

Contributions of Physical Activity and Fitness to Health and Wellness

Parminderpal Kaur

Assistant professor Dev Samaj College of Education for Women, FZR City India

Abstract

Physical activity and fitness more especially in the area of disease prevention and control by looking at the major ways by which regular physical activity and fitness contributes to optimal health and wellness. The Surge or General's Report (1996), stressed that physical inactivity is a national problem which contributes to the burden of unnecessary illness and premature death. The emphasis is therefore on moderate physical activity and the focus on integration of physical activity into one's lifestyle which offers additional opportunities for sedentary individuals to improve their health through participation in physical activities that are enjoyable, personally meaningful and fit more easily into daily schedules. Therefore people who regularly participate in moderate amounts of physical activity and fitness can live longer and healthier and also, physical activity and fitness not only help prevent illness and diseases, but also promote quality of life.

KEYWORDS: Physical Activity, Physical Fitness, Wellness, Health

Introduction

BE FIT TO KEEP FIT OTHERS

Man's existence and effectiveness depends upon his physical fitness. Even now, physical fitness really implies more than the ability to do a work without much effort. Physical fitness affect one's life activities not only the physical wellbeing and mental effectiveness but also the personal and social adjustment. Physical fitness is the general capacity to adapt and respond favorably to physical effort. Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviors and attitudes. It is an active process of becoming aware of and making choices toward a more successful existence. To live long and successful happy life, fitness and wellness is must. Recognition of the salutogenic effect of physical activity, especially by medical professionals can be traced back to the 9th century before Christ. The health enhancing claims made by the medical professionals over the centuries are significant and some of them already implemented modern exercise principles in their exercise regimes. With the beginning of the Napoleonic wars, a new profession – Physical Education entered the professional area and the association between medicine and fitness became more separated. The challenge to this profession to enhance physical activity participation and fitness to all layers of the population were expressed by reputable health organizations. However, Physical Education is globally being phased out of the school curriculum, while the adult population relies on the medical profession to keep them healthy, without taking any responsibility for their own wellness. The global decline in physical education has forced training institutions to adapt their curriculum in order to survive. The most common problems in the world were infectious diseases, such as tuberculosis, diphtheria, influenza, kidney disease, polio and other diseases of infancy. It's best medicine to understand to prevent the chronic disease and a wellness and fitness movement

development gradually. People start to understand that good health is mostly self-controlled and that the leading causes of premature death and illness. Therefore, we all desire to live long and happy life, wellness programs focus on enhancing the overall quality of life. Most of the people are become very must aware about the fitness and wellness. They are following and participating the regular physical activities and exercise programmes. Modern lifestyle is highly competitive. The desire to be successful, rich and powerful in a short span of time has made each person materialistic. When we talk about modern lifestyle, it usually refers to the usage of the most up-to-date techniques, ideas and equipment's. It also denotes a current or recent style or trend. It is a peculiar and characteristic bundle of behavior including social relations, consumption, entertainment and dress. The behavior and practices with in modern lifestyle are a mixture of habits, conventions, way of doing things and reasoned actions.

There are three major ways in which regular physical activity and good fitness contribute to optimal health and wellness.

First, they can aid in disease/illness prevention. There is considerable evidence that the risk of hypokinetic conditions can be greatly reduced among people who do regular physical activity and achieve good physical fitness. Virtually all chronic disease that plague the society are considered to be hypokinetic, though some are related more to inactivity than others. Nearly three-quarters of all deaths among those of 18 years and others are as a result of chronic diseases. Leading public health officials have suggested that physical activity is related to the health of peoples. It directly reduces the risk for several major chronic diseases; and also stimulates positive changes with respect to other risk factors for these diseases. Physical activity may produce the shortcut for the control of chronic diseases, much like immunization controlled infectious diseases.

Secondly, physical activity and fitness can be a significant contributor to disease/illness treatment. Even with the best disease-prevention practices, some people will become ill. Regular exercise and good fitness have been shown to be effective in alleviating symptoms and aiding rehabilitation after illness for such hypokinetic conditions as diabetes, heart attack, backpain and others.

Finally, physical activity and fitness are methods of health and wellness promotion. They contribute to quality living associated with wellness, the positive component of good health. In these process, they aided in meeting many of the nation's health goals for the 2010.

Physical Activity and Good Health People who do regular physical activity can reduce their risk of death, regardless of the cause. Active people increase their life expectancy by two years compared to those who are inactive. Sedentary people experience a twenty percent (20%) to two-fold increase in early death compared to active people. Haskell (1995), that increasing physical activity among the adult population would do wonders for the health of the nation because there are so many sedentary people who could benefit from active lifestyles. He notes that physical inactivity, in combination with poor eating patterns, ranked with alcohol and tobacco use as among the leading preventable contributors to death for adults. If adults who lead sedentary lives would adopt to a more active lifestyle, there would be enormous benefit to public's health and to individual

well-being. Researchers have documented the benefits of regular physical activity for a healthy life. For example, Allender, Hutchinson and Foster, (2008) opined that regular physical activity reduces the risk of hypertension, heart disease, diabetes, and some cancers. Also, Economos, Hildebrant, and Ityatt, (2008) are of the opinion that engaging in regular physical activity improves psychosocial health and decreases stress. Regular physical activity is clearly effective in the secondary prevention of cardiovascular disease and effective in attenuating the risk of premature death among men and women.

Physical Activity and the Healthy Heart There is evidence to show that regular physical activity will increase the ability of the heart muscle to pump blood as well as oxygen (www.amhrt.org). A fit heart muscle can handle extra demands placed on it. Through regular exercise, the heart muscle gets stronger, contracts more forcefully, and therefore pumps more blood with each beat. This results in a slower heart rate (especially during physical activity), and greater heart efficiency. The heart is just like any other muscle. It must be exercised regularly to stay fit. The fit heart has open, clear arteries free of atherosclerosis. The hypothetical “normal” resting heart rate is said to be 72 beats per minute (bpm). However, resting rates of 50 to 85 bpm are not uncommon. People who regularly do physical activity will typically have lower resting heart rates than people who do no regular activity. Some endurance athletes have heart rates in the 30 and 40 bpm range. This is not considered unhealthy or abnormal. While resting rate is not considered to be a good measure of health or fitness; decreases in individual heart rate following training reflect positive adaptations. Low heart rates in response to a standard amount of physical activity are a good indicator of fitness.

Maintaining a healthy body weight and avoiding the various health conditions associated with obesity Obesity, as well as lesser degree of fatness, is not a disease state in itself, but is a hypokinetic condition associated with a multitude of far-reaching complications. Obesity is associated with serious organic impairments, shortened life span, psychological maladjustment, poor relationships with peers especially among children, awkward physical movement, and lack of achievement in athletic activities. Obesity can be both a cause and an effect of physical inactivity. People who are over fat have a higher risk of respiratory infections; are prone to developing high blood pressure, arteriosclerosis; and disorders of the circulatory and respiratory systems’ and have a greater than normal risk of some forms of cancer. The symptoms of adult-onset diabetes are associated with excessive fitness. Because physical activity, together with sound nutritional management is an effective means of lowering body fat, it can be helpful in reducing the risk of those conditions associated with fatness and obesity.

Physical Activity and Aging Approximately 30 percent of adults age 70 and over have difficulty with one or more activities of daily living (Osness, 1998). Women have more limitations than men, and low-income groups have more limitations than higher income groups. Nearly half get no assistance with the activity in which they are limited. The inability to function effectively as you grow older is associated with lack of fitness and inactive lifestyles. This loss of function is sometimes referred to as “acquired aging” as opposed to “time-dependent aging”. Because so many people experience limitations in daily activities and often find it difficult to get assistance, it is especially important for older people to stay active and fit. In Africa, Asia, and South America, where older adults

maintain an active lifestyle, individuals do not acquire many of the characteristics commonly associated with aging in North America (US, Department of Health and Human Services, 1996).

Conclusion: It is important knowledge for us to realize exercise, games and sports, increased consumption of good nutrition, smoking cessation, and the practice of safe sex are the key of health and wellness. The real happiness of life lies in living healthy and stress free life, happily in a health environment. If a person have good fitness and wellness than he could live good life in the society. Excessive proclivities for luxuries and utter materialistic outlook, over industrialization as well as busy life have made man's life more stressful and depressed. To overcome all those people must keep them engaged in the holistic work, fitness programme, community services, participation in games and sports, leisure time activities etc.

References

- Baro et.al.,(2016). Physical Fitness And Wellness - Challenge In The 21st Century. *International Journal Of Physical Education, Fitness And Sports*, 5, 29-3.
- Ohuruogu, B.(2016). The Contributions of Physical Activity and Fitness to Optimal Health and Wellness. *Journal of Education and Practice* ,7, 20.
- Trost, S. G. and Loprinz, P. D, Moore, R., Pfiffer, K. A. (2008). Promoting healthy lifestyle in children and adolescents. *Journal of clinical Lipidology*, 2(3), 162-168.

Retrieved from
https://shodhganga.inflibnet.ac.in/bitstream/10603/5529/10/11_chapter%201.pdf