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Physical fitness and wellness for a healthy life- A comprehensive approach

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Abstract

Physical fitness is the general capacity to adapt and respond favorably to physical effort. Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviors and attitudes. It is an active process of becoming aware of and making choices toward a more successful existence. Physical fitness and wellness are closely related and often interdependent. To live long and successful happy life, fitness and wellness is must. In recent times maintaining the physical fitness and wellness is the biggest challenge. Movement and physical activity are basic functions for which human organism was created. Advances in modern science and technology provide all amenities and conveniences that make our life easier and comfortable which almost eliminated the need of physical activity in most of every ones' daily life. At the same time handling such amenities creates lots of pressure and stress; affect our mental health, alertness and personal relationship. The progress of medical science led to elimination of most of common health problem. But the changing lifestyle increases the chronic health problems such as hypertension, diabetes, strokes etc. A fitness and wellness movement was taken place gradually at the end of the 20th century. People need to understand that good health is mostly self-controlled. Positive lifestyle could prevent leading causes of health and wellness problem. The fitness and wellness could be enhanced through participation in quality fitness and wellness program focused on enhancing the overall quality of life.

Keywords: Physical Fitness, Wellness, Challenge

Introduction

Be Fit To Keep Fit Others

Man's existence and effectiveness depends upon his physical fitness. Even now, physical fitness really implies more than the ability to do a work without much effort. Physical fitness affect one's life activities not only the physical wellbeing and mental effectiveness but also the personal and social adjustment.

Physical fitness is the general capacity to adapt and respond favorably to physical effort. Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviors and attitudes. It is an active process of becoming aware of and making choices toward a more successful existence. To live long and successful happy life, fitness and wellness is must. Recognition of the salutogenic effect of physical activity, especially by medical professionals can be traced back to the 9th century before Christ. The health enhancing claims made by the medical professionals over the centuries are significant and some of them already implemented modern exercise principles in their exercise regimes. With the beginning of the Napoleonic wars, a new profession –Physical Education entered the professional area and the association between medicine and fitness became more separated. The challenge to this profession to enhance physical activity participation and fitness to all layers of the population were expressed by reputable health organizations. However, Physical Education is globally being phased out of the school curriculum, while the adult population relies on the medical profession to keep them healthy, without taking any responsibility for their own wellness. The global decline in physical education has forced training institutions to adapt their curriculum in order to survive. The most common problems in the world were infectious diseases, such as tuberculosis, diphtheria, influenza, kidney disease, polio and other diseases of infancy. It's best medicine to understand to prevent the chronic disease and a wellness and fitness movement development gradually. People start to understand that good

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health is mostly self-controlled and that the leading causes of premature death and illness. Therefore, we all desire to live long and happy life, wellness programs focus on enhancing the overall quality of life. Most of the people are become very must aware about the fitness and wellness. They are following and participating the regular physical activities and exercise programmes.

Modern lifestyle is highly competitive. The desire to be successful, rich and powerful in a short span of time has made each person materialistic. When we talk about modern lifestyle, it usually refers to the usage of the most up-to-date techniques, ideas and equipment's. It also denotes a current or recent style or trend. It is a peculiar and characteristic bundle of behaviour including social relations, consumption, entertainment and dress. The behavior and practices with in modern lifestyle are a mixture of habits, conventions, way of doing things and reasoned actions.

Challenges of Physical Fitness and Wellness

Development and maintenance of physical fitness and wellness is a great challenge today. In the highly technical world most of the daily survival physical activities are eliminating among the people. Everyone wants to have an easy and comfortable life. But at the same time it's effecting unknowingly in the health and fitness of the people as well as society. Here few of challenges of physical fitness and wellness are discussed below.

Scientific Innovations and Inventions

The scientific innovation and inventions i.e., modern technology like anything right from the lamp to vehicle, and others almost completely eliminated the need for physical activities in most of everyone's daily life. Society became automatic, where most of the activities were accomplished by machines with a simple pull of handle or push of a button. And these technical inventions become a biggest threat to the people on the physical fitness and wellness.

Modern Life Style

Lifestyle change, more than any other factor, is considered to be the best way of preventing illness and early death in our society. Modern lifestyle is responsible for far reaching changes in atmosphere through his various activities like urbanization, industrialization and over exploitation of resources. Global warming and ozone depletion are the result of our modern lifestyles. Global environment is changing with the buildup of various gases in the atmosphere.

Stress or Tension in Children

The present system of education does possess elements which are efficient enough to develop the intellectual and talent potentials. Education produces scientists, engineers and doctors but in spite of becoming an expert in one's respective field by education, one suffers from enormous mental tension. Modern life is full of competitions and because of high competition in schools, children are under constant pressure. In today's society parents expect their kids to score more. They have no time to indulge in childhood games. Most of their time is spent in tuitions and schools, even in school and colleges, children have so much pressure of education that sometimes child is unable to cope up and commits suicide. Physical activities and games are stress buster but hi-tech gadgets like TV, Video, CD and computer games have made our children least interested in physical activities resulting in so many physical, mental and emotional problems.

Disturbed Family Relations

In today's so-called modern world, growing at a fast pace, it is necessary, for each and every person to put in more and more efforts to prove himself. In the cut-throat competition and to maintain the standard of living, change in the joint family to nuclear family has taken place. Today with the increasing demand of working wives, women no more, are confined within the four walls of houses but are marching shoulder to shoulder with the male section in all walks of life. Moreover today's job or profession is highly demanding which requires women work for long hours leaving little or no time to look after their house or children. This effects their family life, resulting in divorce or clashes between husband and wife. There are ego clashes as no one has enough time to sort our petty issues amicably.

Health Problems

The most common health problems in the world were infectious diseases, such as tuberculosis, diphtheria, influenza, kidney disease, polio and other diseases of infancy. Modern lifestyle is detrimental to our health. Our habits have totally changed. Total fitness in the need of our as developments of scientific innovations has reduced our physical activities. TV, computer, video games are spoiling the health of our children. With all the medical facilities available today, physical problems are increasing. Besides obesity, cardiovascular diseases, cancers, high blood pressure, joint pains and spondylitis etc. are increasing because of modern lifestyle.

Tremendous Stress at Work Place

Stress at work is relatively a new phenomenon of modern lifestyles. The nature of work has gone through drastic changes over the last century and is still changing. With change comes stress. Job/professional stress poses a threat to physical health. Job insecurity and high demand of performance especially in the time of corporate reorganizations, sometimes put unhealthy and unreasonable pressure on the employees. Increased workload and extremely long work hours and intense pressure to perform at peak levels all the time for some emoluments actually leave an employee physically and emotionally drained.

Less Tolerance and Violence

It is believed that family is the main institution of the society which socializes its member for the expected behavior pattern but today with the change in lifestyles, utter materialistic outlook and busy life, the concept of joint family is no more prevalent in society. In nuclear families mostly mothers are working as a result young children are left to the care of baby sitters, nurseries, pre-school etc. Parents have no time to teach the young ones about societal norms and values which were transmitted to children by their grandparents in joint families in olden days.

Lack in Norms and Moral Values

India has a tradition of giving special regard and respect to parents. But today, in modern lifestyle it has been found that there is overall change in the status of parents. Exposure to the world of information and easy accessibility to latest technology, no doubt, developed new concept of social networking, where one can make as many as friends. Now a day's children have no obligation towards their old parents. After working so hard throughout life, an old person looks for a comfortable life but they are neglected by their children, they were sent to old age homes. Old people experience

mixed emotions of insult, hopelessness and anger. It not only leads to extreme depression but also instills extreme steps like suicidal tendencies in some cases. Busy modern life styles of today, have made people of the same family unattached and unconcerned.

Ecological Pollution

Man is an important component of environment. His efforts for economic development have created environment problems. The man has changed his life style, with new trends the household have curtains, carpets, rugs, sofas, furniture and beautiful potted plants, which are source of pollutants as they provide place for the growth of certain microbes which causes allergies and respiratory problems. Microwaves, Mobiles, Colored TV, Refrigerator, air conditioner, hair drier and other electric gadgets have become common household items and these items release CFC's and harmful radiation which are detrimental to man's health and environment. Today, use of cosmetics is very common and its use is increasing day by day. Various chemicals are used in these cosmetics which play havoc on our skin.

Diet and Nutrition (Eating Habits)

Use of poor nutrition diet is also a great challenge. The production of food stuff by artificial way to meet the people demands is also becomes threat. Use of such kind of food makes people ill. Lots of health hazard occur due to low quality food. We have changed our food habits also. The young generation is much interested in Chinese food or fast food instead of simple nutritious food. Fast foods like noodles, macaroni, pasta etc., are prepared by adding azenomoto which is carcinogenic. Various preservatives like acetic acid or other chemicals, flavours, coloring agents, are detrimental to our health. Due to unhealthy diet people face malnutrition. Obesity is also one burning problem of the people.

Excessive Work Load

Excessive work is also one threat of physical fitness wellness. People are unable to utilize the leisure time properly. So they could not recreate themselves. Moreover they cannot accommodate themselves for regular physical exercises and games and sports. Due to the nuclear family they have to take care of their children etc. so practically every people are in tremendous workload in daily life.

Regular Physical Exercise and Games and Sports:

Most of the people are not participating in the regular physical exercise and games and sports. "Sound Mind in sound Body" hence there is direct relation between fitness and wellness. Exercise and Games and Sports provide an opportunity for social involvement. So lack of physical exercise and games and sports is also one biggest threat for fitness and wellness.

Proper Rest

To be fit and active rest is mandatory. But people forgot to take rest. They are busy always in such kind of meaningless work. For that the daily life style of them is affecting. E.g. watching TV, playing games in the mobiles and computers, chatting in social network like face book, twitter etc., let night sleep.

Remedies of the Challenge

In remedies we would like to suggest to alternate the above discussed points in every ones practical life. We think it will help us to overcome the challenges. Apart from these the following remedies be followed:-

1. Physical activities should be recommended for every persons daily routine for healthy and active society
2. Implementing quality physical education program on regular basis by qualified teachers ensuring made all students physically literate.
3. Enhancing the quality of leisure time activity.
4. Particular attention should be given to the development of body nourishment and healthy practices of children.
5. Motivating people to participate in physical activities and creating awareness of fitness and wellness among masses.

Conclusion

It is important knowledge for us to realize exercise, games and sports, increased consumption of good nutrition, smoking cessation, and the practice of safe sex are the key of health and wellness. The real happiness of life lies in living healthy and stress free life, happily in a health environment. If a person have good fitness and wellness than he could live good life in the society. Excessive proclivities for luxuries and utter materialistic outlook, over industrialization as well as busy life have made man's life more stressful and depressed. To overcome all those people must keep them engaged in the holistic work, fitness programme, community services, participation in games and sports, leisure time activities etc.

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