them and can express them appropriately. ( refer to a person's feelings)
4. Physical Health - physical health refer to the state of your physical body & how well it is operating ,It is influenced by levels of physical activity , adequate nutrition, rest, environment etc.
5. Spiritual Health - A belief in some unifying force. It varies from person to person but has the concept of faith at its core, what is right & wrong & living according to this understanding ( Mind - Body - Soul )
6. Environment Health - It is the field of science that studies how the environment influences human health and diseases it is natural like air, water, soil and also all the physical , chemical , biological , social features of our surrounding.

**Physical Fitness -**

Physical fitness is the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to engage in leisure pursuit & to meet emergency situations.

## **Physical Fitness and Health -**

Physical fitness is a state of Health and wellbeing and more specifically the ability to perform aspects of sports occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate vigorous, physical exercise and sufficient rest.

### **1. Health Related Physical Fitness -**

Health related physical fitness is based on the assumptions that an adequate level of body development is required for health. The health related physical fitness is measured by evaluating mainly following three factors,

1. Body Components - ( percentage of Body fat & lean body mass )
2. Cardio - Respiration functions of the body
3. Muscular - skeleton function especially of abdominal & low back part of the body

### **1. Cardio Vascular Endurance -**

Is how efficiently your heart blood vessels, and lungs to supply oxygen reach blood to working muscles during physical activity, aerobic activity, like walking ,running cycling, swimming and competitive sports, for a prolonged period of time for more than ninety second.

the cardio vascular endurance involves moderate contraction of large muscle group for long periods of time during which maximum adjustment of circulation respiratory system are necessary as in continuous, this exercise.

### **2. Muscular Strength -**

Muscular strength is the amount of force you can put out or the amount of weight you can lift. muscular Endurance is how many times you can move that weight without getting exhausted. It is considered as the most important condition ability it has been the most significant factor to enhance sports techniques and performance that is weight training, sit-ups, pushups, polymeric exercises.

### **3. Muscular Endurance -**

Muscular Endurance is the ability of a muscle or group of muscles to perform repetitive contractions against a force for an extended period of time. Following exercises to improve muscular endurance. Long distance running, Cycling, Climbing, Stepping.

### **4. Flexibility -**

It is the ability of a muscle to perform movements with large range of motion /amplitude/bend it also refers to the functional capacity of joint to ove through a normal range

of motion, it is specific to given joint & is actually more dependent upon the muscle culture surrounding a joint than on the actual body structure of the joint itself.

Following Exercises to improve flexibility

- 1) Yoga & Suryanamaskar
- 2) Stretching Exercises
- 3) Aerobics

## **5. Body Composition -**

Body composition such as the amount of Body fat and muscle mass can also significantly affect sporting performance. ,the study of body composition has always been used to improve the study of working capacity, physical fitness and energy expenditure, are directly affected by the composition of the human body.

Following Exercises to improve Body composition,

Modified pushups, Traditional pushups, Stability ball pushups, front lunges, Walking lunge exercises, Lunge variations, Overhead lunge, Squat exercise with an overhead press, Abdominal plank exercises.

## **2. Skill Related Physical Fitness -**

There are six skill related fitness components

- 1) Agility - is the ability to change and control the direction and position of the body while maintaining a constant, rapid motion, for example changing direction to hit a Tennis ball, Tire drill, weave through cones.
- 2) Speed - is the ability to move your body or parts of your body swiftly, many sports rely on speed to gain advantage over your opponents, for example a basketball players making a fast break to perform a layup shot, Tennis player moving forward to get to a drop shot, football player out running the defense to receive a pass, sprint, shuttle Run etc.
- 3) Power - is the ability to moves the body part swiftly while applying the maximum force of the muscles, power is the combination of both, speed and muscular strength for example, fullbacks in football muscling their way through other players, and speeding to advance the ball and volleyball players getting up to the net and lifting their body's high in to the air, skeep with knee lift, jump up, to box, etc.
- 4) Balance - is the ability to control or stabilize the body when a person is standing still or moving for example , in-line skating, Baseball pitch, Knee up position & follow through ,Balance Board/ Block- move to a low level, medium level & high level.

5) Coordination - is the ability to use the senses together with body parts during movement for example, dribbling a basketball using hand & eye together is called hand eye coordination, wall ball, then soccer tap example is eye foot coordination.

6) Reaction Time - is the ability to reach or respond quickly to what you hear, see, feel, that is an athlete quickly coming of the block early in a swimming or track relay, or stealing a baseball ball drop and catch.etc.

### **Benefits of Physical Fitness -**

- 1) Reduce your risk of a heart attack.
- 2) Manage your weight better.
- 3) Have a lower blood cholesterol level.
- 4) Lower the risk of diabetes & cancer.
- 5) Have a Lower blood pressure.
- 6) Have a strong bones, Muscles, joints. And Lower risk of developing osteoporoses.
- 7) Lower risk of falls.
- 8) More energy and work without fatigue.
- 9) Better able to cope with stress.
- 10) Less depression and anxiety.
- 11) Less psychometric disease & disorders.
- 12) Develop muscle tone.
- 13) Relax & sleep well.
- 14) Better Digestion & less constipation.
- 15) Increase lung capacity.

### **Concept of Wellness -**

The wellness term involves a vast variety of activities which help human being to recognize component of life style that one deter mental to health and then participate in different programs & follow guidelines so as to improve quality of life achieve total well being,. The concept of wellness goes beyond absence of mere diseases & optimal Physical Fitness.

It is an active process of becoming aware of and making choices towards a healthy & fulfilling life, wellness is more than being free illness, it is a dynamic process of change & growth. A state of complete, physical, mental & social wellbeing & not merely the absence of disease or infirmity.

**Benefits of Wellness -**

Physical activity keeps the body strong & healthy & improve mental health by decreasing symptoms of depression, anxiety, pain & loneliness, physical activity can also improve focus school performance, sleep & energy level.

- \* Improve the quality of life.
- \* Motivates towards positive life style changes.
- \* Increase energy level.
- \* Maintain body weight.
- \* Help people to meet challenges of the life & make them self - confidence.
- \* delay the aging process.
- \* Fulfill proper nutritional requirement.
- \* Help better management of stress & tension.
- \* To recover quickly after injury & illness.
- \* Improvement of figure & physical appearance.
- \* Develop motor components i.e. Strength, Endurance, Agility, Flexibility.
- \* Improve the muscle tones.

**Conclusion -**

Regular exercise & physical activity promote strong muscles & bones it improve all body organs and overall health, staying active can also help you maintaining a healthy body & healthy mind, good health is a great significance to everyone in society, that why physical fitness & wellness is very essential to our life & society.

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