

A Guidance of Health Fitness and Exercise for Active Adults in Modern Society

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Abstract

Health is freedom from disease and sickness. Without health, visualization of life is almost impossible. So, health is the primary need for each one of us. In the same way, to lead a productive and meaningful life, the world's greatest thinkers have stressed the importance of physical fitness. The Greek philosopher Aristotle stated that the body is the temple of soul and to reach harmony in Body, Mind and spirit, a human being must be physically fit. Health and fitness are really the best wealth. It is better than grain and gold. It is much better than land or building. You may be the master of millions; you may have vast property, but if you have no health, you cannot enjoy your existence. On the contrary, you may suffer a lot from physical pain and you may not earn anything. If you have good health and fitness, you will earn a lot of knowledge and wealth which will help you to lead a qualitative and meaningful life. The purpose of the present study is to provide the basic information regarding health, fitness and exercise paradigm. The study also describes the factors which influence the health, fitness and exercise programmes of an individual. It also suggests the various means and methods to improve the health and fitness level. Finally, it is concluded that by improving health and fitness, individual can lead a productive and meaningful life.

Key Words: Health, Fitness, Exercise

INTRODUCTION

Factors Influencing Health and Fitness

There are many factors that influence a person's health and fitness. The first thing that comes to mind with most people is physical activity and nutrition. Besides physical activity and nutrition, there are many other factors which are found constantly affecting the health and fitness standard of living beings. With the constant threat of numerous health issues caused by various factors, it is obvious that everyone should be conscious about his/her personal health, fitness and mental well-being. The necessary changes in your everyday lifestyle are only the way to achieve good health and fitness. These changes do not have to be drastic to begin with, and should be things you enjoy and look forward to. The most important thing is to make an effort at improving all areas of your personal fitness and health. There are seven key components associated with the physical and mental aspects of health, fitness and mental well-being. Each contributes to overall health and fitness in its own way. To achieve total physical health and fitness, you must be aware of and work at achieving each of the seven key components. The seven key physical components to overall good health, fitness and mental well-being are:

- 1. Cardiovascular/Aerobic Conditioning**
- 2. Muscular Strength Development**
- 3. Stretching - Muscles, Ligaments and Tendons**
- 4. Core Stability**
- 5. Nutrition and Supplementation**
- 6. Mental Rest and Relaxation**
- 7. Sleep**

Cardiovascular/Aerobic Conditioning

Aerobic (cardiovascular) fitness is one of the most important components of physical fitness. The other components are muscular strength and endurance, and flexibility and low-back function. Cardiovascular fitness is measured as the amount of oxygen transported in the blood and pumped by the heart to the working muscles and as the efficiency of the muscles to use that oxygen. Increasing cardiovascular fitness means increasing the capability of the heart and the rest of the cardiovascular system in their most important task to supply oxygen and energy to your body. Physical exercise enhances or maintains physical fitness and overall health and wellness. It strengthens muscles and improves the cardiovascular system

The routine workout of aerobic exercise in combination with a healthy diet give number of benefits to the individual, it helps you to lose weight reducing all the risks related with the problem of overweight. It strengthens your heart so that it doesn't have to beat fast; lowers blood pressure and reduces bad cholesterol, controls blood sugar and helps to manage diabetes.

Muscular Strength Development

Better performances can be the product of a number of factors. The primarily outcome of efficient technique, the progression of speed and the maturing competitive attitude on a sound basis of general endurance, all round strength and general mobility. The development of all round strength is best achieved via circuit training and then progressing this through weight training.

Resistance training will increase the muscle size (hypertrophy). Muscle growth depends on the muscle fibre type. The exercise must be specific to the type of strength required, and is therefore related to the particular demands of the event (specificity). The coach should have knowledge of the predominant types of muscular activity associated with the particular event, the movement pattern involved and the type of strength required. Exercises should be identified that will produce the desired development.

Stretching Muscles, Ligaments and Tendons

Stretching is another important component of fitness and well-being. To take the maximum benefit of stretching, it should be completed along with weight training or aerobic exercise at least three times a week. Muscles, tendons and ligaments should be properly warmed up before performing stretching. Each stretch should be held for a minimum 30 seconds and extend to the point of Lifestyle Environment Health Care Genetics tension. It is advised to stop if there is pain. Stretching increases the ability and

flexibility of muscles, ligaments and tendons. Flexibility and the elongation of your body's soft tissue improves blood circulation. It also helps your muscles, ligaments and tendons to supply maximum amount of oxygen so that they are able to recover more quickly from workouts. Finally, stretching can relieve stress by relaxing the tense muscles.

Core Stability

Core stabilization involves strengthening the muscles that line your spine and make up your abdomen and pelvic floor. These muscles help control your posture and also help maintaining body positions for a certain time interval. Having strong core muscles makes athletic exercise easier and safe. This can minimize and even prevent injuries associated with general physical activity.

Nutrition

To perform daily activities smoothly, the human body requires an appropriate balance of vitamins, minerals, carbohydrates, proteins and fat. In other words, we are what we eat. The food we consume, as stated by Hippocrates, "is our medicine." Several medical professionals believe that virtually every illness is based on some form of nutritional deficiency. When the human body is consistently deprived of one or more nutrients, the human body breaks down and is more susceptible to contracting a disease or, at a lesser level, a group of unhealthy symptoms (i.e. fatigue, muscle soreness, indigestion etc.). Consuming the appropriate nutritional foods facilitates the human body's ability to strengthen its immune system, hence allowing the body to perform optimally, free of disease; and at an increased level of energy.

Mental Rest and Relaxation

Proper rest and relaxation are important to give the mind and body time to recuperate. Like muscle relaxation, the brain also needs time to cool down. Without relaxation of brain ,function and performance of body decrease and complications arise. Inadequately rested muscles can lead to injury and a tired brain can create stress and confusion. The human body cannot achieve an optimum level of health and fitness without the mind being of a centred and balanced nature. As mental rest and relaxation is one of the seven key components of good health and fitness, it is important that you become familiar with the approaches and techniques associated with balancing the mind.

Sleep

Sleep is necessary for your overall health, fitness and mental well-being. Experts recommend eight hours of sleep to obtain the maximum benefits, which are many. Lack of sleep has been proven to lower the efficiency of your immune system. Sleep also gives your brain time to sort out the information it has collected during the day. This reduces confusion, improves memory and makes you more alert. Sleep also positively affects coordination and appearance. Sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleepdeficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Designing your own exercise Programme

Physical training works best when you have a plan. A plan helps you make gradual but steady progress toward your goals. Once you've determined that exercise is safe for you, planning for physical fitness consists of assessing how fit you are now, determining where you want to be, and choosing the right activities to help you get there.

Health and Fitness benefits of different amounts of Physical Activity and Exercise

	Lifestyle physical activity	Moderate exercise programme	Vigorous exercise programme
Description	Moderate physical activity (150 minutes per week; muscle strengthening exercises 2 or more days per week)	Cardio respiratory endurance exercise (20–60 minutes, 3–5 days per week); strength training (2–3 non consecutive days per week); and stretching exercises (2 or more days per week)	Cardio respiratory endurance exercise (20–60 minutes, 3–5 days per week); interval training; strength training (3–4 non consecutive days per week); and stretching exercises (5–7 days per week)
Sample activities or programme	Walking to and from work, 15 minutes each day <ul style="list-style-type: none"> • Cycling to and from class, 10 minutes each day • Doing yard work for 30 minutes • Dancing (fast) for 30 minutes • Playing basketball for 20 minutes • Muscle exercises such as push-ups, squats, or back exercises 	Jogging for 30 minutes, 3 days per Week <ul style="list-style-type: none"> • Weight training, 1 set of 8 exercises, 2 days per week • Stretching exercises, 3 days per week 	Running for 45 minutes, 3 days per Week <ul style="list-style-type: none"> • Intervals, running 400 m at high efforts, 4 sets, 2 days per week • Weight training, 3 sets of 10 exercises, 3 days per week • Stretching exercises, 6 days per week

<p>Health and Fitness benefits</p>	<p>Better blood cholesterol levels, reduced body fat, better control of blood pressure, improved metabolic health, and enhanced glucose metabolism; improved quality of life; reduced risk of some chronic diseases. Greater amounts of activity can help prevent weight gain and promote weight loss</p>	<p>All the benefits of lifestyle physical activity, plus improved physical fitness (increased cardio respiratory endurance, muscular strength and endurance, and flexibility) and even greater improvements in health and quality of life and reductions in chronic disease risk</p>	<p>All the benefits of lifestyle physical activity and a moderate exercise programme, with greater increases in fitness and somewhat greater reductions in chronic disease risk. Participating in a vigorous exercise programme may increase risk of injury and overtraining</p>
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Guidelines for training

The following guidelines will make your exercise programme more effective and successful.

Train the way you want your body change

Stress your body so that it adapts in the desired manner. To have a more muscular built up, lift weights. To be more flexible, do stretching exercises. To improve performance in a particular sport, practice that sport or its movements.

Train frequently

Consistency is the key to improve fitness. Fitness improvements are lost if too much time passes between exercise sessions.

Start slowly and get in shape gradually

An exercise programme can be divided into three phases:

- *Beginning phase.* The body adjusts to the new type and level of activity.
- *Progress phase.* Fitness increases.
- *Maintenance phase.* The targeted level of fitness is sustained over the long term.

CONCLUSION

As we know health is the primary need for each one of us. Health and fitness are really the best wealth. The purpose of the present study is to provide the basic information

regarding health, fitness and exercise paradigm. So it is concluded that While starting an exercise programme, start slowly and give time to your body to adapt the stress of exercise. Choose activities carefully according to your fitness status. If you are not fit enough or overweight, try an activity such as walking or swimming. When the level of fitness improves, increase duration and frequency before increasing intensity. If you are trained too much or too intensely, you are more likely to suffer injuries or become overstrained, a condition characterized by lack of energy, aching muscles and joints, and it further decreases physical performance. Injuries and over training slow down an exercise programme and impede motivation. The goal is not to get in shape as quickly as possible but to gradually become physically fit. Finally, it is concluded that by improving health and fitness, individual can lead a productive and meaningful life.

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