

PHYSICAL FITNESS AND NUTRITION (IMPORTANCE)

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ABSTRACT

The benefits of exercise extend far beyond weight management. Research shows that regular physical activity can help reduce your risk for several diseases and health conditions and improve your overall quality of life. Regular physical activity can help protect you from the following health problems. Heart Disease and Stroke. Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle, lowering your blood pressure, raising your high-density lipoprotein (HDL) levels (good cholesterol) and lowering low-density lipoprotein (LDL) levels (bad cholesterol), improving blood flow, and increasing your heart's working capacity. Optimizing each of these factors can provide additional benefits of decreasing the risk for Peripheral Vascular Disease. High Blood Pressure. Regular physical activity can reduce blood pressure in those with high blood pressure levels. Physical activity reduces body fat, which is associated with high blood pressure. Noninsulin-Dependent Diabetes. By reducing body fat, physical activity can help to prevent and control this type of diabetes.

Keywords: fitness, health, adiposity, cardiovascular disease risk factors,

INTRODUCTION

The importance of physical fitness cannot be emphasized enough. In today's society that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain both cardiovascular fitness and body weight.

Benefits of Physical Fitness

Staying active means keeping your body functioning at a high level. Regular exercise will maintain the performance of your lungs and heart to most efficiently burn off excess calories and keep your weight under control. Exercise will also improve muscle strength, increase joint flexibility and improve endurance. Another main benefit of physical activity is that it decreases the risk of heart disease, the leading cause of death in America. Additionally, it can decrease

your risk of stroke, colon cancer, diabetes and high blood pressure. Regular exercise has been long associated with a fewer visits to the doctor, hospitalization and medication.

Exercising does not have to be something boring and dreaded. It can be something that you enjoy that helps to increase the overall happiness in your life, as well as relieve symptoms of stress, depression and anxiety. Try to find some activities that give you pleasure, or even a buddy to do them with so that exercise is a fun and enjoyable activity (and one that you continue on a regular basis because it adds something good to your life).

What Activities Are Beneficial?

It is not what you are doing, as much as it is whether or not you are doing something. Any type of moderate activity like walking, swimming, biking or organized sports can contribute to your physical fitness. Explore your fitness options at your local gym, community center or community college for courses and organized activities that may suit your lifestyle and interests. To get the most benefit, you should begin by warming up for 5 to 10 minutes to increase your blood flow and prepare your body for activity. Follow the warm up with several minutes of stretches to increase your flexibility and lower your risk for injury. Complete your selected exercise or activity for 20 to 30 minutes and conclude the workout with 5 to 10 minutes of cool down and stretching.

Who Needs Physical Fitness?

Everyone! It is important for all people to stay active throughout their lives. Because of busy work and home lives, more than 60% of Americans do not get the recommended amount of physical fitness daily and these numbers generally increase with age.

Throughout adulthood is one of the most important times to maintain an exercise regimen. This is the ideal time to maintain your weight, build strong bones and prevent many chronic health problems like high blood pressure, heart disease and diabetes.

Many adults do too much exercise at once. After a long work-week, many people try to fit lots of activity into the weekend and push their bodies excessively. This sudden increase in activity can raise the risk of injury which would then stop activity for weeks. Experts recommend working

out several times over the course of a week with varying exercises for the most benefit to your health.

CONCLUSION

The present era in which we all are living is full of health hazards. The life style of the people has changed. Exercise improves quality of life. Regular Exercise can make you feel good about yourself and reduces the risk of heart disease, blood presser diabetes

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