

## Being Healthy: Not A Fad; A Lifestyle

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### Abstract

Wellness in India has rapidly evolved from being a highly unstructured ecosystem to a more active and growing area today. With Health and Wellness coming into mainstream, this field requires a massive boom. India is known as the land of ayurveda, yoga, and alternative medicine branches that have evolved over the years. However, they aren't accustomed to giving much credence to Wellness. Mental Wellbeing, also a crucial component of Wellness has been brushed under the carpet for too long. Over the last few years, there has been a paradigm shift in this trend, spurred by youngsters in their 20s and 30s becoming more conscious. They not only want to look good but feel good too, and this has led to a focus on eating, working and living healthy. Everything from diet, weight, physical activities, and sleep can now be tracked and tuned. In the last couple of years, there is an increased availability of Wellness and Health services. The government is also making a push for programmes promoting Wellness. The Make in India initiative is expected to bring in more investments and opportunities. Likewise, Fit India Movement is a fitness revolution for the country. It is launched not only to increase the awareness among the masses but also to encourage people to start/increase Physical Activity and sports in their everyday lives. In today's dynamic environment, peoples' lives have become more challenging that threatens the physical and mental Health of individuals. Lifestyle has a significant influence on the Wellness of human beings. There needs to be positive change in the lifestyle which will lead to Improved Life Expectancy. To live long and successful happy life, Fitness and Wellness is a must. In recent times, maintaining the physical Fitness and Wellness is the biggest challenge. By advancement in modern science and technology, people are getting all amenities and conveniences that make their life easier and comfortable which can help them to increase Physical Activity levels within the comfort of their homes.

**KEYWORDS:** Health, Wellness, Fitness, Lifestyle, Physical Activity, Improved Life Expectancy, Make in India, Fit India Movement.

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### INTRODUCTION

Fitness specifically refers to physical Health, and is the ability to complete a physical task, or the lack of a physical ailment. Wellness, on the other hand, refers to the balance of a spectrum of Health-related elements in one's life. Wellness is far broader than Fitness. Wellness encapsulates your entire life. It tends to focus on nutrition, strength, conditioning, flexibility, and body composition. Most Wellness wheels represent six or seven dimensions of wellness, including intellectual, emotional, physical, occupational, environmental, spiritual, social and financial. All of these together influence each other, and affect your entire sense of well-being. Wellness looks at the ways in which they influence each other, and considers the way in which choices create entire Lifestyles. Imbalances in one modality will create imbalances in all the others.

Wellness is finding a balance between all of these and enhancing your sense of happiness. When a person is balanced and well, all of the aforementioned areas of life are considered and prioritized in daily Lifestyle habits.

Lifestyle is a way used by people, groups and nations and is formed in specific geographical, economic, political, cultural and religious text. Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun and diet.

In recent decades, Lifestyle as an important factor of Health is a more interesting topic for researchers. According to WHO, 60% of factors related to individual Health and quality of life are correlated to Lifestyle. Millions of people follow an unhealthy Lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy Lifestyle. The relationship of Lifestyle and Health should be highly considered.

Today, wide changes have occurred in the lives of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy Lifestyle and that they are used as dominant form of Lifestyle. Besides, the lives of citizens are faced with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental Health of individuals. The challenge is the overuse and misuse of the technology. Therefore, according to the existing studies, it can be said that Lifestyle has a significant influence on physical and mental Health of a human being.

## **DIMENSIONS OF WELLNESS – CHANGE YOUR HABITS, CHANGE YOUR LIFE**

Wellness is more than Health. It is living fully. We believe Wellness is conscious and inclusive, self-directed and evolving, holistic and multidimensional, positive and affirming. Wellness is fueling your body, engaging your mind, and nurturing your spirit. How we think about Wellness is affected by our culture and our life experiences. While all dimensions of Wellness need our attention for us to truly flourish, there doesn't have to be a balance among all dimensions. Instead, the goal is to find a personal harmony with the dimensions that are most authentic for you. You can't get there passively; it requires active awareness, acceptance, and commitment through choices you make every day, no matter how small.



### Dimensions of Wellness

- **Physical Wellness:** Physical Wellness is not merely the absence of illness, but about maintaining a thriving Lifestyle. This area of Wellness includes adopting healthy habits such as routine medical exams, immunizations, safety precautions, sexually transmitted infection screenings, adequate sleep, a balanced diet, regular exercise, and more. It is also about avoiding or minimizing risky behaviors like alcohol, tobacco, and other drugs.
- **Social Wellness:** This dimension encourages taking an active part in improving your communities, connecting with others, establishing supportive social networks, developing meaningful relationships, and creating safe and inclusive spaces.
- **Emotional Wellness:** Emotional Wellness includes practicing self-care; fostering inner resources and resiliency; finding unique ways of coping with stressors; creating satisfying relationships; empathizing with others; and being realistic about expectations and time; and knowing when to ask for help.
- **Intellectual Wellness:** Intellectual Wellness encourages participating in mentally stimulating and creative activities. Improving intellectual Wellness can happen in and out of the classroom. It is the ability to think critically, reason objectively, make responsible decisions, and explore new ideas and different points of view.
- **Vocational Wellness:** Vocational Wellness involves preparing for and participating in work that provides personal satisfaction and life enrichment that is

consistent with your values, goals, and Lifestyle. This dimension includes taking a thoughtful and proactive approach to career planning and assessing personal satisfaction and performance in one's work.

- **Environmental Wellness:** Environmental Wellness inspires us to live a Lifestyle that is respectful of our surroundings. It involves understanding the dynamic relationship between the environment and people and recognizing that we are responsible for the quality of the air, water, and earth that surrounds us and in turn, that social, natural, and built environments affect our Health and Well-being. Our environment and the way we feel about the environment can play a big role in how we live our lives.
- **Spiritual Wellness:** Spiritual Wellness involves seeking and having a meaning and purpose in life, as well as participating in activities that are consistent with one's beliefs and values. It is more than prayer and believing in a higher being. A spiritually well person seeks harmony with the universe, expresses compassion towards others, and practices gratitude and self-reflection. When we integrate practices of spiritual Wellness we are able to connect in mind, body, and soul.
- **Financial Wellness:** Financial Wellness includes our relationship with money, skills to manage resources to live within our means, making informed financial decisions and investments, setting realistic goals, and learning to prepare for short-term and long-term needs or emergencies. Part of this dimension includes awareness that everyone's financial values, needs, and circumstances are unique.

### **LONG TERM BENEFITS OF REGULAR PHYSICAL ACTIVITY**

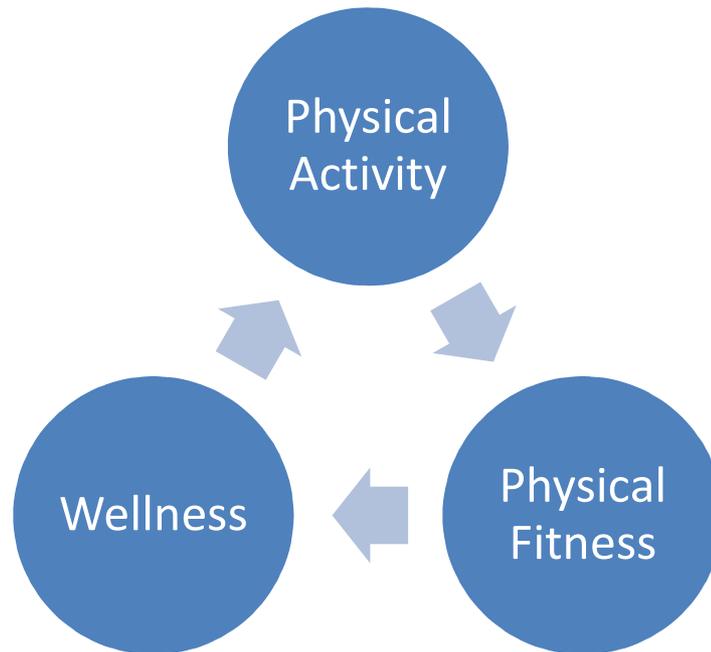
If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalization or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.

### **A healthier state of mind**

A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression:

- Exercise may block negative thoughts or distract you from daily worries.
- Exercising with others provides an opportunity for increased social contact.
- Increased fitness may lift your mood and improve your sleep patterns.
- Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.



**Cycle of Physical Activity Benefits**

### **FIND YOUR 30-LIFESTYLE CHANGES**

'Find 30' is a health campaign which aims to increase Physical Activity levels of people within specific settings.

#### **Key aims of the 'Find 30' campaign include:**

- Raise awareness of the positive impact that performing 30 minutes of Physical Activity on most days of the week has on people's health.
- Demonstrate how Physical Activity can be incorporated into the daily lives of Indian adults who are inactive or not active enough to benefit their health.
- Provide opportunities for people, particularly disadvantaged adults, to undertake moderate Physical Activity in safe and healthy environments.

#### **Move It India**

We want every Indian adult to commit to at least 30 minutes of activity each day. The Department of Health says adults aged 18-64 should accumulate 2.5 to 5 hours of moderate intensity Physical Activity or 1.25 to 2.5 hours of vigorous activity each week.

Children should accumulate at least 60 minutes of moderate to vigorous intensity Physical Activity every day. This is backed up by advice from the Heart Foundation, Better health, the Australian Medical Association and more.

#### **Lifestyle changes**

"If it's important to you, you will find a way. If not, you will find an excuse."

Adopting new, healthier habits may protect you from serious health problems like obesity and diabetes. New habits, like healthy eating and regular Physical Activity,

may also help you manage your weight and have more energy. After a while, if you stick with these changes, they may become part of your daily routine.

Lifestyle changes are a process that take time and require support. Once you're ready to make a change, the difficult part is committing and following through. So do your research and make a plan that will prepare you for success. Careful planning means setting small goals and taking things one step at a time.

Here are five tips from the American Psychological Association to help you make lasting, positive Lifestyle and behavior changes:

### **Make a plan that will stick**

Your plan is a map that will guide you on this journey of change. You can even think of it as an adventure. When making your plan, be specific. Want to exercise more? Detail the time of day when you can take walks and how long you'll walk. Write everything down, and ask yourself if you're confident that these activities and goals are realistic for you. If not, start with smaller steps. Post your plan where you'll most often see it as a reminder.

### **Start small**

After you've identified realistic short-term and long-term goals, break down your goals into small, manageable steps that are specifically defined and can be measured. Is your long-term goal to lose 20 pounds within the next five months? A good weekly goal would be to lose one pound a week. If you would like to eat healthier, consider as a goal for the week replacing dessert with a healthier option, like fruit or yogurt. At the end of the week, you'll feel successful knowing you met your goal.

### **Change one behavior at a time**

Unhealthy behaviors develop over the course of time, so replacing unhealthy behaviors with healthy ones requires time. Many people run into problems when they try to change too much too fast. To improve your success, focus on one goal or change at a time. As new healthy behaviors become a habit, try to add another goal that works toward the overall change you're striving for.

### **Involve a buddy**

Whether it is a friend, co-worker or family member, someone else on your journey will keep you motivated and accountable. Perhaps it can be someone who will go to the gym with you or someone who is also trying to stop smoking. Talk about what you are doing. Consider joining a support group. Having someone with whom you can share your struggles and successes make the work easier and the mission less intimidating.

### **Ask for support**

Accepting help from those who care about you and will listen strengthens your resilience and commitment. If you feel overwhelmed or unable to meet your goals on your own, consider seeking help from a psychologist. Psychologists are uniquely trained to understand the connection between the mind and body, as well as the factors that promote behavior change. Asking for help doesn't mean a lifetime of therapy; even just a few sessions can help you examine and set attainable goals or address the emotional issues that may be getting in your way.

Making the changes that you want takes time and commitment, but you can do it. Just remember that no one is perfect. You will have occasional lapses. Be kind to yourself. When you eat a brownie or skip the gym, don't give up. Minor missteps on the road to your goals are normal and okay. Resolve to recover and get back on track.

## **INDIA'S INITIATIVES TOWARDS BEING HEALTHY**

### **Make in India**

With a single-minded focus to make India a global manufacturing hub, the 'Make in India' initiative was launched by Prime Minister Narendra Modi in September 2014. The industry has been 'making in India' and is a powerhouse of low cost manufacturing of different products – medicine, gym and Fitness equipments etc., having a lot of potential to boost the Healthcare, Fitness and Wellness of the people in India.

### **Ministry of AYUSH**

India is the pioneer in alternative system of medicine and has an unparalleled heritage represented by its ancient and age-old traditional treatment methods, such as Ayurveda, Yoga, Unani, Siddha and Homoeopathy. The Government of India has set the Ministry of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy) in November 2014 with the aim of providing a boost to these ancient healthcare systems with a targeted thrust and to overlook the optimal development and proliferation of the AYUSH systems of health care.

The Ministry of AYUSH provides ample opportunities for investment, education and research, health services and training in the AYUSH sector. The Ministry has a 'Central Sector Scheme for Promotion of International Co-operation' which aims to promote global awareness of AYUSH systems of medicine, facilitate international promotion, development and recognition of Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homoeopathy. The scheme also aims to support international exchange of experts and information for the cause of AYUSH systems, to give a boost to AYUSH products in the international market, to establish AYUSH academic chairs in foreign countries. All this is going to have a positive impact on the Lifestyle of the people of the country.

### **Healthy India initiative**

Healthy India endeavors to advance consciousness of disease prevention opportunities, encourage earlier detection and treatment of chronic diseases, and foster Healthy living through information and resources on Healthy Lifestyle. The aim is to enable citizens of India and around the world to achieve wellbeing of mind and body through knowledge-sharing in a simple, interactive and accessible format. The initiative seeks to promote balanced diet, Physical Activity, lifestyle management, caring for the environment and avoiding tobacco and alcohol related health problems. Information and expert opinion on hot topics such as stress management, blood pressure, diabetes, cancers, heart disease, and stroke and on factors that affect health such as climate change are provided here. The focus of efforts has always been to present information in an imaginative manner that may then create an ambience of change, in both individuals and communities for healthy behaviors and practices.

### **Fit India movement**

There is a proverb 'Healthy body has a Healthy mind'. We are getting busier in our daily life. We hardly have time to exercise or we hardly walk around even 500 meter in a single day. This human laziness is increasing many problems like heart attack, diabetes, fatigue, strain etc. So, in order to remove this laziness and diseases; PM Modi

has launched Fit India Movement on the occasion of National Sports Day i.e. 29th August 2019.

**Objective of Fit India Movement:** To encourage people to start/increase Physical Activity and sports in their everyday lives. PM Modi has addressed the gathering on this occasion and urged citizens to do exercise on daily basis.

He urged the people to;

- a. Use stairs instead of escalators.
- b. To walk daily instead of taking rickshaw or bike for short distance.
- c. To do exercise on daily basis
- d. To involve the all family members in the exercise and physical activities on daily basis.

### **CHALLENGES IN MAKING PHYSICAL FITNESS A LIFESTYLE**

- Scientific innovations and inventions: The scientific innovations and inventions have completely eliminated the need for physical activities in everyone's daily life.
- Modern Life style: Modern Lifestyle is responsible for far reaching changes in atmosphere through various activities like urbanization, industrialization and over exploitation of resources.
- Stress or tension in Children: Modern life is full of competitions and because of high competition in schools, children are under constant pressure.
- Disturbed family relations: In the cut-throat competition and to maintain the standard of living, change in the joint family to nuclear family has taken place. today's job or profession is highly demanding which requires women work for long hours leaving little or no time to look after their house or children.
- Health problems: Modern Lifestyle is detrimental to our health. Total fitness is the need of the hour as development of scientific innovations has reduced our physical activities.
- Tremendous stress at work place: Increased workload and extremely long work hours and intense pressure to perform at peak levels all the time leave an employee physically and emotionally drained.
- Less tolerance and violence: Today with the change in lifestyles, utter materialistic outlook and busy life, the concept of joint family is no more prevalent in society.
- Lack in norms and moral values: Busy modern Life styles of today, have made people of the same family unattached and unconcerned.
- Diet and Nutrition (Eating Habits): Use of poor nutrition diet is also a great challenge. The production of food stuff by artificial way to meet the people demands is also becomes threat.
- Excessive work load: Excessive work is also one threat of Physical Fitness and Wellness. People are unable to utilize the leisure time properly.
- Regular Physical Exercise and Games and Sports: Most of the people are not participating in the regular physical exercise and games and sports.
- 'Sound Mind in sound Body' hence there is direct relation between fitness and wellness.

- Proper Rest: To be fit and active rest is mandatory.

## **CONCLUSION**

Physical Fitness is not the sole basis of being Healthy; being Healthy means being mentally and emotionally fit. Being Healthy should be a part of your overall lifestyle. Living a Healthy Lifestyle can help prevent chronic diseases and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Maintain a Healthy Lifestyle by doing what is right for your body. So it is important for all of us to realize that exercise, games and sports, consumption of good nutrition, smoke cessation, and the practice of safe sex are the key of Health and Wellness. The real happiness lies in living a healthy and a stress free life, in a healthy environment. If a person has good Fitness and Wellness then he can live a 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 these, people must keep them engaged in the holistic work, Fitness programmes, community services, participation in games and sports, leisure time activities etc.

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