



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2016; 3(4): 32-33
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www.kheljournal.com
Received: 13-05-2016
Accepted: 16-06-2016

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Physical fitness and work efficiency: An interrelated approach

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Abstract

Physical Fitness is a general state of health and well-being and more specifically, the ability to perform aspects of sports, occupation and daily activities. Physical fitness is generally achieved to proper nutrition, moderate vigorous, physical exercises and sufficient rest. Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyle physical fitness is now consider a measure of the bodies' ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situation.

Keywords: Physical fitness, nutrition, moderate vigorous

Introduction

Work efficiency is defined as the ratio of mechanical work to the increase in energy expenditure caused by physical activity. Thus, an improvement in work efficiency could be caused by an increase in mechanical work, a decrease in, or both. Managing a heavy workload requires an efficient work style. It is sometimes very hard to see as solution to the problem when a feeling of overwhelm abounds.

To assess the level of efficiency, try to take a step back and look at work style to see where things could be improved. If you feel too engaged in the work, try asking someone who has seen your work style in action to offer their perspective.

Physical Fitness

Physical fitness is the ability to function effectively throughout workday, perform usual other activities and still have enough energy left over to handle any extra stresses or emergencies which may arise.

Factors such as cardio respiratory Endurance, Muscular Strength, and muscular endurance are classified as components of physical fitness.

The components of physical fitness are

- **Cardio respiratory Endurance:** The efficiency with which the body delivers oxygen and nutrients needed for muscular activity and transports waste products from the cells.
- **Muscular strength:** The greatest amount of force a muscle or group of muscle can exert in a single effort.
- **Muscular endurance:** The ability of the muscle to continue to perform with a sub-maximal force without fatigue.
- **Flexibility:** The ability to move the joints or any group of joints through an entire, normal range of motion.
- **Body Composition:** The percentage of body fat a person has in comparison to his or her total body mass.

We all know that being physically fit is good for us, but exactly why is physical fitness and work efficiency important?

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Here are some benefits of physical fitness

- Get sick less often: regular exercise strengthens the immune system.
- Regular exercise strengthens the immune system.
- Having more energy, strength and stamina.
- Exercise improves mood
- Exercise helps in manage weight
- Exercise promotes better sleep
- Exercise boosts energy level
- Enjoy life more
- Keep the bones strong
- Exercise can put the spark back into your sex life

Factors Affecting Physical Fitness and Work Efficiency

1. Regular exercise: if the regular exercises are performed, the physical fitness and work efficiency can be improved. If the exercises are not performed daily, the level of physical fitness and work efficiency will decline.
2. Standard of living: it has been observed that the people, who have low standard of living, are likely to have less physical fitness and work efficiency.
3. Amount of training: if the amount of training is not up to desirable level, the physical fitness and work efficiency is not improved.
4. Heredity: heredity also plays a vital role in affecting the physical fitness and work efficiency. Heredity decides the structure of the person.
5. Rest and relaxation: if proper rest and relaxation are done, there will be positive effect on the physical fitness and work efficiency.
6. Balance diet: balance diet is not only helpful but also improves the level of physical fitness and work efficiency.
7. Good posture: good posture enhances the physical fitness and work efficiency. The person who does not have good posture tends to have lower level of physical fitness and work efficiency.

Conclusion

A recent American study found that children who participate in vigorous physical activity tend to have higher academic grades than children who are less active. Researchers expected that midday exercise would enhance mood. But the boosts in productivity surprised them, providing that workplace exercise programs benefit more than just the workers they give companies more efficient employees who exercise regularly at work, resulting in fewer sick days, better attendance and more cooperation between co-workers. After all taking time to exercise could translate into higher pay in job performance improves as a result.

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