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## Inclusive growth of women's health, fitness and wellness

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### Abstract

Women's empowerment is a modern phenomenon which has been gaining attention around the world in recent years. Sedentary lifestyle nowadays is becoming more and more frequent in all over world. An individual with sound body and health also leads to the development in the socio economic aspect in any country. In modern scenario, problems related to health are increasing as the generation is becoming more advance and inactive. This area is of great attention and need some solution for attainment of health and fitness for longevity and prosperity. There are various causes that indirectly or directly lead to bad health. Some of the causes are poor hygiene, bad habits, human behavior, poor sanitation, laziness, poor posture, use of elevators, use of vehicles, and so on. These practices lead to poor health and fitness among young generation. Human being is so busy that he/she has no time for their family and also for themselves and their health. Money, money, and money is becoming a motto of all and people running behind it. This paper aimed to review the negative and positive effect of the physical activity. The study was aimed to aware women towards their health habits, fitness habits, habits towards nutrition and diet, habit of consuming alcohol and smoke, habit of inactivity, and so on. The research paper provides the health benefits of physical fitness and activity. Various studies revealed that if an individual wants to maintain his/her fitness level then he/she should perform moderate level of physical activity of aerobic nature for five days a week for duration of minimum thirty minutes followed by stretching exercises. On the other hand if an individual perform vigorous level of physical activity of aerobic nature then they need to perform for three days a week for minimum twenty minutes. Still female are behind male in terms of fitness and participation in sports. But trend is being changed nowadays, women are now more concerned and perform physical activity by getting inspiration from media, fitness of celebrities, advancement of fitness application and devices, involvement of government and private sports and fitness companies. They are not maintaining their fitness due to fast moving society, becoming more and more economically sound; continue to education, professional employment, late marriage practice after age of thirty. These all lead to inactivity among them and lead to various psychological problems. Therefore, it can be concluded that there is need for a change in terms of attitude of female towards their health, fitness and wellness. An inclusive approach needs to be developed towards women's health, fitness and wellness for their personal, professional and family life.

**Keywords:** Inclusive, Growth, Physical Fitness, Health, Wellbeing, Sports

### 1. Introduction

The concept of inclusive growth, the term "Inclusive Growth" generally means a growth which ensures opportunities for all sections of the population, with a special emphasis on the women and young people, who are most likely to be marginalized. Health means wellness in terms of physical, mental, and social wellbeing and not merely absence of disease. Healthy lifestyle makes an individual to be more and more physically fit. Health is a crucial factor that increases the wellbeing with the economic growth. Women in India face various health issues and problems that affect the personal and economic growth. By analyzing the discrimination in terms of class, gender, or ethnic culture that is present in the healthcare and improvement of health outcomes would contribute in positive aspect towards economic gain through the establishment of quality human capital and increased levels of savings and investment.

The most common disorder from that women are suffering is depression that is affected directly by the low income issues. In comparison to male in India, females are suffering from depression in more proportion than male. The female who face the issues of gender discrimination, poverty were more likely to go through depression stage.

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Mental health is also a most important concern area. It leads to mental and emotional wellbeing. Mental illness causes problems of depression, stress, and anxiety.

Fitness is the ability of an individual to perform daily work effectively and efficiently without undue fatigue and has ample of energy for leisure time activity and also for some emergency situation. Due to busy schedule, for instance earning, taking care of children, family, and relatives; female could not get time for their own body fitness. Daily tasks performed by women is so excessive that make them more depressed, and in stress condition. This indirectly disturbs her personal and professional life together. Due to interference of social media, women's are becoming more aware pertaining to their health, fitness and wellness. There are some areas that are required to take care to avoid health issues.

Indian women are committing more suicide attempts in the developed countries. Even in India, women's are committing suicide at higher rate in comparison to the men. The most common reason behind such behavior is domestic violence, gender discrimination, stress, anxiety, and depression. It is a peak time to make all women aware about these facts and try to be fit and healthy that would directly lead to wellbeing.

### **1.1 Females approach towards Smoking and Drinking**

The studies revealed that the percentage of young women is less in terms of smoking habit. On the basis of survey they confined that around 71 percentage under age of thirty never smoke in comparison to sixty six percentage among all respondents. In terms of teenage girls, the percentage was eighty percent who were non-smokers.

Nowadays, women are concentrating on latest trend of smoking that is Vaping (e-cigarette). This method was used by most of the women's all-around world for the purpose of leaving habit of smoking.

Consumption of alcohol is also common and consumed by women especially younger one. In modern scenario women are delaying their marriages and children birth to live their life utmost with full enjoyment. In addition to this aspect, women are becoming more empowered in various field, women in finance area are more prone to adopt drinking culture which is common among finance area.

### **1.2 Females approach towards Fitness**

Sports participation is an aspect in that women are still behind men in sports. The reason for this was found less involvement of media for women participation in sports and physical activity for the fitness. Some other factors are there that affect women participation in fitness activities such as humiliation of women by some societies for participation in sports activities.

But in spite of these barriers or hindrance, women are more concerned about their health and fitness. due to involvement of media in fitness, fitness by celebrities, proliferation and advancement of fitness applications and devices, involvement of private and government agencies. These all make large effort for engaging women more and more in fitness programmes for their own wellbeing.

There is a new concept among Indian, they do fitness work on the basis of requirement or demand by the body. Demand in the sense that when they feel that they are becoming fatty or obese. Slim or lean body people never bother for their fitness as they were of the view that slim body does not require any fitness activity. Senior citizens were of the view that fitness work is to be done only by young people as a result they don't prefer to do exercises. Old person are more concerned for

doing breathing exercise in the park. Sometime, people comment to people who fitness work such as "Oh, so you are becoming fitness freak...?" This trend is to be changed for prosperity of life and fitness.

Female sometimes perform fitness workout by getting motivation and inspiration from celebrities. The involvement of media also plays vital role in fitness. Females of health conscious nature were becoming inspired by celebrities such as Kim Kardashian, she post regularly post images named as fitspiration blog on sites of social media, also post videos while performing fitness workout. This make motivated to young female to get fit and slim body with body strength.

### **1.3 Females approach towards habit of Diet and Nutrition**

A diet should contain proper proportion of all essential nutrients for healthy life. But nowadays due to huge pressure on female especially on young female in area of beauty, and sexy slim body; females are not taking proper amount of nutrients in their diet due to scare of becoming fatty or poor body skin. Due to this trend, girl at early age becoming diet conscious to become skinny model or celebrity, girls believe in the concept of thin body is beautiful. For this purpose they only concentrate on reducing body weight and due to this proper nutrients are not taking by them and they become internally weak.

With this aspect, in many countries obesity and overweight is becoming major issue of public health. There are numerous problems associated with obesity such as arthritis, hypertension, heart stroke, diabetes, heart diseases, cancer, infertility, gallstone, sleep apnoea, and so on.

### **1.4 Females approach towards Dietary supplements**

Demand and use of dietary supplements especially multivitamin is increased in last few years substantially. In many developed countries, approximately twenty to thirty percentage of female are taking multivitamins as supplement on daily basis. Industries making dietary supplements are growing with fast pace and are becoming one of fastest growing industries in world. These supplements have both positive and negative effects such as intake provide benefit by increasing nutrient intake; on the other hand it also has adverse effect as a result of high intake of these supplements. Some of the benefits such as protection against defects in neural tube with consumption of supplement are well known in world. But these supplements showed ineffective result when trail was conducted on large scale population with multivitamin supplements.

Few studies like Sesso *et al.*, conducted a study on fourteen thousand six hundred forty one participants from USA. The results revealed that daily consumption of multivitamins by these participants showed no reduction in myocardial infarction, cardiovascular event, and stroke among men.

In modern era, there is more literature with health conscious patients, these patients were more capable of taking own decision in terms of their respective health with more availability of dietary supplements. The study was conducted for exploring various aspects such as use pattern, attitude of patients towards multivitamin supplement consumption, and public knowledge and awareness of common people in this area.

### **1.5 Health benefits of Physical Activity among Females**

- i.) Improves psychological well-being such as reduce anxiety, depression, stress. Increase self-confidence, self-esteem, cognitive functions, and also leads to social interaction among people.
- ii.) Prevention of the today's most concern area obesity and

overweight.

- iii.) Healthy growth and development of body.
- iv.) Reduce risk of various diseases such as diabetes, hypertension, cancer, hypercholesterolemia, osteoporosis especially among female, and so on.
- v.) Reduce mortality and morbidity rate as a result of chronic diseases.
- vi.) Promotes personal and professional relationship.
- vii.) Promotes quality of life and well-being.

Benefit of physical activity and exercise is much more than weight management. Various studies revealed that physical activity on regular basis tends to reduce risk of getting obese, several health diseases, and leads to improved health with overall quality of well-being and life. Regular physical activities also minimize chance of disability among adults.

## 2. Conclusion

Female approach towards fitness, health and wellbeing is of great importance in today's modern advanced environment. Female especially younger one is taking more interest pertaining to their health, fitness and wellness over last few years. Inactivity plays a major role of becoming obese and overweight. There problems are associated with other problems such as heart diseases, stroke, diabetes, blood pressure and so on. So due to these reasons, they are involving more and more in fitness activities. Female are also getting information and knowledge with the involvement of internet and media for spreading nutrition information, and health messages.

Communities are required to play an important role in achievement of fitness, health, and wellness among females of all age group. They should provide healthy environment in the working places, should encourage their employers to incorporate physical activity of moderate level in daily lives. Provide environment inducement for physical activity such as accessible and safe place for performing fitness workout and physical activities. Arrangement of child care should be provided for motivating female with their children to perform fitness work.

Involvement in regular physical activity and fitness workout leads to healthy lifestyle and wellness. There are numerous benefits associated with regular physical fitness. This awareness and knowledge make females to indulge in physical and fitness activities for sake of their own sound and healthy body. Sedentary females are recommended to perform at least thirty minutes of moderate intensity workout for healthy living. Females could also perform activity such as brisk walking or jogging. Women suffering from chronic health problems such as diabetes, heart problems, obesity or other conditions are advised first to consult their doctor or physician before doing physical fitness programme. All should work in fitness area before the body demands. Fitness never take age as a hurdle, people of all age should perform physical activity daily with maximum participation in sports activities.

Therefore, it can be concluded that there is a tremendous need for a change in terms of attitude of female towards their health, fitness and wellness. An inclusive approach needs to be developed towards women's health, fitness and wellness for their personal, professional and family life.

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