



BENEFITS OF PHYSICAL FITNESS FOR HEALTH

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Introduction

The term Physical Activity, Exercise & Fitness, even though appear similar should not be confused with one another. Physical activity is only bodily movement produced by skeletal muscle that results in energy expenditure.

Exercise on the other hand is a subset of physical activity that is planned, structured & repetitive & done to improved or maintain physical fitness. Physical Fitness was commonly defined as the capacity to carry out the days activities without undue fatigue . as now a days people are emphasizing on looking good ,Good Leaving longer, Achieve these ideas is fitness & exercises, As we have now became dependent on machines Rather than muscles to get around.

Definition of Physical Fitness

Physical fitness is the state of health & wellbeing and more specially, the ability to perform aspect of sports occupation and daily activities physical fitness is generally achieved through proper nutrition moderate, vigorous, physical exercises & sufficient rest

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.

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

Factors affecting Health Related Physical Fitness -

Environmental interpersonal Individual and Democratic factors affect the physical activity, Individual factor positively associate with physical activity among young people include confidence in one's ability to engage in exercise, perception of physical having positive attitude

attitude towards physical activity this benefits include excitement & having fun learning & improving skill staying in shape, improving appearance, increasing strength, Endurance, Flexibility interpersonal & Environmental associated with physical activity.

- 1) Regularity in Exercise - Exercise promotes fitness depend upon the intensity & Regularity & time elapsed.
- 2) Diet - Good diet give us proper nutrition & there by provide ample source of energy & vigor. It is not only helpful in maintaining the physical fitness but also it improve the level of fitness.
- 3) Training Amount - The amount of exercise in mind ,moderate and high intensity decide our body fitness.
- 4) Rest & Relaxation - are necessary for recovery & its speed ups the muscles to go back to normal stage.
- 5) Sex Gender - Men & Women are biologically to species & their psychological function work typically.
- 6) Body Types / Postures - It is also the symbol of wellness. Generally various types of body meso, morpho, endo Good postures allows body to function effectively & adapt the exercises accordingly.

- 7) Illness - Always affect the fitness Factors negatively.
- 8) Life Style - Healthy life style always promotes better health fitness.
- 9) Environment - Workout in high attitude requires more oxygen which include climate, temperature, attitude, social & cultural factors affect the physical fitness of a people.
- 10) Stress & Tension - Tend to have negative effect on physical fitness, its decrease the psychological power of an individual which in turn , reduce the level of physical fitness.
- 11) Heredity - also play a vital role in affecting the physical fitness in fact heredity decides the structure of a person slow twitch fibers (red fibres) & fast twitch fibers (white) also depend on heredity if the percentage of slow twitch fiber is more the person will have more endurance whereas if the percentage of fast twitch fiber is more the person is likely to have more speed so it can be said that heredity also affects the physical fitness.
- 12) Workplace, coach & Athlete interaction, Restoration, sleep, Injury school all this factors affects the physical fitness.

Categories of Physical Activity -

- 1) Inactivity 2) Low Activity 3) Medium Activity 4) Higher Level Activity

Types & Duration of Physical Activities needful for Health Benefits -

- 1) Aerobic - It is endurance or cardio activity which causes the heart beat faster than usual when engaged in ,the body's large muscles move in a rhythmic manner for a sustained period of time when engaged in Intensity, frequency & Duration.
- 2) Muscle strengthening Activity - This is a kind of activity that includes resistance training and lifting weights. It causes the body muscles to work or hold against an applied force or weight, it also following components that is Intensity & Repetitions.
- 3) Bone strengthening Activity - this kind of activity produces a force on the bones that promote bone growth and strength. The force is commonly produced by impact with the ground.

Health Benefits of Physical Fitness -

1) General Health Benefits -

- 1) Improve overall Health
- 2) Improve Skin Tone
- 3) Enhance Appearance
- 4) Improve Blood Glucose Balance
- 5) Control Weight
- 6) Reduce Fat in Body

2) Weight Management -

- 1) Elevates your metabolism so you burn more calories everyday.
- 2) Lowers incidence of obesity
- 3) Helps lose weight & prevent weight gain .

3) Cardio Vascular Health -

- 1) decreases your blood pressure
- 2) reduce risk of heart disease
- 3) Strengthens your heart & lower heart rate

4) Prevention Disease -

- 1) reduce the risk of developing all kind of diseases.
- 2) Strengthens your circulatory system & lungs
- 3) improve control Blood sugar
- 5) Boosts your immune system.

5) Functional Capacity -

- 1) Boosts energy level
- 2) Improve Posture
- 3) Provides protection against injury
- 4) Improve Flexibility
- 5) Improves balance & Co-ordination
- 6) Increase stamina & ability to do continuous work
- 7) Increase Bone density
- 8) Build muscle strengths & endurance

6) Mental Health & Wellbeing -

1. Helps relieve & prevent migraine headaches.
2. Boost self-esteem & confidence
3. Helps sleep better
4. Reduce level of Anxiety
5. Alleviates depression
6. Help manage stress more effectively
7. Boosts intellectual capacity

7) Pain Management -

1. Help Bolster pain tolerance
2. Reduce Backache

8) Aging and Longevity -

1. Reduce your risk of fracture & osteoporosis
2. Help you maintain an independent lifestyle
3. Adds active years to your life style
4. Shows the aging process

Conclusion - Physical Activity can improve multiple health related aspects of physical fitness more specifically physical activities help to improve the muscular strength. Cardio respiratory, speed, agility, cures the disease etc. Regular physical activity helps to have a healthy heart & lungs, strong joints & muscles, when people are more active healthy are able to perform daily activities more easily without injuries themselves.

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