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## The role of physical fitness activities to improve physical and mental health

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### Abstract

In Modern World we are going towards the Modern Life Style, and developing a unsatisfied mind set. As life becomes busy no one find time to do the regular physical activity. Because of busy schedules no one has a time to spend time for their own health. But human body needs some physical activity and even rest for better functioning of inner organs. We should maintain balance between the rest, diet and physical activity. The physical fitness activity helps in improving health and efficiency of doing work in daily life. It's also help for development of organs, muscular strength and increase physical fitness. Physical fitness activity helps in optional growth and development of nervous system. By doing regular physical activity reduce risk of obesity. It also helps improves aerobic fitness, muscular endurance, muscular power and muscular strength. It also helps in improve cardio function, increase stroke volume, cardio output, blood volume. Regular physical fitness activity gives positive attitude towards life and helps to become more social responsible person and Mentally Healthy Person. Physical activity help to improve digestive capacity and also get good sleep at the end of the day. This study helps us to get knowledge about the Physical Fitness Activity, about Physical Health and Mental Health and teach about the Healthy life style.

**Keywords:** Fitness, mental health, physical activity, Etc.

### Introduction

As life becomes busy no one find time to do the regular physical activity. So it is necessary to do some Physical activity at list 5 day in a week to remain fit. Everyone should take time to do physical activity at least once in a day; it may be in early morning or evening. The activity doing in early morning is much benefit rather than doing any time in a day. The physical activity such as physical exercise Jogging, Cycling, walking, joining health club, yoga, dancing, etc. The activity depends upon the age group. After doing activity every one must take balance diet and proper rest to get recovery. There must be balance between the rest, diet and physical activity.

### Importance of physical fitness activity

The physical fitness activity helps in improve health and efficiency of doing work in daily life. It's also help for development of organs, muscular strength and increase physical fitness. Physical fitness activity helps in optional growth and development of nervous system. By doing regular physical activity reduce risk of obesity. It also helps improves aerobic fitness, muscular endurance, muscular power and muscular strength. It also helps in improve cardio function, increase stroke volume, cardio output, blood volume. Regular physical fitness activity gives positive attitude towards life and helps to become more social responsible person. Physical activity help to improve digestive capacity and also get good sleep at the end of the day.

### Meaning of fitness

Fitness is the condition of being Healthy. An example of physical fitness is one can execute daily activities with maximum performance, endurance, and strength as well as manageability of disease, fatigue and stress.

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Fitness is the condition of being physically fit and healthy and involves attributes that include, but are not limited to mental acuity, cardio respiratory endurance, muscular strength, muscular endurance, body composition, and flexibility. These aspects prepare the body to work daily energetically.

#### **There are five components of physical fitness:**

1. Body composition
2. Flexibility
3. Muscular strength
4. Muscular endurance and
5. Cardio respiratory endurance.

A well-balanced exercise program should include activities that address all of the health-related components of fitness.

#### **How to start physical fitness activity**

It is better to start the physical activity according to the age. Most of people do activity like waking or joining. It is better to start any activity in a smaller way and increase gradually and better to take advice from professional doctor or a coach before doing any change in activity. Diet must be plan according to your physical activity chart. Before starting physical fitness activity you should be in proper dress code. These are all some of the basic things we should follow.

#### **Benefit of physical fitness activity**

##### **Doing physical activity in systematic way it helps you in Control body weight**

Physical exercise, coupled with proper nutrition, is the best way to lose weight. If you are borderline overweight, overweight, or obese, you must start exercising. It will help you shed the extra pounds by converting the excess calories into usable energy, which you need to breathe, talk, walk, exercise, and carry out various cellular functions.

##### **Reduce heart related problem**

It is not breaking news that cardiovascular disease is one of the leading causes of death. Improving your cardiovascular endurance can help assist you in carrying out your day-to-day tasks without the heaviness and fatigue that might plague you.

##### **Reduce the risk of diabetes**

Insulin resistance is when the body no longer responds to insulin. It causes an increased production of insulin by the pancreas. Since insulin promotes weight gain, an excessive amount of insulin production can lead to weight gain. Being overweight or obese increases your risk of insulin resistance. And that may lead to diabetes. Scientists have confirmed that regular physical exercise can reduce the risk of diabetes by 58% in high risk population.

##### **Strengthen bone and muscles**

The health of your muscles and bones is very important. As you start aging, typically after 30 years, you start losing muscle mass and bone density. And that's the reason many women above 30 suffer from loose skin, joint pain, and osteoporosis.

##### **Live long life**

It is only logical that your life expectancy will increase when you do not suffer from diseases that can kill you. German scientists reported that exercising reduced the mortality rate by 30-35% and increased life expectancy from 0.4 to 6.9 years.

#### **Reduces stress**

The importance of exercise is not just limited to your physical health. It can even help if you are stressed. Stress not only hampers your sleep at night but also impairs your immune functions. Stress also leads to excess accumulation of harmful oxygen radicals in the body, which, in turn, leads to other diseases. Physical activity is highly beneficial in reducing stress whenever you feel stressed just go for a walk or a jogging immediately you feel the freshness in your mood.

#### **Physical fitness activity help us in psychological aspects**

By doing physical activity not only help in your health but also help in your daily task.

#### **It gives self confidence**

It is very easy to feel great about ourselves when we are fit and healthy. Someone with low self-confidence often neglect themselves because he do not feel he deserve to be looked after. It is also a good idea to fresh up and do something that you want to do rather than something that someone else expects you to do so.

#### **Improve self esteem**

Some Research has shown that when we exercise our self-esteem improves. In the short-term, exercise has been shown to enhance our mood and help us to think more positively. In the long term, physical exercise can improve our confidence by making us feel good about our body image and abilities.

#### **Improve in work efficiency**

It is open secret that the healthy and fit man can do the work better when comparing to the work did by unhealthy or unfit man. Even some search study says that the healthy and fit man can do the work efficiently and reach the target faster than expected.

#### **Improve psychological behavior or a Mood**

**Berger, Pargman:** Says the Mood can be defined as a host of transient, fluctuating affective states that can be positive or negative. It is generally defined as a state of emotional or affective arousal of carrying, impermanent duration. Some research says that the increases in positive mood states with as little as 10 minutes of moderate exercise.

#### **Effective treatments for depression and anxiety**

Physical Fitness and Exercise reduce and state of depression and anxiety after aerobic exercise may be intensities between 30% to 60% of maximal heart rate. Exercise training is particularly effective for individuals who have elevated levels of anxiety even for people with low levels of anxiety.

**Importance of diet:** Good nutrition can enhance sporting performance. A well-planned, nutritious diet should meet most of an athlete's vitamin and mineral needs, and provide enough protein to promote muscle growth and repair. Foods rich in unrefined carbohydrates, like wholegrain breads and cereals, should form the basis of the diet. Diet controls the body weight as well as fitness. The diet is to change according to the activity you chosen.

Carbohydrates are helpful in increasing endurance. Protein is necessary for the growth and development of various tissues of the body. A minimum amount of fat is desirable for a long distance runner, high jumper or gymnast. Diet prevents, various diseases, maintains healthy weight. So finally balanced diet is very important to become a healthy person.

## Conclusion

Engaging in regular physical activity may produce improvements in an individual's physical health, cognitive performance, and psychological well-being. Physical benefits include, but are not limited to, reduced risk for diseases, and improvements in physical functioning, fitness, and overall quality of life.

Physical fitness involves the performance of the heart and lungs, and the muscles of the body. Since what we do with our bodies also affects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability.

A man will remain fit by doing any type of physical activity in a systematic way. Maintain the balance between physical fitness activity, diet and rest. The individual activity depends upon the age group and his ability of doing that activity. The diet should be according to the physical fitness activity. By considering all these points one can be a healthy person who can lead a healthy life.

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