



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631(UIF)

VOLUME - 11 | ISSUE - 8 | MAY - 2022



PHYSICAL ACTIVITY AND FITNESS GUIDELINES

Dr. Balasaheb Namdev Margaje
Director Of Physical Education and Sports,
M. S. Kakade College Someshwarnagar, Tal : Baramati Dist : Pune.

ABSTRACT:

This paper explains the concept of physical activity and its benefits. It also explains the concept of wellness along with its dimensions. The study 'Physical activity and wellness' was chosen in order to put forth the idea of how physical activity and wellness are interrelated and depend on each other. Further it also emphasizes on the dimensions of wellness and how involvement in physical activity promotes and develops the various dimensions of wellness. There are number of studies conducted previously in the physical activity and wellness. The researcher has put forward the concepts based on the previous studies and states that physical activity needs to be done in order to maintain one's wellness.



KEYWORDS: *Physical Activity, Wellness Dimensions, Interdependence.*

INTRODUCTION

We are physical and spiritual beings. Our mind, body, and spirit are all connected and learning how they work together and how to care for them can save us from unnecessary pain and suffering. Knowing how to take care of our body, mind, and spirit will lead us down the path toward happiness, health, and Wealth.

The most powerful tool of influence we have is to model good behaviors. We should be sure we are working on our health and fitness at the same time we preach to others about the value health, fitness, and participation in sports. Each of us will have our own issues, goals, and obstacles to living a healthy lifestyle, but we must strive for excellence in this area. When we live it, we will feel the difference. We will find it much easier to dream, act, achieve, and enjoy.

WHAT IS PHYSICAL FITNESS?

In general meaning, physical fitness is a general state of a good physical health. Obtaining a physical fitness is a result of certain great physical activity, proper nutrition and diet and most important is the proper course of physical recovery which is rest. In a nutshell, physical fitness is the fine- tuning of the human body to perform and work well.

IMPORTANCE OF PHYSICAL ACTIVITY

The evidence is growing and is more convincing than ever! People of all ages who are generally inactive can improve their health and well-being by becoming active at a moderate-intensity on a regular basis.

Regular physical activity substantially reduces the risk of dying of coronary heart disease, the nation's leading cause of death, and decreases the risk for stroke, colon cancer, diabetes, and high blood pressure. It also helps to control weight; contributes to healthy bones, muscles, and joints; reduces falls among older adults; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression, and is associated with fewer hospitalizations, physician visits, and medications. Moreover, physical activity need not be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week.

BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity is one of the most important things you can do for your health. It can help. The physical activity benefits listed below are amazing. Especially when you consider that the cost of regular exercise is nominal.

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

CONTROL YOUR WEIGHT

Diet and physical activity play a critical role in controlling weight. Gain weight when the calories burned, including those burned during physical activity are less than the calories eat or drink. When it comes to weight management, people vary greatly in how much physical activity they need. They may need to be more active than others to achieve or maintain a healthy weight.

To Maintain your Weight

Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help in maintain weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that person may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain weight.

To lose Weight and keep it off

It will need a high amount of physical activity unless also adjust diet and reduce the amount of calories through eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. The CDC has some great tools and information about nutrition, physical activity and weight loss. Reduce Your Risk of

Cardiovascular Disease Heart disease and stroke are two of the leading causes of death. But following the Guidelines and getting at least 150 minutes a week (2 hours and 30 minutes) of moderate- intensity aerobic activity can put person at a lower risk for these diseases. Reduce your risk even further with more physical activity. Regular physical activity can also lower blood pressure and improve cholesterol levels.

Reduce your risk of Type 2 Diabetes and Metabolic Syndrome

Regular physical activity can reduce your risk of developing type 2 Diabetes and metabolic syndrome Metabolic syndrome is a condition in which person has some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with 120 to 150 minutes (2 hours to 2 hours and 30 minutes) a week of at least moderate-intensity aerobic activity. And the more physical activity do, the lower your risk will be

If person already have type 2 Diabetes then regular physical activity can help to control blood glucose levels.

Reduce Risk of Some Cancers

Being physically active lowers the risk for two types of cancer, colon and breast. Research shows that:

- Physically active people have a lower risk of colon cancer than do people who are not active.
- Physically active women have a lower risk of breast cancer than do p people who are not active.

Reduce risk of endometrial and lung cancer

Although the research is not yet final, some findings suggest that risk of endometrial cancer and lung cancer may be lower if get regular physical activity compared to people who are not active.

Improve quality of life

If person is a cancer survivor, research shows that getting regular physical activity not only helps to give a better quality of life, but also improves physical fitness.

STRENGTHEN BONES AND MUSCLES

As person grows, it's important to protect his or her bones, joints and muscles. Not only do they support body and help to move, but keeping bones, joints and muscles healthy can help ensure that they are able to do daily activities and be physically active. Research shows that doing aerobic, muscle-strengthening and bone-strengthening physical activity of at least a moderately-intense level can slow the loss of bone density that comes with age.

Hip fracture is a serious health condition that can have life-changing negative effects, especially if person is an older adult. But research shows that people who do 120 to 300 minutes of at least moderate- intensity aerobic activity each week have a lower risk of hip fracture.

Regular physical activity helps with arthritis and other conditions affecting the joints. If person have arthritis, research shows that doing 130 to 150 (2 hours and 10 minutes to 2 hours and 30 minutes) a week of moderate-intensity, low-impact aerobic activity can not only

improve ability to manage pain and do everyday tasks, but it can also make quality of life better.

Build strong, healthy muscles. Muscle-strengthening activities can help to increase or maintain muscle mass and strength. Slowly increasing the amount of weight and number of repetitions do will give even more benefits, no matter about person's age.

Improve Mental Health and Mood

Regular physical activity can helps to keep thinking, learning, and judgment skills sharp as age. It can also reduce risk of depression and may help to sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give mental health benefits.

Improve Ability to do Daily Activities and Prevent Falls

A functional limitation is a loss of the ability to do everyday activities such as climbing stairs, grocery shopping, or playing with grandchildren.

If you're a physically active middle-aged or older adult, you have a lower risk of functional limitations than people who are inactive

Already have trouble doing some of everyday activities: Aerobic and muscle-strengthening activities can help improve ability to do these types of tasks.

Increase Chances of Living Longer

Science shows that physical activity can reduce risk of dying early from the leading causes of death, like heart disease and some cancers. This is remarkable in two ways:

- Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week.
- No need to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death. At lower risk of dying early by doing at least 150 minutes a week of moderate- intensity aerobic activity

Regular physical activity will greatly improve your mood and help you to live a long, happy, healthy life, free from the pain and suffering of disease.

FITNESS GUIDELINES

- Control your health status through a medical checkup before beginning a program.
- Progress slowly in the exercise program
- Choose primarily activities which engage as large a muscle mass as possible, le: jogging, cycling, swimming, cross-country skiing, etc.
- Remember, it is not necessary to be exhausted to achieve improvement in physical fitness.
- The training should be accomplished continuously and intermittently.
- The improvement in physical fitness will depend on your initial fitness level.
- It is never too late to start exercising regularly.
- Older Adults

No one is too old to enjoy the benefits of regular physical activity. Of special interest to older adults evidence that muscle-strengthening exercises can reduce the risk of falling and fracturing bones and can improve the ability to live independently.

Parents

Parents can help their children maintain a physically active lifestyle by providing encouragement and opportunities for physical activity. Family events can include opportunities for everyone in the family to be active.

Teenagers

Regular physical activity improves strength, builds lean muscle, and decreases body fat. It can build stronger bones to last a lifetime.

Dieters

Regular physical activity burns Calories and preserves lean muscle mass. It is a key component of any weight loss effort and is important for controlling weight.

People with High Blood Pressure

Regular physical activity helps lower blood pressure.

People Feeling Anxious, Depressed, or Moody

Regular physical activity improves mood, helps relieve depression, and increases feelings of well-being.

People with Arthritis

Regular physical activity can help control joint swelling and pain. Physical activity of the type and amount recommended for health has not been shown to cause arthritis.

People with Disabilities

Regular physical activity can help people with chronic, disabling conditions improve their stamina and muscle strength and can improve psychological well-being and quality of life by increasing the ability to perform activities of daily life.

CONCLUSION

People of all ages, both male and female, benefit from regular physical activity. Physical activity improves quality of life. It also includes information that will make workouts easier, safer and more satisfying. Physical Activity Guidelines provide science-based recommendations to help person and improve their health through physical activity.

REFERENCES

- [1] <http://www.ncbi.nlm.nih.gov/pmc/articles>
- [2] <http://www.buzzle.com/articles/importance-of-physical-education.html>
- [3] <http://www.brighthub.com/education/k-12/articles/>
- [4] <http://ezinearticles.com/?Advantages-of-the-Physical-Exercises&id=1512529>
- [5] <http://www.cdc.gov/physicalactivity/everyone/health>
- [6] <http://commonsensehealth.com/Healthy-Living>
- [7] <http://familyfitness.about.com>
- [8] <http://www.nhlbi.nih.gov/health>