

Health, Fitness and Wellness, through Physical Activity

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Abstract – As a present, you need to encourage healthy habits including exercise for your better future and wellness. Physical activity should become as routine a part of every human being for achieve their goal of life. The sports such as cycling, swimming, jogging, walking, cross country, skiing, dancing, aerobics, and soccer played regularly, are not only fun but can promote health. Physical activity can be healthful in the every way which can do with the proper way and guidance. Physical activities also reduce the level of stress, anxiety and other type of discomfort and maintain proper weight which is very helpful to keep us away from the upcoming diseases and give us a confidence to live life fully.

INTRODUCTION

Physical fitness of an individual indicates the health status of the individual especially Social, Mental, Emotional and Spiritual health. The physical dimension of wellness encourages cardiovascular flexibility and strength and also encourages regular, physical activity. Physical development encourages knowledge about food and nutrition and discourages the use of tobacco, drugs and excessive alcohol consumption. Physical Wellness encourages consumption and activities which contribute to high level wellness, including medical self-care and appropriate use of the medical system. As you travel the physical wellness path, you'll strive to spend more time each week building endurance, flexibility and physical strength. Sometimes the path may become narrow and treacherous-you'll become more aware of the hazards around you and you'll begin to take safety precautions so you may travel your path successfully. The physical dimension of wellness entails taking responsibility and care for minor illnesses and also knowing when professional medical attention is needed.

By travelling the wellness path, physically, you'll be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical dimension of wellness provides almost immediate beneficial results-both physical and psychological. The physical benefits of looking good and feeling terrific most often lead to psychological benefits of enhanced self-esteem, self control determination and a sense of direction.

Physical Wellness involves aspects of life that are necessary to keep yourself in top condition. Optimal physical wellness is developed through the

combination of beneficial physical activity/exercise and healthy eating habits. Elemental components of physical wellness include building muscular strength and endurance, cardiovascular strength and endurance and flexibility.

Physical wellness is also concerned with developing personal responsibility of your own health care, such as caring for minor illnesses and knowing when professional medical attention is needed. Developing physical wellness empowers you to be able to monitor your own vital signs and understand your body's warning signs. You'll understand and appreciate the relationship between sound nutrition and how your body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control.

PRIMARY COMPONENTS OF FITNESS:

The four primary components (also known as the components of health related fitness that are important to improved physical health are as follows:

- **Cardio respiratory capacity** is the ability of the body to take in oxygen (respiration), deliver it to the cells (circulation), and use it at the cellular level to create energy (bioenergetics) for physical work (activity). In fitness, we also refer to cardio respiratory capacity as aerobic capacity. This capacity includes aerobic endurance (how long) aerobic strength (how hard) and aerobic power (how fast) some of the long term adaptations of cardio respiratory training are decreased resting heart rate, decreased risk of cardiovascular disease, improved

endurance, increased stroke volume and cardiac output.

- **Muscular capacity** refers to the spectrum of muscular capability. This includes muscular endurance (i.e., the ability to apply force over a long period of time or to complete repeated muscle contractions): muscular strength (i.e., the ability to generate force, or the maximum amount of force that a muscle can exert in a single contraction): and muscular power (i.e. the ability to generate strength in an explosive way). Some of the long term adaptations of improving muscular capacity are increased strength improved muscular endurance, increased basal metabolic rate, improved joint strength, and overall posture.
- **Flexibility** is the range of movement or amount of motion that a joint is capable of performing. Each joint has a different amount of flexibility. Some of the long-term adaptations of improved flexibility are decreased risk of injury, improved range of bodily movements, and improved posture.
- **Body composition** is the proportion of fat-free mass (muscle, bone, blood, organs and fluids) to fat mass (adipose tissue deposited under the skin and around organs). Some of the long-term adaptations of improving body composition are decreased risk of cardiovascular disease, improved basal metabolic rate, improved bodily function, and improved BMI.

SECONDARY COMPONENTS OF FITNESS

The secondary components of fitness (also known as the components of performance based fitness) are involved in all physical activity and are necessary for daily functioning. Athletes experience different levels of success depending on how well these secondary fitness components are developed. Although the primary components of fitness are thought to be the most important, we should not ignore the secondary components because of their importance in the completion of daily tasks. The secondary components include the following.

- **Balance** is the ability to maintain a specific body position in either a stationary or dynamic (moving) situation.
- **Coordination** is the ability to use all body parts together to produce smooth and fluid motion.
- **Ability** is the ability to change direction quickly.
- **Reaction time** is the time required to respond to a specific stimulus.

- **Speed** is the ability to move rapidly. Speed is also known as velocity (rate of motion)
- **Power** is the product of strength and speed. Power is also known as explosive strength.
- **Mental Capability** is the ability to concentrate during exercise to improve training effects as well as the ability to relax and enjoy the psychological benefits of activity (endorphins).

HEALTH AND WELLNESS

Health is a dynamic process because it is always changing. We all have times of good health, times of sickness, and maybe even times of serious illness. AS our life styles change, so does our level of health.

Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive toward an optimal state of well-being. As our lifestyle improves, our health also improves and we experience less disease and sickness. When most people are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier (cardio respiratory ability, muscular ability, flexibility, and body composition). Although these components are a critical part of being healthy, they are not the only contributing factors. Physical health is only one aspect of our overall health.

The other components of health (Greenberg, 2004, p.7) that are just as important as physical health include the following:

- **Social health**- The ability to interact well with people and the environment and to have satisfying personal relationships.
- **Mental health** - The ability to learn and grow intellectually. Life experiences as well as more formal structures (e.g. school) enhance mental health.
- **Emotional health** - The ability to control emotions so that you feel comfortable expressing them and can express them appropriately.
- **Spiritual health**- A belief in some unifying force. It varies from person to person but has concept of faith at its core.

Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviors and attitudes. If we take responsibility for our own health and well being, we can improve our health on a daily basis. Certain factors influence our state of wellness. Including nutrition, physical activity, stress-coping methods, good relationships, and career success.

Each day we work toward maximizing our level of health and wellness to live long, full and healthy lives. The pursuit of health, personal growth, and improved quality of life relies on living a balanced life. To achieve balance, we need to care for our mind, body and spirit.

If any of these three areas is consistently lacking or forgotten about, we will not be at our optimal level of health. We are constantly challenged with balancing each of these three areas throughout life.

As fitness professionals, we have a responsibility to guide and motivate others to improve their level of health and wellness. We can promote a holistic approach to health (mind, body and spirit), not just encourage physical activity. As good role models, we should demonstrate positive health behaviors that assist in improving our own health and the health of others. If our focus is strictly on the physical benefits of exercise, we are doing a disservice to our clients and we are not fulfilling our professional obligation.

BENEFITS OF PHYSICAL ACTIVITY:

As fitness professionals, we spend a great deal of time inspiring and assisting others in their pursuit of improved health. Education is an important aspect of this. We must promote the benefits of regular activity and help people understand why they should be active.

ACTIVITY GUIDELINES:

Health Canada introduced Canada's Physical Activity Guide to Healthy Active Living to help Canadians make wise choices about physical activity as a way to improve health. Scientist says you should accumulate 60 minutes of physical activity every day to stay healthy or improve health. The recommendations in the Physical Activity Guide are as follows:

- Endurance—On 4 to 7 days a week, perform continuous activity for your heart, lungs, and circulatory system. Time required for improvements depends on efforts.
- Flexibility—On 4 to 7 days a week, perform gentle reaching, bending, and stretching to keep muscles relaxed and joints mobile.
- Strength—On 2 to 4 days a week, perform resistance exercise to strengthen muscles and bones and improve posture.
- The American college of sports Medicine (ACSM) has also developed activity guidelines for improving health:
- Perform 30 minutes or more of moderate-intensity physical activity on most days of the week for cardiovascular health. The 30 minutes need not be continuous.

- Performing 1 set of 8 to 12 repetitions of resistance training for the entire body is necessary to maintain and develop muscular strength and endurance.
- Flexibility training should be performed daily, including stretches for tall major muscle groups, in order to maintain mobility

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