

## GUIDELINES FOR FITNESS AND PHYSICAL ACTIVITY

**VijayDeshmukh**

Director of Physical Education and Sports,  
BabujiAvhadMahavidyalaya, Pathardi  
Tal. Pathardi Dist. Ahmednagar

### INTRODUCTION :

We are physical and spiritual beings. Our mind, body, and spirit are all connected and learning how they work together and how to care for them can save us from unnecessary pain and suffering. Knowing how to take care of our body, mind, and spirit will lead us down the path towards happiness, health, and wealth.

The most powerful tool influence we have is to model good behaviors. We should be sure we are working on our health and fitness at the same time we preach to others about the value health, fitness, and participation in sports. Each of us will have our own issues, goals, and obstacles to living a healthy lifestyle, but we must strive for excellence in this area. When we live it, we will feel the difference. We will find it much easier to dream, act, achieve, and enjoy.

### WHAT IS PHYSICAL FITNESS?

In general meaning, physical fitness is a general state of a good physical health. Obtaining a physical fitness is a result of certain great physical activity, proper nutrition and diet and most important is the proper course of physical recovery which is rest. In a nutshell, physical fitness is the fine-tuning of the human body to perform and work well.

### IMPORTANCE OF PHYSICAL ACTIVITY:

The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nations's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

### BENEFITS OF PHYSICAL FITNESS:

There are so many benefits to be gained from participation in physical fitness and wellness programs and people of all ages and both genders can derive benefits from such programs so as to help them to maintain high er quality of life. The most important benefits

of physical fitness and wellness approach in the development of positive attitude that helps people to see life's possibilities and to work for their attainment so as to make one's life personally fulfilling and satisfying. It provides the basis for optimal physiological and gives us the capacity to enjoy a full life.

**MAIN BENEFITS OF PHYSICAL FITNESS ARE:**

1. Reduces and controls body fat, exercise combines with a proper diet will reduce body fat and also fulfill proper nutritional requirement.
2. Condition of heart and lungs by increasing the oxygen available to the body therefore enabling the heart to use oxygen more efficiently.
3. Development of physical fitness components such as strength, endurance, agility, flexibility, etc. and improvement of muscle tone.
4. Quick recovery after injury, illness and decrease the risk of cardio-vascular disease.
5. Postpones fatigue and reduces recovery time after vigorous activity.
6. Increase energy level of a person and helps to maintain ideal body weight.
7. Through Participation in physical fitness program, leisure time is properly utilized.
8. Fosters correct posture, figure, body image, and physical appearance.
9. Improve mood and reduce depression and anxiety.
10. Helps people to meet challenges of life, make them self-confident and postpones ageing process.

**BENEFITS OF REGULAR PHYSICAL ACTIVITY:**

Regular physical activity is one of the most important thing you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

**AGE-APPROPRIATE ACTIVITIES:**

Some physical activity is better-suited for children than adolescents. For example, children do not usually need formal muscle-strengthening programs, such as lifting weights. Younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym or climb trees. As children grow older and become adolescents, they may start structured weight programs. For example, they may do these types of programs along with their football or basketball team practice.

**MAINTAIN WEIGHT:**

Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that you may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain your weight.

**CONTROL WEIGHT:**

Looking to get to or stay at a healthy weight? Both diet and physical activity play a critical role in controlling your weight. You gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. For more information see our section on balancing calories. When it comes to weight management, people vary greatly in how much physical activity they need. You may need to be more active than others to achieve or maintain a healthy weight.

**IMPROVE MENTAL HEALTH AND MOOD:**

Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobics or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial.

To begin a fitness routine you need to visit your doctor and let him or her know what you want to do. They will give you the practical advice based on your over-all health. In doing this fitness routing you should build in stretching, anaerobic exercise, and aerobic exercise. You most definitely do Not need to buy expensive gym equipment or memberships at clubs to get started. There are a number of good programs you can do right at home. Having someone who will do this with you and hold you accountable would be a great benefit. any fitness program you actually do and do consistently will help you in all areas of your life. You will have more energy, will perform better on the job, will feel less stress, and will sleep better. You must take action to achieve those benefits. The motivation to follow through and the building of the routine is most people's down-fall. That is topic of a future article.

**NUTRITION:**

There are basic principles that you need to understand. First, your body needs basic building blocks for your cells. It must get vitamins and minerals in the correct amount to operate to its maximum abilities. We get those vitamins in minerals from the foods and drinks we consume. The next basic principle is that the fuel for our body is calories. If we

---

consume more calories than our body uses it converts the extra calories to fat. When we consume fewer calories than our body needs we burn excess fat. In each case we can develop serious health conditions if either problem continues for an extended period of time. One other fundamental principle is we must keep our bodies hydrated. Dehydration is an often ignored and a serious problem in America today. Within those foundations there are numerous other nutrition related topics that can be discussed all of which can impact our overall health. There are a number of books that would be highly recommending reading.

#### **ATHLETICISM:**

Athleticism covers things like stamina, coordination, speed, and agility. It encompasses the skills that enable us to do many different physical tasks. It is also the skills that would allow us to participate in team and individual sports for our entire lives. Skiing, swimming, basketball, baseball, softball, cycling, tennis, bowling, and of course golf are several of many sports that can provide a fun and competitive outlet for people of all ages. For those who are not naturally athletic becoming fit and actually participating in athletic activities and exercises can and will improve that athleticism. You can find that competitive outlet and not feel embarrassed about your performance. Just go get in the game.

#### **CONCLUSION:**

Understanding the importance of physical fitness can be key element in keeping yourself physically and mentally healthy. At any age, being physically fit is an asset to your overall health.

Physical fitness mainly consists of daily exercise, healthy nutrition, and adequate sleep. These three things have an enormous effect on your general health.

It is important to stay physically fit from childhood into old age. Children need to participate in physical activity and eat healthy foods, to help keep them from becoming obese, and to help them get into healthy habits that will, hopefully, last into and through their adult lives. Older people need to exercise to help give them better balance, stronger bones and muscles, and better flexibility.

#### **REFERENCES:**

1. Wener W. K. Hoeger Sharon A. Hoeger, "Lifetime Physical Fitness and Wellness: A Personalized Program"
2. Marlene Wallach, Anna Palma, Monika Roe (Illustrator) "My Life: A Guide to Health and Fitness"
3. Brian J. Sharkey, Fitness and Health
4. Marlene Wallach, Anna Palma, Monika Roe (Illustrator) "HandBook on Physical Fitness"