

UNIT-3

Physical fitness, Wellness and Lifestyle

Meaning and Importance of physical fitness, wellness and lifestyle

Physical fitness:

Physical fitness means the capacity to do the routine work without any fatigue or exertion and after doing the work the person has power to do some more work and recovery is quicker.

Wellness:

Wellness is the capacity of an individual by which he leads a balanced life.

Lifestyle:

A way of life or style of living that reflects the attitude and values of a person or group.

Importance of Physical Fitness

- To live a long and healthy life: A physically fit person not only lives a healthy life but also a longer life.
- To increase the energy, power and capacity of the body: A physically fit person can do his routine work without undue fatigue. The strength and capacity are increased because of internal energy due to which he can perform extracurricular task after finishing the routine work. For e.g. entertainment, aerobics, dance, gardening, etc.
- To reduce the probability of getting a disease: Due to the physical fitness, important parts of the body, such as heart, lungs and brain remain strong and there is a less probability of getting disease because of the continuous activity of these parts.
- For strong and active muscular and skeletal system: Due to the physical fitness, a person can do any physical activity with ease, posture is maintained, muscles and bones stay strong, joints and muscles have flexibility and body posture looks toned and attractive.
- To increase the memory and recall capacity of mind: Physical fitness also affects the mind of a person. A physically fit person has higher recall capacity and memory.
- To improve mental health: Physical fitness improves mental health as well. It leads to increase in self-confidence and positive body image.
- To get rid of excess fat: Due to the physical fitness, a person is always active. Due to this activeness, the fat in the body continuously get converted into energy which does not allow the fat to accumulate in the body.
- To live a happy life: Physical fitness is also necessary for enjoyment and happiness of mind. A fit person remains happy and joyful which increases his self-confidence and positive body image.

Importance of Wellness

- To live a high-quality life: Wellness increases the quality of life of a person. A capable and healthy person can experience more enjoyment by participating in games and sports and working with other people.

- To achieve the maximum growth and development: Wellness is helpful in growth and development of a person. The growth and development of a healthy person can happen easily without any diseases.
- To be a good citizen: A capable person knows how to balance his rights and duties because of which he can become a good citizen of the country.
- To live a stress-free life: If a person is physically and mentally fit. Then the negative thoughts like stress, tension and anxiety cannot affect him. If the negative thoughts come, then he can manage these emotions very well. These people are capable of living a balanced life.
- To enjoy the life: A capable person has the full knowledge of his physical, mental, spiritual and social capabilities. That's why a capable person lives his life joyfully. Wellness is important for enjoying the life and happiness of mind.
- To be an active member of the society: Wellness provides the opportunities to a person to attach with the society and the environment. A capable person actively participates in the social activities. Wellness motivates the moral behavior of a person which is very important to live in the society.

Importance of Healthy Lifestyle

- Increases the Level of Physical Fitness: Physical fitness helps in better co-ordination with muscles so that there may be an increase in flexibility, tolerance, etc. of the body. This makes a person's life simple and easy and a lot of improvement takes place in the quality of life.
- Increases Longevity: Healthy lifestyle leads to have a healthy body. It helps delay the old age quite late. The risk of diseases can be minimized and a man's age lengthens.
- Prevents Cardio-Vascular Disease: Healthy lifestyle protects our body from cardiovascular diseases. It leads to a reduction of extra fat from our body. Thus the heart becomes strong. It leads to improve the blood circulation in the body.
- Helps in Reducing Depression: Due to healthy lifestyle the level of hormones leading to the regularity of the state of body increases. As a result, the person is at a minimum risk of plunging into depression.
- Increases Energy Level: Due to healthy lifestyle a person feels more energized and rejuvenated. As a result, he can do most of the work devotionally and successfully.
- Increases Self-Confidence: Due to healthy lifestyle a person develops more awareness and self-confidence and it also helps in building mental toughness.
- Helps in Coping with Stress: Due to healthy lifestyle one's psychological strength gets a boost. It leads to a reduction in stress, pressure and worry. So, it helps in developing mental health as well.
- Improves Posture: Healthy lifestyle improves an individual's posture and as results into the minimum risk of getting hurt. Improved posture helps in making body beautiful.

We can say that healthy lifestyle keeps our body away from cancer, diabetes, blood pressure, etc. It also leads to an increase in a person's self-confidence and also contributes various diseases like positively to an all-round development of an individual.

Components of Physical Fitness

- **Speed:** It is ability to perform movement at a faster rate or it is the ability to perform movement in a short period of time and sports e.g. practicing with faster rhythm, speed endurance, repetition method acceleration runs etc.
- **Strength:** It is an ability of muscle to overcome or to act against resistance. Strength of the body can be measured in pounds or dynes. Strength can be divided into two parts:
 - a) **Dynamic strength:** Dynamic strength can be called isotonic strength because it is related to the movement. Dynamic strength can be divided into three types:
 - i) **Maximum strength:** It is the ability to act against maximum resistance.
 - ii) **Explosive strength:** It is the ability to overcome resistance with high speed. It is a combination of strength and speed ability.
 - iii) **Strength endurance:** It is the combination of strength and endurance abilities. It can be defined as the ability overcome resistance or act against resistance under conditions of fatigue.
 - b) **Static strength:** Static strength is also called isometric strength. It is the ability of muscles to act against resistance. This type of strength is not experienced directly. It can be measured by dynamometer.
- **Endurance:** It is the ability to sustain or continue activity. It is the ability to resist fatigue. It is one of the important components for middle- and long-distance races and it is required for almost all major games like football, hockey and basketball. There are two types of endurance:
 - a) **Short term endurance:** Short term endurance is needed in sports wherein the action or movement is only for short duration and intense, e.g., in hockey, football, wrestling, etc.
 - b) **Long term endurance:** Long term endurance is needed in sports wherein the action or movement is for longer duration and is less intense, e.g., in long distance races, road cycling, cross country races, etc.
- **Flexibility:** It is the capacity of a muscle to extend without any damage. Flexibility is measured by range of motion around a joint. It is affected by muscle length, joint structure and other factors. It is measured through goniometer. Flexibility is of two types:
 - a) **Passive flexibility:** The ability to carry out movements to greater distance with external help is called passive flexibility, e.g., stretching exercises with the help of a partner. Passive flexibility is always more than active flexibility. It is the foundation for active flexibility.

b) Active flexibility: Active flexibility is the ability to carry out movement to a longer distance without any external help, e.g., to do stretch without help of a partner. Flexibility can be achieved through stretching exercises. Active flexibility is divided into two parts:

i) Static flexibility: Static flexibility is required by a sportsperson when he remains in a static position, e.g., while diving, sitting, lying and in starting position in various sports.
ii) Dynamic flexibility: Dynamic flexibility is needed for carrying out movements to greater distance when an individual is in motion.

- Coordinative ability: It is the ability of the body to perform movement with perfection and efficiency. In other words, it is ability to change movement or direction in the shortest time without getting disbalance. Coordinative abilities mainly depend on the central nervous system.

Components of Wellness

- Physical Wellness: It makes the person fit and active. It improves various system of body and improves our health. It also improves our growth and development. It lays stress on getting in shape, shedding extra weight and restoring the youthful appearance with healthy eating, restful sleep, vigorous exercises and a new look.
- Emotional Wellness: Wellness requires balanced emotional life and release of emotions. Moreover it should be under control. It lays stress on getting more out of every day with laughter and enjoyment and also on reducing stress and tension.
- Intellectual Wellness: Wellness requires positive intellectual attitude. It improves our behavior, intelligence, alertness, futuristic and insight thinking. It is the ability of an individual to make sound decisions and think critically. For improving intellectual wellness, an individual should try to expand one's knowledge and improve skills and should try to updated knowledge on current affairs.
- Spiritual wellness: It makes the person ethically good, morally good, and peaceful more over guides the value of life. It lays stress on spiritual renewal and inner peace. For improving spiritual wellness, an individual should be true to himself/herself, and build character and virtues.
- Social Wellness: It lays stress on improving social and communication skills of an individual. For developing and improving social wellness, an individual should create positive and lasting first impressions, should be distinguished, earn respect, try to speak in public, make others feel important, pay usual visit to neighbours and friends.
- Nutritional Wellness: It emphasizes on achieving maximum energy levels by taking balanced as well as healthy diet. For improving nutritional wellness, an individual should reduce fats in his/her diet and eat raw fruits and vegetables.
- Financial Wellness: It is an important component of wellness. For improving financial wellness, an individual should set money management goals, spend less money, get out

of debt, set up saving plans and donate some savings to charity.

- **Environmental Wellness:** Environmental wellness is an awareness of the state of the earth and the effect of our habits on the physical environment. It lays stress on minimizing harm to the environment. For improving environmental wellness an individual should try to reduce the level of pollutions, reuse, recycle of products, plantation, etc.

Components of Health-related Fitness

- **Cardio-vascular Endurance:** It is the maximum functional capacity of the cardio-respiratory system to carry on the work or Physical activity involving large muscle group over an extended period. Cardio-vascular endurance is the ability of the heart, lungs and blood vessels to supply oxygen and nutrients to the working muscles and the ability of those muscles to allow sustained exercise. Swimming, jogging, continuous slow running, skipping with a jump rope and other aerobic exercises for longer duration are best exercises for enhancing cardio-vascular endurance.
- **Muscular Strength:** Muscular strength is the maximum amount of force that can be exerted by a muscle group against a resistance during a single contraction. The duration for applying muscular strength may be short and vary from 0 to 15 seconds. It may be measured in pounds and dynes. It can be increased through weight training.
- **Muscular Endurance:** Muscular endurance is the ability of a muscle or group of muscles to repeat muscular contractions against a force or to carry on contraction over a maximum period. It is associated with the muscles' ability to continue to perform the activity without fatigue. For improving muscular endurance jogging, walking, cycling, dancing, push-ups, chin-ups slow running, stepping and running on treadmill for 15 to 20 minutes are beneficial.
- **Flexibility:** Flexibility is the range of movements of joints. It is important for all individuals in daily life. It is affected by muscle length, joint structure tendons, ligaments, and other factors. Flexibility is helpful in many ways such as in preventing injuries, improving posture, reducing low back pain, maintaining healthy joints, improving balance while moving and in learning various skills. Flexibility can be increased by performing stretching exercises and yogasans.
- **Body Composition:** The body composition means the amount of the fat-free body weight. It is well known that a high percentage of body fat in relation to the total body weight is harmful and may lead to obesity from the health point of view, the normal percentage of body fat for young men and women should not exceed 15 and 25 percentage. It means that for health-related fitness an individual should have ideal body weight and fat percentage.