

Fitness for All

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Abstract

People are less active nowadays, partly because technology has made our lives easier. In this present scenario we are using technology in every field. We are totally depends on machines. People are engrossed in all kinds of comfort and convenience provided by many inventions of modern science and technology. But this comfort is limited up to the physical level. Mentally, emotionally and spiritually people have drifted apart. Due to this reason our physical activity is decreased day by day. Today children's are busy in community sites for entertainment in their leisure time. Because of this they are not involve in any physical activity and they become physically weak. **“All work and no play make one jack a dull boy.”** With the help of physical activities a person can live healthy life and it will keep the person away from diseases because **“Health is Wealth.”**

MEANING OF PHYSICAL FITNESS

Fitness is a wide term meaning dynamic characteristics that permit to fulfill the necessities in regards to mental, emotional stability special awareness and adoptability spiritual and oral dread and natural wellbeing are steady with heredity. Physical fitness implies that the organic system of the body is healthy and capacity effectively vivacious errands and leisure exercises past five Organic improvement, muscular strength and stamina. Most creators characterize 'physical fitness's the ability to do each day exercises without excessive fatigue and with enough vitality for possible later use for emergencies. Decidedly this definition is insufficient for an advanced lifestyle.

TYPES OF ACTIVITY

Exercise and physical activity fall into four essential classifications-continuance, quality, balance and adaptability. A great many people have a habit for to concentrate on one activity or kind of activity and believe they're doing what's needed for their wellbeing. Each kind of activity is extraordinary; nonetheless, doing them all will give you additional advantages. Blending it up additionally assists with diminishing fatigue and stops the chance of injury.

- **Balance:** Balance exercises help forestall falls, a public issue in older adults. Many lower-body strength activities likewise will improve your balance. This sort can be observable in Standing on one foot, Heel-to-toe walk and Tai Chi.
- **Endurance:** Endurance or aerobic, exercises increase your breathing and heart rate. They keep your heart, lungs and circulatory system healthy and improve your general fitness. Building your continuance makes it simpler to do a significant number of your regular exercises. Walking or running, cutting, raking, burrowing and Dancing are sorts of this type.
- **Flexibility:** Flexibility exercises stretch your muscles and can enable your body to remain limber. Being adaptable gives you more opportunity of development for

different activities just as for your regular exercises. A few models for that in Shoulder and upper arm stretch, Calf stretch and Yoga.

- **Strength:** Strength exercises make your muscles stronger. Indeed, even little increases in strength can have a major effect in your capacity. We can discover this sort of activity in Lifting weights, utilizing an obstruction band with your own body weight.

Importance of Physical Activity for Health and Well Being

There are so many reasons why regular activity boosts your health. Read to learn what those are and how you can incorporate exercise into your day. We know that staying active is one of the best ways to keep our bodies healthy. But did you know it can also improve your overall well-being and quality of life? Here are just a few of the ways physical activity can help you feel better, look better and live better. Because, why not?

It's a natural mood lifter.

Regular physical activity can relieve stress, anxiety, depression and anger. You know that "feel good sensation" you get after doing something physical? Think of it as a happy pill with no side effects! Most people notice they feel better over time as physical activity becomes a regular part of their lives.

It keeps you physically fit and able.

Without regular activity, your body slowly loses its strength, stamina and ability to function properly. It's like the old saying: you don't stop moving from growing old, you grow old from stopping moving. Exercise increases muscle strength, which in turn increases your ability to do other physical activities.

It helps keep the doctor away.

Stand up when you eat your apple a day! Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. One study showed that adults who watch more than 4 hours of television a day had an 80% higher risk of death from cardiovascular disease.

Being more active can help you:

- lower your blood pressure
- boost your levels of good cholesterol
- improve blood flow (circulation)
- keep your weight under control
- prevent bone loss that can lead to osteoporosis

All of this can add up to fewer medical expenses, interventions and medications later in life!

It can help you live longer.

It's true, 70 is the new 60... but only if you're healthy. People, who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. And the important part is that those extra years are generally healthier years! Staying active helps delay or prevent chronic illnesses and diseases associated with aging. So, active adults maintain their quality of life and independence longer as they age.

ADVANTAGES OF PHYSICAL FITNESS

- **Boost confidence level:** We are not speaking much being sure about your physical appearance. Certainly, when you look good, you feel superior. In any case, this feeling of being the option to do anything with your body moves to every other circle in your life. You will learn out how to propel yourself harder busy working, as well. That advancement you constantly longed for might at long last work out. You will be more certainty around others, attracting more partners and friends and enjoying your social life more. In the event that you are paying attention to exercise seriously, you ought to put resources into the correct gym apparel to optimize your exercise.
- **Exercise boosts energy:** Exercise is known to discharge endorphins and serotonin, the feel great hormones that bring the feelings of euphoria and bliss. Depression stands no way against them. Also, when your mind-set is good, you will have more energy to manage shopping for food and youngsters' schoolwork. Regular physical activity likewise improves your muscle strength and helps you bear more tasks for the duration of the day.
- **Exercise reduces stress:** Taking part in an exercise routinely can lessen the chance of developing stress. It tends to be stressful finding the correct method to feel better and healthy. Keeping yourself occupied can remove stress and exercising won't just make you truly fit yet additionally intellectually healthy. Try not to focus on your medical issues completely, rather, center around how you're going to feel good once you're finished working out.
- **Exercise improves sleep:** Normal aerobic exercise gives three significant sleep benefits: it causes you nod off quicker, spend more time in profound sleep and stir less during the night. Actually practice is the main known way for healthy adults to boost the measure of profound sleep they get and profound sleep is basic for your body to restore and fix itself. (n.d, 5 ways exercise improves your quality of life, n.d), (Cassity, 2017)

Conclusion

Physical activity leads us to have good health, allows us to improve our quality of life, to perform better in our environments, stay away from diseases, live for more years and enjoy a more pleasant life. It can also improve your skin's appearance, help you lose weight and keep it off, lessen the risk of chronic disease and improve your sex life.

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