

Physical Fitness and Wellness - Challenge in the 21st Century

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Abstract

Physical activity is essential for the development of wholesome personality of a child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Hence a well organized and properly administered physical education programme for school children is very essential. Physical activity throughout the ages has been acclaimed for health and recreation. It provided fun and enjoyment. It also provided youthful exuberance and the elderly care. Physical activity and movements are as old as human existence. In recent times maintaining the physical fitness and wellness is the biggest challenge. Movement and physical activity are basic functions for which human organism was created. Advances in modern science and technology provide all amenities and conveniences that make our life easier and comfortable which almost eliminated the need of physical activity in most of every ones' daily life. At the same time handling such amenities creates lots of pressure and stress; affect our mental health, alertness and personal relationship. The progress of medical science led to elimination of most of common health problem. But the changing lifestyle increases the chronic health problems such as hypertension, diabetes, strokes etc. A fitness and wellness movement was taken place gradually at the end of the 20th century. People need to understand that good health is mostly self-controlled. Positive lifestyle could prevent leading causes of health and wellness problem. The fitness and wellness could be enhanced through participation in quality fitness and wellness program focused on enhancing the overall quality of life.

KEYWORDS: Fitness, Wellness, Challenges

Introduction

Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities. Physical activity is essential for the development of wholesome personality of a child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Hence a well organized and properly administered physical education programme for school children is very essential. Physical activity throughout the ages has been acclaimed for health and recreation. It provided fun and enjoyment. It also provided youthful exuberance and the elderly care. Physical activity and movements are as old as human existence. It played numerous roles from struggle for existence to struggle for excellence. A sports is an activity in our lives where pursuits of different movement achieved through the total investigation of Neuro – muscular co-ordination. In this modern era, we can see that each and every individual directly or indirectly related to sports. Modern Physical Education commonly known as there is sports where pursuit of

discipline freely formed such as biological, social and physical sciences. Over a decades, the society in general has realized the need for keeping fit and health through organized physical activity programme. Scientific evidence has made with a clear and that unless man engages himself in organized vigorous physical activity programme. The real benefits would not come.

Many researchers strongly support the regular exercises helps one to keep a strong and healthy and to prevent cardio vascular diseases. Physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. As a result of regular exercises and individual's capacity to use oxygen is increased systematically energy production depends on internal chemical or metabolic change. Health, Fitness and performance are poorly correlated phenomena. Health is generally defined as the freedom from disease, fitness strictly relates to a man's ability to meet the demands of his environment and excellence in performance.

Physical Exercise and Physical Fitness

Exercise is the means to an art, vigorous and lengthy life, inactivity will kill you. Many people say that exercise makes them feel better and more relaxed number of studies have shown that people improve psychologically as well as physically as a result of running programmes. There is a lot of circumstantial evidence to suggest that this relaxing effect is caused by the release of endorphin – morphine – like substances which occur naturally in the brain. “If you make an investment in exercise it makes you conscious of other reasonable health habits. You are not about to waste your investments” Morehouse and Brass (1975)

According to Lumpkin (1986) “Exercise means using or exerting body play” refers to the resultant action or what the participants do during physical exertion. “Games” range from amusements or diversions to competition with significant outcomes governed by rules. Freedom from work or duties describe “Leisure” which may or may not be used for physical activity similarly “Recreation” refers or renews one's strength and spirits after toil again with or without activity. “Sport” encompasses all these diversions and physical activities that are does for pleasure and success”. Health related Physical Fitness According to current thinking in the physical education profession, physical fitness is either health related or performance related. In keeping with wellness trend today and an emphasis on all aspects of healthful living in addition to stressing performance or motor skill related to fitness. This aspect of physical fitness concerns the development of qualities necessary to function efficiently and maintain a healthy life style. Each of the components of health related fitness cardio respiratory endurance, muscular 8 strength and endurance, flexibility and body composition Bucher and Prentice (1985).

According to Bucher and Wuest (1987) “Health related physical fitness is concerned with the development of those qualities that often protect against disease and frequently are associated with physical activity. Then health related physical fitness is important to everyone and should be stressed by physical educators”. Spiraling health care costs and realization of benefit to be gained from participation in health and fitness activities have prompted many colleges, corporation and other organization to establish programmes for their students and client able. They have found that such programmes promote good

health and also make economic sense since poor health is cost by in terms of illness, primitive death, development productivity and absenteeism Bucher and Prentice.

Challenges of Physical Fitness and Wellness: Development and maintenance of physical fitness and wellness is a great challenge today. In the highly technical world most of the daily survival physical activities are eliminating among the people. Everyone wants to have an easy and comfortable life. But at the same time it's effecting unknowingly in the health and fitness of the people as well as society. Here few of challenges of physical fitness and wellness are discussed below.

- **Scientific innovations and inventions:** The scientific innovation and inventions i.e modern technology like anything right from the lamp to vehicle, and others almost completely eliminated the need for physical activities in most of everyone's daily life. Society became automatic, where most of the activities were accomplished by machines with a simple pull of handle or push of a button. And these technical inventions become a biggest threat to the people on the physical fitness and wellness.
- **Modern life style:** Lifestyle change, more than any other factor, is considered to be the best way of preventing illness and early death in our society. Modern lifestyle is responsible for far reaching changes in atmosphere through his various activities like urbanization, industrialization and over exploitation of resources. Global warming and ozone depletion are the result of our modern lifestyles. Global environment is changing with the buildup of various gases in the atmosphere.
- **Stress or tension in Children:** The present system of education does possess elements which are efficient enough to develop the intellectual and talent potentials. Education produces scientists, engineers and doctors but in spite of becoming an expert in one's respective field by education, one suffers from enormous mental tension. Modern life is full of competitions and because of high competition in schools, children are under constant pressure. In today's society parents expect their kids to score more. They have no time to indulge in childhood games. Most of their time is spent in tuitions and schools, even in school and colleges, children have so much pressure of education that sometimes child is unable to cope up and commits suicide .Physical activities and games are stress buster but hi-tech gadgets like TV, Video, CD and computer games have made our children least interested in physical activities resulting in so many physical, mental and emotional problems.
- **Disturbed family relations:** In today's so-called modern world, growing at a fast pace, it is necessary, for each and every person to put in more and more efforts to prove himself. In the cut-throat competition and to maintain the standard of living, change in the joint family to nuclear family has taken place. Today with the increasing demand of working wives, women no more, are confined within the four walls of houses but are marching shoulder to shoulder with the male section in all walks of life. Moreover 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. This effects their family life, resulting in divorce or

clashes between husband and wife. There are ego clashes as no one has enough time to sort our petty issues amicably.

- Health problems: The most common health problems in the world were infectious diseases, such as tuberculosis, diphtheria, influenza, kidney disease, polio and other diseases of infancy. Modern lifestyle is detrimental to our health. Our habits have totally changed. Total fitness in the need of our as developments of scientific innovations has reduced our physical activities. TV, computer, video games are spoiling the health of our children. With all the medical facilities available today, physical problems are increasing. Besides obesity, cardiovascular diseases, cancers, high blood pressure, joint pains and spondylitis etc. are increasing because of modern lifestyle.
- Tremendous stress at work place: Stress at work is relatively a new phenomenon of modern lifestyles. The nature of work has gone through drastic changes over the last century and is still changing. With change comes stress. Job/professional stress poses a threat to physical health. Job insecurity and high demand of performance especially in the time of corporate reorganizations, sometimes put unhealthy and unreasonable pressure on the employees. Increased workload and extremely long work hours and intense pressure to perform at peak levels all the time for some emoluments actually leave an employee physically and emotionally drained.

Remedies of the Challenge: In remedies we would like to suggest to alternate the above discussed points in every ones practical life. We think it will help us to overcome the challenges. Apart from these the following remedies be followed

1. Physical activities should be recommended for every persons daily routine for healthy and active society
2. Implementing quality physical education program on regular basis by qualified teachers ensuring made all students physically literate.
3. Enhancing the quality of leisure timeactivity.
4. Particular attention should be given to the development of body nourishment and healthy practices of children.
5. Motivating people to participate in physical activities and creating awareness of fitness and wellness among masses.

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