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HEALTHY LIFESTYLE AND PHYSICALLY ACTIVE AWARENESS

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ABSTRACT

There are many health related benefits to being physically active and living an active life. Active living can help to reduce the risk of chronic diseases, improve your overall health and well-being, reduce stress levels, minimize health related medical costs, help you to maintain a healthy weight, assist in proper balance and posture and the maintenance of healthy bones and strong muscles. Active living can also improve your sleeping patterns and aid in the prevention of risk factors for heart disease such as blood cholesterol levels, diabetes and hypertension.

DEFINITION OF PHYSICAL ACTIVE LIFESTYLE

Definition of lifestyle in the Online Dictionary. Meaning of lifestyle. which affect a person's quality of life rather than his or her health.

A healthy lifestyle leaves you fit, energetic and at reduced risk for disease, based on the choices you make about your daily habits. Good nutrition, daily.

Health is the level of functional or metabolic efficiency of a living organism. In humans, it is the general condition of a person's mind and body, usually meaning to a healthy lifestyle is having the right amount of food and exercise, a way of life which must involve regular exercise where you, as a person, are in complete state.

A lifestyle that contributes positively to physical, mental and social wellbeing, and includes regular exercise and physical activity



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ACTIVE LIVING

“IS a unique Canadian approach to living that values and integrates physical activity into daily routines. Within this lifestyle, many different activities benefit personal and social health and well-being” (Canadian Journal of Public Health).

Active living Role of exercise is a way of life that integrates physical activity into your everyday routines, such as walking to the store or biking to work. Active living brings together urban planners, architects, transportation engineers, public health professionals, activists and other professionals to build places that encourage active living and physical activity. One example includes efforts to build sidewalks, crosswalks, pedestrian crossing signals and other ways for children to walk safely to and from school, as seen in the Safe Routes to School program. Recreational opportunities (parks, fitness centres etc.) close to the home or workplace, walking trails and bike lanes for transportation also encourage a more active lifestyle. Active living is a combination of physical activity and recreation activities aimed at the general public to encourage a healthier lifestyle.

Active living is a growing field that emerged from the early work of the Centers for Disease Control and Prevention (CDC) with the release of the Surgeon's General Report on Physical Activity and Health in 1996. In 1997, the CDC began the development of an initiative called Active Community Environments (ACEs) coordinated by Rich Killingsworth (the founding director of active living by Design) and Tom Schmid, a senior health scientist. The main programming thrust of ACEs was an emerging initiative called Safe Routes to School that was catalyzed by a program designed by Rich Killingsworth and Jessica Shisler at CDC called KidsWalk-to-School. This program provided much needed attention to the connections of the built environment and health, especially obesity and physical inactivity. In 2000, Robert Wood Johnson Foundation formally launched their active living initiative which comprised three national programs - Active Living by Design, Active Living Research, and Active for Life. The main goal of these programs was to develop an understanding how the built environment impacted physical activity and what could be done to increase physical activity.

TYPES OF PHYSICAL ACTIVITY

There are three types of physical exercises that a person can do to keep active: endurance, flexibility and strength activities.



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- Endurance activities increase your heart rate and strengthen your heart and your lungs. Examples include: dancing, skating, cycling and brisk walking.
 - Flexibility activities improve your body's ability to move and assist in keeping your muscles and joints relaxed. Examples include: yard work, vacuuming, stretching and golf.
 - Strength activities create and maintain muscle and keep bones strong. Examples include: raking leaves, climbing stairs, lifting free weights and push-ups.

It is easy to incorporate endurance, flexibility and strength activities into your daily routine for active living. Activities such as normal household chores can fit into more than one of the above categories, and it is simple enough to switch to using the stairs instead of taking the elevators at work.

Physical activity trends for a lower-middle income country like India suggest a gradual decline in work related physical activity and no concomitant increase in leisure time physical activity. Perceived health benefits of physical activity and intention to increase physical activity have been established as independent correlates of physical activity status. In India, not much is known about peoples' perceptions of health benefits of physical activity and their intention to increase physical activity levels. This study was performed to understand peoples' perceptions and awareness about health benefits of physical activity in a rural South Indian region.

There is low awareness of chronic disease related benefits of physical activity and participants do not see a need to increase their physical activity level. Public health awareness programs on importance and health benefits of physical activity would be useful to counter the anticipated decline in physical activity.

HEALTHY LIFESTYLE PROGRAM

The free Healthy Lifestyle Program aims to improve the lifestyle of adults by increasing awareness of healthy eating and physical activity. The program is for anyone wanting to improve their lifestyle and become healthier.

About the Healthy Lifestyle Program

The Healthy Lifestyle Program is a free six week program designed to encourage healthy eating and regular physical activity in adults. The program consists of 6 weekly sessions, 2 hours in length. This is followed up with four month review session to provide additional support and



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motivation to continue living healthy. There is a food demonstration at the four month review session that provides participants with new and easy to prepare recipes. The sessions include both theory and practical aspect of a healthy lifestyle, including a supermarket tour to understand food labels as well as understanding 'perfect' portion sizes. Participants learn easy ways to be active every day, in as many ways as possible. By learning the importance of physical activity and healthy eating, participants are able to make healthy lifestyle choices and appreciate that small healthy changes over time, add up and make a real difference to your life.

Program Topics include:

- What is a healthy lifestyle?
- Healthy eating
- Let's get physical
- Supermarket Tour
- Changing behaviour and physical activity for me
- Fat in your diet and eating out/where to from here?
- Food demonstration

Participants are encouraged to participate in healthy activities within the community, for example, walking groups, Tai Chi, Heartmoves and the Swap it, don't stop it campaign.

How can the Healthy Lifestyle Program help you?

The Community

- Become an active member of your community
- Increase healthy eating and physical activity knowledge and awareness
- Learn about new foods and how to read food labels
- Participate in fun group exercise levels, joint mobility and overall health

Health Professionals



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- Improve your patients health, fitness and wellbeing
 - Reduce your patients risk of chronic diseases such as Cardiovascular disease and Type 2 Diabetes
 - Increase your patients knowledge and understanding of healthy eating and physical activity
 - Increase your patients ability to self-manage their health

THE BENEFITS OF PHYSICAL ACTIVITY

There are many health related benefits to being physically active and living an active life. Active living can help to reduce the risk of chronic diseases, improve your overall health and well-being, reduce stress levels, minimize health related medical costs, help you to maintain a healthy weight, assist in proper balance and posture and the maintenance of healthy bones and strong muscles. Active living can also improve your sleeping patterns and aid in the prevention of risk factors for heart disease such as blood cholesterol levels, diabetes and hypertension.

Physical activity has many health benefits. It can help children maintain a healthy weight and build healthy bones, muscles, and joints. It also puts them on the path to a healthier lifestyle, which is important, considering that active children are more likely to become active and healthy adults. Compared with those who are not active, physically active youth have higher levels of aerobic fitness, stronger muscles, and stronger bones. In addition to the health benefits, physical activity has a strong impact on academic performance and social skills. Research shows that 60 minutes or more of daily physical activity can help children in the following ways:

- Improved test scores, grades, and time management skills
- Boosted concentration, memory and classroom behavior
- Increased self-confidence and self-esteem
- Strengthened social and cooperative skills, such as teamwork and problem solving
- Reduced anxiety and stress



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Studies show that physically active students score higher on standardized tests and have better grades, particularly in math, English and reading. Recess and classroom activity breaks show positive association with indicators of cognitive skills, attitudes, and academic behavior and achievement.¹ When children are active their blood flow increases, improving memory and concentration, which are essential in the classroom, and hormones are released that can improve their mood and reduce anxiety and stress. Learn more about the importance of being active.

PHYSICAL ACTIVITY FACTS

By encouraging physical activity, we empower our children to be healthy.

- The U.S. Department of Health and Human Services recommends that young people aged 6–17 years participate in at least 60 minutes of physical activity daily.
- Only one in three children achieves the minimum amount of physical activity they need each day.
- Physical activity is particularly important among children with physical disabilities, as 22.5% of children with disabilities are obese compared to 16% of children without disabilities.
- In 2011, 29% of high school students surveyed had participated in at least 60 minutes per day of physical activity on all 7 days before the survey.
- Children spend an average of more than seven-and-a-half hours a day in front of a screen, inside watching TV, playing video games, or surfing the Web.
- Participation in physical activity declines as young people age.

RESOURCES

Many organizations work to ensure that our nation's children have daily physical activity. Visit their websites for additional information and resources.



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- Let's Move! Active Schools a comprehensive program that empowers school champions (P.E. teachers, classroom teachers, principals, administrators, and parents) to create active environments that enable all students to get moving and reach their full potential.
 - National Association for Sport and Physical Education (NASPE): NASPE's mission is to enhance knowledge, improve professional practice, and increase support for high quality PE, sport, and physical activity programs. NASPE sets the standard for best practices in quality PE and sport. NASPE is the largest of the five national associations that make up AAHPERD.
 - American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD):AAHPERD is the largest organization supporting and assisting professionals involved in PE, recreation, fitness, sport and coaching, dance, health education and promotion, and all specialties related to achieving a healthy and active lifestyle.
 - Making Health Easier : Making Health Easier is an interactive social networking site where Centers for Disease Control and Prevention-funded communities and their partners can share stories and resources around obesity and tobacco issues. Learn about how kids who are physically active get better grades with this infographic.

PHYSICAL ACTIVITY INITIATIVE

We all want children to grow up healthy and with the knowledge and skills needed to succeed in life. A big part of being healthy for children is getting the recommended level of physical activity at least 60 minutes daily. Studies show that physical activity not only helps kids stay active and healthy, but it can enhance important skills like concentration and problem solving, which can improve academic performance. Learn more about how you can make sure our children are on the path to an active and healthy life.

By Rennie Aranda, Skinny Gene Nutritionist

Springtime has arrived and with this season comes spring cleaning. While you're getting ready to clean out old storage items and organize closet spaces, why not spring clean your bodies as well by throwing out processed foods in your kitchen and replacing it with fresh fruits and vegetables? Spring clean your metabolism by clean eating and improve your life one meal at a time

What exactly is "clean eating"?



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“Clean eating” is a trend that is suddenly everywhere, but what does “clean eating” really mean? The term means to eat the best and healthiest options in each of the food groups, embracing foods such as vegetables, fruits, whole grains, and healthy proteins. This includes staying away from junk foods and processed foods. When you are eating clean, you try to give your body the best fuel that is out there, which are foods that will keep you healthy and at a healthy weight. Clean eating is not necessarily about weight loss, but it focuses on general health.

The current craze of “cleansing” or eating only raw food or fresh juices for a set period of time is not the same as clean eating. In fact, our organs are what cleanses are bodies of toxins. The main idea is to replace processed foods, pastries, and fried foods with more fruits and vegetables. You’ll definitely feel the difference! Clean eating can also entail looking more closely at where your food comes from. This could mean buying organic produce to avoid pesticide residue, or avoiding meat that comes from large factory farms. It is possible you might spend a little more money on high-quality meat and produce and more time preparing meals from scratch rather than heating up packaged convenience foods. But, as clean eating advocates say, it may be more expensive to eat clean and healthy, but it is an investment in your future health that you may otherwise pay for in the long run.

Here are some tips to get you started on clean eating:

- Try fresh fruits and vegetables instead of salty and sugary packaged foods to eat as snacks.
- Instead of buying blueberry yogurt with added sweeteners and less than 5% real blueberries, buy unsweetened yogurt and add your own fresh fruit.
- Try to buy meat from a farmer’s market in your area or at a grocery store, look for grass-fed meat and dairy products without hormones or antibiotics.
- Instead of margarine, try substituting it with grass fed butter or avocados to have with your whole grains or veggies.

When you’re screaming for ice cream, save calories and fat by drinking a fruit and low-fat yogurt smoothie instead.

- If you love to savor the crunch, skip the full-fat chips and try more satisfying crunchy snacks such as pretzel chips, nuts, or whole-grain tortilla chips.



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