



FITNESS GUIDELINES FOR HEALTHY SOCIETY

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Introduction:

Globalization of trade, transport and communication sectors made the world amenable and accessible in terms of movements of materials, people, business houses, consumerism and knowledge transfer. India with ancient and rich cultural heritage has developed over the years its own wide base for science, engineering and technology with appropriate economic growth attracting global affection for its marketing potential.

India is recognized today as fast developing world power in view of the achievements in sectors of space technology, innovative and emerging technologies, various forms of complimentary medicines, information and communication technologies and business outsourcing. But the question is the acquisition of all these attainments and increasing demands of door step services, enjoying sedentary life style human movements become hypokinetic, to overcome this social problem physical activity and fitness programs are the urgent need of the society.

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Physical activity means any body movement that tones you're working muscles and uses more energy, than the person uses in resting condition. Aerobic Dance, Jogging, Walking, Running, Calisthenics movements, Swimming, Yoga are some of the examples of physical activity. Planned and structured format of physical activity is known as exercise. If the exercises are done in a correct format, pre exercise, warm up, can have a many beneficial effects on your overall health. Physical exercise and fitness guidelines are very closely associated to each other. Physical activity is any bodily performing activity that helps to maintain physical fitness, overall health and wellness. For overall good health there should aerobic and strengthening activities and stretching exercises should be included. Daily physical

exercise develops the immune system and helps to prevent from obesity, overweight, blood pressure, diabetics cardiac problems etc, regular activity also improves mental health and personality of the performer.

What type of activity is best?

Aerobic Activity- is the best exercise for the heart, this includes brisk walking, Jogging, Swimming, Cycling, Gardening etc, any activity that uses the heart, lungs and muscles over a period of time. As well strengthening your heart, exercise uses up calories, helping with weight control.

Strengthening Activities – works on the stomach and lower back muscles. Stronger, larger muscles use more calories, so climbing stairs, digging in the garden and walking uphill will help to maintain a healthy weight.

Stretching exercise:

helps to promote flexibility by including yogic activities.

When to Exercise?

The hour before the evening meal is a popular time for exercise. Another popular time to work out is early morning, before the workday begins. Advocates of the early start say it makes them more alert and energetic on the job. Among the factor you should consider in developing your workout schedule are personal performance, job and family responsibilities, availability of exercise facilities, and weather.

Avoid exercise strenuously during extreme hot, humid weather, or within two hours after eating. Heat and/ or digestion both make heavy demands on the circulatory system and in the combination with exercise can be an overheating double load.

Benefits of regular exercise:

Regular physical activity plays an important role to maintain overall health. Some of benefits are as follows...

- Controls weight
- Reduce the risk of cardiovascular problems
- Reduce the risk of diabetics and metabolic syndrome
- Reduce the risk of blood pressure
- Strengthens bones and muscles
- Improves mental health
- Improves ability to cope up with stress
- Improves ability to complete the daily task more efficiently

Fitness:

involves the performance of heart, lungs and the muscles. Fitness influences to some degree qualities such as mental alertness and emotional stability.

Fitness Guidelines:

- Check health status through medical check up
- Slowly increase the exercise program

- Chose a physical activity which involves large muscles as possible eg. Brisk walking, Jogging, Cycling, Swimming, Rope skipping, Aerobic Dance, Cross Country, gardening,
- Don't forget, it is not necessary to be exhausted to achieve improvement for higher performance
- The schedule should be accomplished continuously and intermediately
- The improvement on fitness will developed upon the initial level
- Don't delay to start exercising regularly

Be successful:

A big part of maintaining a healthy life style depends on knowing how to keep your self-motivated along the way. Here are some steps that could help:

1. **Find the information you need** – your local heart charity can provide information about risk factors and actions you can take to reduce these.
2. **Know your risk areas** – this includes family history, your Body Mass Index (BMI), Waist Hip Ratio (WHR), blood pressure, Cholesterol levels, Cigarette smoking and physical inactivity.
3. **Set achievable goals** – break down your goals for healthy eating and physical activity into small achievable parts and develop an action plan to keep you on track.
4. **Keep track of your progress** – keep track of your activities and successes and reward yourself each time you achieve a goal.
5. **Surround yourself with supportive people** – the people around you can be highly motivating by practicing in a healthy life style with you or reminding you to keep up with you knew habits.
6. **Avoid perfectionism** – if you miss taking some exercise, succumb to your tobacco craving or eat an unhealthy meal, Just get back on track immediately with more determination to establish a heart healthy lifestyle.

Conclusion:

Consistency in exercise is Key to happy and healthy life style.

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Cite This Article:

Dr. Gaikwad S.M. (2024). EXPLORING SALARY EARNERS' CREDIT COOPERATIVE SOCIETIES ATTACHED WITH EDUCATIONAL INSTITUTIONS: A COMPREHENSIVE LITERATURE REVIEW. In Aarhat Multidisciplinary International Education Research Journal: Vol. XII (Number VI, pp. 311–313). AMIERJ. <https://doi.org/10.5281/zenodo.10518622>