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## ROLE OF HEALTH CLUB IN PROMOTING TOTAL FITNESS

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### ABSTRACTS

*In today's world of space adventurism, health fitness in modern society, technical gigantism and globalization, where time is money people scarcely have time to do all works physically, they largely depend upon machineries for every simple routine work, which has resulted in physically weak individuals. If in future they have to avoid being just a lump of muscles and bones without any physical strength they have to involve themselves in some sort of exercises. The health clubs in its modern form provides various means for people to get involved in physical activities. They have resulted as a boon to the modern society.*



**KEY WORDS** : modern society, technical gigantism , physical strength and globalization.

### INTRODUCTION

Health clubs as such have a prolonged history. In India its existence can be seen from Vedic ages. They existed in some unorganized form mainly for specialized baths and practicing yogic kriya's. In Ancient Greek, early Athenian period, there were places called palestra which was a place for promoting and practicing wrestling, boxing, jumping, and gymnastic exercises for which fees were charged. Romans had thermae for baths which had many compartment which included places for exercises, ball games, oiling, vapour bath etc. and as on today health clubs have gained a prominent place in the modern society.

### MODERN HEALTH CLUBS:-

Health club offers excellent means of relieving muscular and mental tensions. Health clubs are attached to gymnasium or hotels, which offer-

#### **(a) exercise and (b) relaxation**

a) Health clubs usually has an aerobics hall, which also serves as the Yoga centre. Health club has its own gymnasium and the big one have its own badminton, tennis and squash courts. There are experts to observe the progress of the members in physical fitness. Dietitians consultancy is also available for the better health of the member.

b) For the purpose of relaxation the health clubs usually have the facilities of a sauna, a spa and a steam bath with separate rooms for a massage.

**i) Sauna Bath:-** A sauna is invariably a room appropriately 9' X 9' with a capacity to seat or lie four or more persons. It is a relaxing way to unwind after a strenuous day of work at the office or a physically exhausting sports. Sauna has a temperature of above 80°F. Here you can lie down and feel the tension slipping away and the muscles beginning to relax. The body begins to sweat which is nature's way of deep-cleansing the skin. However, sauna is not recommended for persons with heart or circulating problems.

**ii) Steam Bath:** A steam bath is similar to a sauna except that here the steam increases the temperature of the room. 10 or 15 minutes in the steam room relaxes the muscles completely and rids the body of all tensions. There is profuse perspiration which serves a cleansing purpose and removes the toxins and other waste materials from the body.

**iii) Spa:-** A spa is a small pool measuring approximately 9' in diameter. These spas have small holes at the base through which air is pumped and exploded in the water giving the body a hydro-massage. The spas give a total body massage and quickly ease muscular strain, stress and tension.

### Massage:-

Majority of the health clubs have rooms for massage but this need not be the only place for massage. It can be done at home, in the barber shop or at the office. A massage is the oldest and simplest form of medical treatment and can be defined as any systematic form of touch which gives comfort and promotes health. Greek and Roman physicians used this method for relieving pain and healing.

There are several forms of massages including 'Shiatsu', reflexology and standard massage. Usually in a health club one would resort to the more commonly used form of massage.

There two basic aspects to a massage the relaxing aspects and stimulating aspects.

The benefits of a massage are tremendous. Relaxing the body and relieving tension, it also relieves headaches, backaches, shoulder pains and muscular pains. It assists in the circulation of sedentary and aged person. It relieves high blood pressure and depression. It keeps the skin soft and pliable. It improves the mobility of joints, relieves arthritis and rheumatic pains.

However, massage is not an exercise but it is an excellent means of reducing stress and relieving the body of muscular and mental tensions,

### Exercises:-

Since the aim of the health clubs is to achieve all round development of the personality, more attention is paid to total fitness. Fitness can be defined as "capacity of a person to work with efficiency without fatigue".

### The different systems of exercises are :-

**1. Isometric Exercises:-** In such exercises the body is pitted against an immovable resistance. This system of exercise increases body strength and bulk. Bulk worker is the only better equipment for isometric exercises.

**2. Isotonic Exercises:** In such exercises the body is pitted against against a movable resistance. Different systems of weight-training give an individual physical fitness.

**3. Aerobic Exercises:** In the aerobic system of exercises the body pumps in additional oxygen to enable the exercising muscles to perform. This system of exercise dramatically increases the stamina of the body. Jogging, Swimming, Cycling, and aerobic dancing are some of the pure systems of aerobic exercises.

**4. Sports and games:** Sports and games are the most enjoyable form of physical exercises. They can be divided into three forms :-

(1) Ball games, (2) Racquet games and (3) Self-defence games.

**5. Yoga and Calisthenics:** Yoga is a system of exercise which benefits a person spiritually, mentally, physically. Calisthenics is the best way to warm-up the body before starting any system of exercise or sports.

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## CONCLUSION

The role of health club in today's era is to develop the strength of the various muscles to a basic minimum level that allows the athlete to perform at optimum levels but this optimal strength training should not focus on creating muscle mass or limit strength for their own sakes unless they are specifically required for success in a specific athletic activity.

Weight training and other conditioning programs are valuable to elite athletes in particular because there is frequently little they can do to further hone their specific abilities in their chosen sports.

Finally, I would like to point out that weight training is also a very good way of introducing more discipline and control in the rest of your life. When you develop your body with training you tend to pay much more attention to your diet and eating habits. After all why cover up all that nice muscle with unsightly fat? You have to take control of your schedule to make sure you get your workouts in and that means organizing your time better the rest of the day as well. Bad habits such as smoking, drinking too much and things like that also tend to interfere with your training discipline and physical progress. Don't stay up and waste so much time watching the late night television. If you use weight training as an organizing principle in your life it can change not only you body and your energy levels but also what you do and whom you do it with as well.

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