



**Category:** fitness and life style management



## FITNESS AND LIFE STYLE MANAGEMENT

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***"Fitness and wellbeing are not all about looking good but feeling fit and strong"***

Many people do not realize, and often underestimate, the importance of good health. Health, as they say, is wealth. Good health is necessary to carry out daily tasks. When discussing health, many people would consider the condition of their bodies and forget about the condition of their minds. However, health is not only about alleviating and being free from physical aspects of health, it also means being healthy in mind too.

An unhealthy mind results in an unhealthy body. Good mental health helps you to make the most of life and enjoy it. Good mental health offers you a feeling of well-being and the inner strength needed in times of trouble or unrest. Everyone knows how to care for their bodies. This is done almost every day by the majority of people. Exercise and eating the proper food are the best ways of keeping the body healthy. But, how does one keep the mind healthy? A healthy mind requires a lot of work as well as a combination of the right foods and exercise.

Most often, the food consumed has a pivotal effect on the body as well as the mind. A healthy diet consists of the right food groups with right number of calories. It does not contain an excess of sugar, salt, fat and alcohol. Selecting the right foods that provide energy helps the body to be healthy. This also helps the mind. An energized person is a happy person. Happiness is a state of mind. Without proper energy, a person can become angry, tired and sad. These are not good for the mind.

Exercise is extremely important to staying healthy both in body and mind. Being active can help a person continue to do things they enjoy and be independent as they age? Long term physical activity increases the benefits of long-term health. This is the reason many health experts advise individuals to be as active as possible and to set aside at least three days a week for some form of activity that keeps the heart beating at a steady pace. Physical exercise also has many mental benefits. For example, a person diagnosed with depression or anxiety is most often asked to conduct some form of physical activity apart from taking medication. This is because the body produces hormones known as endorphins which improve mood and relieve stress. Depression can be alleviated by improving mood and anxiety can be relieved by reducing stress.

Another method of keeping the mind healthy is to exercise it as often as possible. Just as physical exercise is good for the body so is mental exercise for the mind. There are numerous ways to ensure a healthy mind through activity. For example, doing cross word puzzles, calculating sums in the head, learning a new word every day etc. can be extremely beneficial for the mind. This form of mental exercise is not only for the elderly but also for all individuals who wish to keep their minds healthy.

Very few individuals take the time to care for themselves with busy lifestyles and schedules. However, taking care of yourself is the best way of ensuring you live a long healthy life only physically, but also mentally.

### **KNOWLEDGE AND ATTITUDE TOWARDS HEALTHY LIFE STYLE:**

One way to lead a healthy lifestyle is by doing exercise regularly. When we do an exercise, our body will be fresh. The example of exercise that we can do is by jogging. To get a healthy lifestyle, we need to jog at least thirty to sixty minutes every three times a week (Miksak, 2008). Jogging can increase our metabolism and

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bums some calories, so that loss weight can be attainable. Beside that, by trying to jog each day, speed walking the next, or hitting up at the local gym and see what fun classes are offered, perhaps a comforting yoga class or an intense cycle class can also increase our metabolism and burns some calories (Miksak, 2008). Other than that by leading a good stamina it can develop our capability to work throughout the day and the same can help to lead an energetic life. Besides jogging, we can swim at lake, sea, river or pool as the cause of water is the same. Beside that swimming is suitable for everyone especially who are obese, pregnant and people with leg or lower back problems.

Another way we also must takes a good eating habit in our daily life such as taking a balance4 diet and drinking water at least eight glasses per day By taking a balanced diet, we can decrease some of risk of our health like heart attack and stroke (Miksak, 2008). The example of healthy balanced diet consists of food high in lean proteins like fish, chicken, eggs}beans and dairy products. Fats, carbohydrates, vitamins, and minerals such as calcium, iron, and potassium are also significant to our balanced diet (Miksak, 2008). According to Miksak (2008). Avacados are also good for our skin and hair. Other than that, by eating extra virgin omega 3 fatty can also produce a healthy fats which is found in fish like salmon. Furthermore by drinking more water, it can reduce toxin and excess bloating (Homan, 2010). Besides that, water will make our body always hydrate to work more effectively (Homan, 2010). By drinking water regularly, nutrients and oxygen can be transfer into cells and can regulate our body temperature. The other way to lead us to a healthy lifestyle is by getting enough sleep. According to Miksak (2008), as normal human beings we must sleep at least eight hours per day. Sleeping is one of the important aspects to lead us to get a healthy lifestyle (Miksak, 2008). By getting enough sleep, it can improve one's aptitude to concentrate on learning and memory in addition to decrease bad temper and anxiety (Dyer, 2008). According to Dyer (2008), getting enough sleep has shown to increase one's ability to fight off diseases, improve our cardiovascular health and improve mood. This is because it can rest our mind, so that we can do our job wisely and we will get more energy to the next day. According to Meinihger (2009), we need to get proper amount of sleep every night to wake up refreshed and energetic. Not getting enough sleep frequently can cause high blood pressure, pro decision-making, low energy, depression to weight gain. We need to make sure that we sleep at least eight hours per day. Most of us have a propensity to compromise on our sleep in order to work or have fun (Messruther, 2009). If we do not take enough sleep we can easily get diseases. For example, migraine happens because lack of rest and sleep.

By doing exercise every day, taking a balanced diet and having enough sleep, we can lead a healthy lifestyle. Unfortunately, only a minority in our society that had followed the instruction. From time to time, many of Malaysian getting various diseases is because they do not practice a healthy lifestyle. In general as Malaysian citizens, we must greet each other to make people surrounding us aware of the importance of leading a healthy lifestyle. Besides that, our government must be alert about this entire problem. It may be solved by doing the campaigns, so that it can help many people to know and be more alert about all these kinds of problems.

The components of a healthy lifestyle include many things. A few examples of these components are eating right food exercising regularly, and keeping your mind calm and content.

Eating right food means staying on a healthy diet. This does not mean that you cannot eat sweets or fatty foods, it just means that you should constantly keep in mind how a certain food will affect your body. One wants to always remain in control, do not gorge yourself and then skip a few meals to make up for it. Always keep things in proportion, such as maybe eating a light healthy breakfast and lunch and then allowing yourself a slightly heavier food for dinner or for snack. Remember, this does not mean that you must become a health-food nut. It is simply a reminder that you should exercise some control over your food intake.

Exercising regularly is another very important component to a healthy lifestyle. You should exercise a minimum of 3 days a week for a minimum of about 20 min. This does not mean that you have to impose a

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strict regiment of exercise into your daily schedule. An easy way to attain a nice amount of physical activity would be to begin going for power-walks or jogs with your pets, or your neighborhood friends. It is also very good to stretch before you begin any kind of strenuous physical activity. Not only does it result in you being able to do more than you would without the stretching, it also enables you to gain more out of your workouts.

One could also take up a sport such as tennis, soccer, volleyball, basketball, swim, or track. All of these and a multitude of others would greatly help you along on your path to a healthy lifestyle. If you are unsure of how to initiate yourself into one of these sports, you could join a team at your local community center or simply organize a group of friends and play at your neighborhood park. Remember: Just because it is a sport does not mean that you have to be on an official team to be allowed to play it. These sports help you maintain a healthy lifestyle because when many people are playing them they are having fun, and thus do not think of it as actually "working out". Sports also increases the amusement of exercising because you usually do them with a group of friends, which makes you not concentrate entirely on the exertion your body is going through.

## **One Week Fitness Plan**

### **Monday Tuesday Wednesday Thursday Friday Saturday**

Warm-Up 15 jumping jacks, 15 push-ups, 15 sit-ups, 15 seconds each worth of calf stretches, hamstring stretches, and arm stretches  
20 jumping jacks, 15 push-ups, 20 sit-ups, 20 seconds of each of the aforementioned stretches  
25 jumping jacks, 20 push-ups, 25 sit-ups, 20 seconds of each of the aforementioned stretches  
30 jumping jacks, 25 push-ups, 30 sit-ups, 20 seconds of each of the aforementioned stretches  
35 jumping jacks, 25 push-ups, 35 sit-ups, 20 seconds of each of the aforementioned stretches  
40 jumping jacks, 30 push-ups, 40 sit-ups, 20 seconds of each of the aforementioned stretches

### **Activity :**

Go jogging for 10 min., then power-walk for 10 min. and then jog for another 10 min. Play a sport today, such as baseball or soccer. If you are unable to get a team together do the same thing you did yesterday do a kickboxing video. If you do not own one and cannot buy one, go to Hollywood Video and rent one. Go jogging for 15 min. then power-walk for 10 min. and the jog for another 15 min. Play another sport today, but today make it a different sport. If you are again unable to get a team together you should play one by yourself, such as hacky-sack. Go ahead and take, a break. If you really feel into it do the stretches assigned to you and go for a light jog.

Cool Down Repeat the stretches. Do a Relaxation Video repeat the stretches? Do the Relaxation Video. When you are finished, go for a short walk. Do the Relaxation Video.

Today, with an astounding number of reports about increasing obesity rates, diseases and conditions related to being overweight and out-of-shape, it is impossible to ignore the importance of fitness and well-being in our lives. Health professionals attribute cancer, diabetes and mental issues such as depression to deficiencies in fitness and well-being.

While concentrating on exercise and diet help people suffering from these diseases, you shouldn't wait until you develop an illness to begin a health and fitness routine. Recent studies have identified as many as 75% of adults as overweight or obese. Only about 26% of American adults participate in vigorous physical and/or leisure activities three or more times a week.

Obese people have a 10-50% increase in premature deaths from all causes compared to individuals with a healthy body weight. The majority of these premature deaths are attributed to cardiovascular causes.

However, diabetes rates are climbing in parallel with these obesity statistics. The five years between 1997 and 2002 saw a 27% increase in the number of diabetes cases. In addition, while diabetes is affecting more and more individuals, it is also affecting individuals at a younger age as well.

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With the constant threat of numerous health issues caused by obesity, it is obvious that everyone should be conscious of their personal fitness and mental well-being. The only way to achieve a healthy and fit lifestyle is to make the necessary changes to your everyday life. These changes do not have to be drastic to begin with, and should be things you enjoy and look forward to doing. The most important thing is to make an effort at improving all areas of your personal fitness and well-being, even if changes are gradual.

As introduced at the beginning of this section of our website, 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 them 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. Strength Training and Muscular Development
3. Stretching - Muscles, Ligaments and Tendons
4. Core Stability
5. Nutrition and Supplementation
6. Mental Rest and Relaxation
7. Sleep