



EFFECTS OF PHYSICAL FITNESS IN DAILY LIFE

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INTRODUCTION

The concept of physical fitness is similarly old as mankind. Throughout the story of mankind, physical fitness has been regarded an essential component of daily life. The ancient people were primarily dependent upon their single intensity, vitality for physical endurance. This engaged mastery of some basic skill like strength, velocity, endurance, agility for running, jumping, mounting and other skills used in hunting for their livelihoods. Over the past four decades, there has been an increment in the occurrence of obese and physical fitness corrosion in adult across all genders, ages and racial/ethnic groups.

The reimbursement of physical activity have been established by scientific evidence linking increased physical activity and positive lifestyle habits to better wellness and improved quality of liveliness. Even though a few people live long because of positive genetic factors, for most people, the quality of life during middle years and the “golden years” more often relates to wise choices initiated during adolescence and went on throughout life. Established on the abundance of scientific research on physical action and practice, a clear distinction has been made between the two. Physical action is defined as physical movement produced by skeletal muscles that requires the consumption of energy and produces progressive health reimbursement. Instances of physical activity are walking to and from work and the store, taking the steps instead of elevators and escalators, gardening, performing house chores, dancing, and lapping the car by hand. Physical in- activity, by contrast, involves a degree of activity that is lower than that required to maintain good health. Practice session is viewed a case of physical action that involves preparation, structured, and repetitive bodily movement to improve or sustain one or more parts



of physical fitness. Walking, jogging, cycling, aerobics, swimming, strength training, and stretching are all examples of physical exertion that can be carried as a usual weekly program. Regrettably, the current mode of life in most urban nations does not supply the human physical structure with adequate physical exercise to keep decent health. Furthermore, many lifestyle patterns are such a serious hazard to health that they actually accelerate up the deterioration of the human torso. In a few short years, lack of wellness leads to loss of vitality and zest for life, as well as premature morbidity and mortality.

COMPONENTS OF PHYSICAL FITNESS:

Primary Components of Fitness:

The four primary components (also known as the components of health related fitness) that are important to enhanced physical health are as follows:

Cardio respiratory

Cardio respirator capacity is the ability of the physical structure to bring in breathing, circulation, and bioenergetics. In fitness, we also refer to Cardio respiratory capacity as aerobic capacity.

Muscular capacity

Muscular Capacity refers to the range of muscular capability. This includes muscular endurance; muscular strength; and muscular force.

Flexibility

Flexibility is the range of movement or amount of motion that a stick is accomplished of doing. Each joint has a different measure of flexibility.

Body composition

Body composition is the ratio of fat-free mass to fat mass Some of the long-term adaptations of improving body composition are decreased hazard of cardiovascular disease, improved basal metabolic rate, improved bodily function, and improved BMI.

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Physical fitness is no uncertainty important, but do you recognize the impacts why it is touted as being so? There are many causes why it is essential for everyone to attain physical fitness a part of their daily regime. Some of the positive impacts of physical fitness are described below:

1. It helps burn additional body fat:

Most people move violently with weight issues, at least sometime in their lives. There is no more honorable means of losing weight than being physically fit. For those who are not over weight exercise will help them to stay lean forever.

2. Promotes overall health:

Exercise brings down the hazard of many life intimidating diseases. It can help fight cardiovascular problems, bring down bad cholesterol (HDL) levels, decrease high blood pressure, decrease the probabilities of suffering a stroke, control diabetes and is also supposed to dilute the risk of certain cancers.

3. Improves metabolism:

There is no hesitation that physical fitness makes the metabolism work better. This improves general well-being as it also has positive effects on the immune system.

4. Increases stamina and energy levels:

Physical fitness banishes lethargy and fatigue from the system. When you are into physical fitness you will find yourself more keyed up and having extra stamina and strength to go about organization your work.

5. Bones get stronger:

It has been medically recognized that bone mass is lost after 35. The bone loss is more in people who do not exercise. People who combine practice with right diet are able to control bone loss and earn their bones stronger.

6. Keeps you attentive:

Doctors advocate exercise to prevent age related diseases such as Alzheimer and dementia from setting in. Studies show that people who make physical fitness a part of their lifestyle are less likely to suffer from these diseases.