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# Benefits Of Physical Fitness



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## Introduction:

Physical fitness is the act of performing normal daily activities, balancing physical and mental stress as required by the right amount of efficiency according to personal ability. If any work is done with dissatisfaction or while doing related work, fatigue will come on the body and mind very quickly. Also, if it takes longer to regain strength, it means that the person has lacks of physical fitness. That person will easily increase the ability to performing tasks in a more appropriate way in daily life. If his endurance will improve, his resistance to fatigue will increase, and then he can demonstrate his highest physical ability by trying to perform specific tasks. If Physical Fitness is in right amount then it effect positively on human being.

## What Is Mean By Physical Fitness:

Physical Fitness is ability to carry out tasks without undue fatigue. Our ability to carry out routine activities with undue fatigue and ample energy to enjoy leisure time per suits and to meet unforeseen emergencies. Fitness is attributed to person who possesses significant aerobic or anaerobic ability including strength, endurance, power, speed, balance and coordination and able to improve the amount of work done in a given time.

## Concept of Fitness:

With the inventions of machines, human lifestyle change dramatically. It affects Physical well-being. Most Human being can't do physical activities properly. There Physical carrying capacity is decreases. So there body couldn't function efficiently and effectively in work and leisure activities. Because of this, human health is on lower side.

## Benefits of Physical Fitness:

Keeping your body always on functionally high mode means staying active. It achieved through Regular Exercise, Good Diet, and Ample Rest. Adding Exercise in daily routine maintain the performance of Brain, Heart, Lungs, Liver always healthy. It burns excessive calories to keep human weight is in under control. Healthy diet gives you good energy so your body always ready to perform and with ample rest, damage tissue either repair or newly created so body will ready to work.

## Physical Benefits

- With proper exercise, good diet and rest it is useful to decrease obesity.

- It also helps to reduce the chances of cardiovascular problems.
- It helps to improve immune system.
- Physically fit persons can promote growth of new neurons.
- It decreases Blood Pressure.

### **Mental Benefits**

- It produces neurochemical which help in repairing brain cells.
- It improves memory.
- It helps to taking quick decision.
- It allows us to do multitasking planning.

### **Psychological Benefits**

- It reduces depression.
- It helps in elevated moods.
- It helps to develops positive relations with others.
- It helps to deals with stress more easily.
- It helps to make positive image and attitude.

### **Economical Benefits**

- Good physical fitness helps to reduce medical expenditure.
- It helps to enhance productivity.
- It reduces absenteeism.
- It will help to create employment and support local business.

### **Physiological Benefits**

- Good Physical Fitness helps to maintain good cholesterols level.
- It helps to manage Blood Sugar and insulin.
- It helps to lowering Triglycerides.
- It lowers the risk of Coronary Heart Diseases.

### **How to improve Physical Fitness**

#### **1) Diet-**

The human body desperately needs food and water to survive. However, most of our

illnesses are caused by unclean water and contaminated food. Therefore, due to contaminated food and water, various chemical elements enter in our body and deplete our physical capacity. The main function of food is to energies, rebuild and protect our body. Therefore, with increasing age, the body needs a flat and blance diet. It required protein, carbohydrates, fats, minerals, vitamins and starchy foods in daily diet. The foods should be cooked in minimum oil and mind should be happy while consuming it.

#### **2) Sleep-**

The human body works like a machine. He too is in dire need of care and rest. Lacking rest, he could fall from Kallom at any time. Even though exercise and sports may relieve stress on the body and mind, the ideal function for keeping the body and mind stress free is sleep. Sleep is the restoration of the body and repair and maintains the muscles, this requires about 7 to 8 hours of sleep per night. Also, working alternately instead of doing the same types of work every day makes your mind happy and refreshed because it is essential for a healthy life to have peace of mind as it helps to develop the body by keeping a calm and happy mind.

#### **3) Exercise**

##### **a) Brisk Walking-**

The easiest, simplest and the most beautiful way to start exercising for all age groups is walking. Walking mainly strengthens your leg muscles as well as increases the bodies breathing capacity and keeps blood pressure under control. Weight loss will be followed by fatigue and constant tiredness, but this will not be the case for most people. According to Worlds Health Organization, the average persons should walk at least 8000 steps per day.

##### **b)Running-**

Running is the best exercise to increase the strength and bone strength of a normal human

being. Running increases the speed of blood circulation and as a result increases the efficiency of the heart. This types of exercise is less costly and less risky and is more effective than other types of exercise. Adequate physical activity is essential before starting this activity, which is also very useful for weight control.

#### *c) Cycling*

This types of exercise, which is very enjoyable, increases the strength of the legs and if you keep cycling regularly in the leg muscles and heart, you will get a lot increases. Cycling does not involve the same types of stress on the abdomen, knees and ankles as walking or running.

#### *d) Aerobics*

Aerobics is a very useful type of exercise to increase the agility of the body as well as the ability to breath by performing the rhythmic dance movements with the melodious force of music. Generally, aerobics increases the body's enthusiasm and makes the mind happy and also increases the body's energy and bring about positive changes in the body.

#### *e) Yoga*

Useful for human body,

- 1) Yama
- 2) Niyama,
- 3) Aasana
- 4) Pranayama
- 5) Pratyahara
- 6) Dharana

#### 7) Dhyana

8) Samadhi on the strength of these limbs, in today's mechanical age, social, mental and physical health can be maintained on the strength of yoga. The primary purpose of yoga is to relieve the stress on the human mind and gives it peace of mind. Yoga increases the efficiency of the body's cells and can bring about a radical change in the structure of the body. Also heart diseases, diabetes can increase the capacity of the internal system in the body.

#### 4) Hygiene

Man is a social animal. Most of his life is spent in various activities in the society. Not only is his home clean and tidy at this time but it is also important to take care of the cleanliness of the community in which he is lives. Unhygienic conditions can lead to an increase in the number of mosquitoes and the spread of various diseases, as well as a decrease in the number of trees in the area if various polluted disposal of sewage in the house, the surrounding area and the air becomes congested, which leads to the growth of germs and fish.

#### **Conclusion:**

Physical Fitness is ability to perform the daily routine as well as sports. It is a general state of health. It achieved through Proper Exercise, Healthy Diet and Ample amount of Rest. In today's society, good health is primary important. As per current generation, good health is directly related to human nature, family background and way of living (Income Expenditure). So to become good human being as per today's society we have to Physically Fit.