



FITNESS FOR EVERYONE

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Introduction -

Physical fitness has always been an important part of life it is theoretical when people lets a hunter lifestyle & formed fixed communities based around agriculture that physical fitness level declined. This is not to say that levels of physical labor decreased but that the type of work undertaken was not necessarily as conducive to a general level of fitness. In Greece physical fitness was considered to be an essential component of a healthy life & It was the norm for men to frequent a gymnasium, physical fitness regimes were also considered to be paramount important in a nation ability to train soldiers for an effective military force partly for these reasons.

Gymnasium which would seem familiar today began to become increasing common and the movement increase level of physical fitness for men women & children & sought to do so through various forms of Indoor & Outdoor activity & education in many ways It laid the foundation for the modern fitness culture.

After attaining independence the Govt. of India did feel need for introducing a scheme of physical fitness which was launched in the year 1959 in order to raise the physical fitness status of the Indian youth & The scheme called National Physical Fitness programme 1985 established National Education policy and give importance to the programme of physical education & physical fitness , at the educational Institute levels, Institute should have sports facilities & Scientific sports programme to enable & sports & fitness activities of their own choice, the regular exercise on psychological benefits clearly seen the students.

Patients with anxiety & depression do better if exercise training is combined with other treatment more importantly, the vast majority of individuals who take up regular exercises report an improve sense of general well being & an enhanced self image

What is Physical Fitness -

The world health organization defined physical fitness as the ability to perform muscular work satisfactorily. Physical fitness is not an asset which can be purchased, but has to be developed & earned through extensive devotion to physical activity.

The whole world & every individual desire to be fit & healthy and is trying through various ways remained to be. It is considered to be the richest possession for any individual hence said that “Health is Wealth “it has to be developed through regular & long participation in sports, games, or some type of physical activity. A great need is felt to educate the society about physical fitness & to bring awareness among the individuals, physical fitness is so loosely used that it is being felt necessary to explain briefly, what is physical fitness. One is considered as physically fit if he is free from sickness or passes some kind of a medical examination. This is a negative view while the fitness has a positive control. Beside free from physical disease the people must possess some other factors such as size, posture, strength, muscular development, Total appearance, efficiency of the vital organs & the ability in a wide variety of motor skills. Lack of such minimum fitness of the body would result is not only disease of the body, but also the disturbance of mind.

Importance of Physical Fitness -

Physical activity and exercise is important for everyone children, adolescents and adult of all ages need regular physical activity, physical activity promotes good health and you should stay active throughout all stages of your life regardless of your body type.

Understanding the benefits of physical fitness and knowing how active you should be can help you, maintain good health and improve your overall quality of life here are few benefits of regular physical activity.

Components of Physical Fitness -

Physical fitness is the ability to carry out daily task with vigor and alertness without undue fatigue & with ample energy to engage in leisure pursuits & to meet emergency situations physical fitness has many components ,some related to general health & other related to more specially to particular sports or activities.

The five components of fitness most Important for health care -

1. Cardio Respiratory Endurance
2. Muscular Strength
3. Muscular Endurance
4. Flexibility
5. Body composition

Benefits of Physical Fitness -

1) **Save money** - Making healthy choices such as engaging in regular physical activity can reduce your risk for many health issues and complications that can result in expensive medical care i.e. chronic diseases & all type of injuries.

2) **Increase your life expectancy** - Regular physical activity increase life expectancy and reduce the risk of premature mortality, There is not a magic formula that translate hours of physical activity into hours of life gained but who people are more active tend to be healthier and tend to live longer.

3) **Reduce Injury** - Regular exercise & physical activity increase muscle strength, bone density, flexibility, stability, physical fitness can reduce your risk for and resilience to accidental injuries especially you get older i.e. stronger muscle & better balance mean that you are less likely to slip & tall & stronger bones means that your less likely to suffer bone injuries should you take a tumble.

4) **Improve quality Life** - Regular physical exercise has been shown improve your mental health, mood, improve immunity power nd all physical & mental & emotional power, that's why your life is quality life.

5) **Stay Active** - Staying active and healthy allow you to do activities that require a certain level of physical fitness, for example walking, playing on the play ground, jogging etc.

6) **Improve Health** - Regular exercise & physical activity promotes strong muscles & bones, Improve respiration, & overall healthy gain a weight & wellbeing.

Factor affecting Physical Fitness - Each mans ability to be fit affected by their physical abilities in other words, each man has different abilities that depend on their strength, endurance & speed. There main factors that limits potential fitness.

1) Exercises and Fitness - We can only be fit if our bodies take regular exercise. Without exercise our muscles waste and our joints lose their flexibility.

2) The Diet and Nutrition - A healthy, Balance diet it central to maintain fitness and energy. Plays an important role in maintaining physical fitness level. Diet requirement varies from individual game wise therefore while planning fitness programme diet factor must also be given due consideration.

3) Weight & Fitness - Being overweight or underweight reduce our levels of fitness.

4) Climate - Physical fitness also gets influenced by different climate conditions, such as summer, winter, humid etc.

5) Healthy Surrounding - A healthy environment at home or outdoor, school, playfield, is helpful proper growth & development of an individual which create a better learning situation

.There is a need for proper working environment for participation in sports activities otherwise it will affect the fitness of individual.

6) Sex differences affect fitness - Men have a great potential to be stronger & faster . this is just a fact, Although on an individual basis women can be as strong or as fast, they start off from a point where their body design favors different things men's muscular favors strength & speed, women's bodies live longer & can withstand greater extremes of temperature, men are about 30 - 50 % stronger than women in total muscle force on the basis of absolute force extended.

7) Age affects fitness - Anyone of any age can be considered fit, but age does not as it affect strength , speed , endurance, age does tend to define aspects of fitness as we reach peak potentials at different times in our lives, As we age , so our physical efficiency declines.

8) Anatomical factors - In order to feet individual must possess all the body part essential to performance of the task & also appropriate body size & shape for the task. Genetic imperfections in organs & tissues are responsible for weakness in structure & function. These limit an individual's capacity for strength, endurance, & skills.

9) Physiological factors - In order to fit the physiological system of human organism must function effectively to sustain the particular activity that the individual is performing since different activities make different demands on the organism relating to neurological, respiratory, circulatory & metabolic & temperature physiological fitness is specific to each activity.

10) Psychological Factors - psychological factors like perception, emotional stability, motivation & intelligence are of vital importance in determining one's fitness level Anxiety can become a barrier to performance by contributing tension, elevated heart rate, blood pressure & stress of the task and therefore affect one's fitness level.

11) Illness - is the most important factor affect the physical fitness.

12) Proper training, relaxation and rest and daily lifestyle is the important affecting factors of physical fitness.

Philosophy of the healthy Lifestyle and Wellness -

Health come from a regular physical activity and the development of health related fitness physical activity and fitness are everyone regardless of age gender or ability, physical activity and physical fitness are for the lifetime. Physical activity programme should be designed to meet personal needs and interests.

Level of Physical Activity -

- 1) Moderate physical Activity - Basketball, shooting brisk walking, mowing the lawn, bowling & golf, 30 minutes a day for adults people.
- 2) Vigorous Activity - Do any exercise you can do for a long time without stopping i.e. Brisk walking ,Jogging, Dance, Three days a week at least 20 minutes a day.
- 3) Vigorous Sports & Recreation just like Basketball, football, Tennis, 20 minutes a day on three days a week.
- 4) Muscle Fitness Exercise - that is rock climbing, calisthenics, jumping, two or Three days a week.
- 5) Flexibility Exercise - such a Gymnastic, dance, stretching & yoga, at least 3 days a week.
- 6) Avoiding Inactivity -
- 7) Balancing Energy -

Conclusion -

Regular exercise and physical activity promotes a strong muscle & bone .It improve various system of body and overall health & overall health, staying active can also help you maintain a healthy weights, reduce your life risk, and all diseases. That why physical fitness is very essential to all general people & sportsman.

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