



Category: fitness and life style
management



FITNESS AND LIFESTYLE MANAGEMENT

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INTRODUCTION

Health refers to an overall condition of a person's body and mind and to the absence of illness or injury. The goals of the healthy people have to focus on disease prevention and health promotion. The new national health goals take the bold step of trying to eliminate health disparities as opposed to reducing them as outlined in healthy people. Health is optimal wellbeing that contributes to quality of life. It is more than freedom from disease and illness, through freedom from disease is important to good health. Optimal health includes high – level mental, social, emotional, spiritual and physical wellness within the limits of one's heredity and personal abilities. It examines the impact of interactions between the individual, the family, the wider community and the environment on the health of populations. Every person plan, act and reflect in order to develop the essential knowledge and understandings, attitudes, values and skills, which promote health practices, encourage participation in regular, physical activity and support the maintenance of a healthy lifestyle. This paper is designed to aid all people in adopting healthy lifestyles that will allow them to achieve lifetime health, fitness and wellness.

DIMENSIONS OF FITNESS

PHYSICAL HEALTH AND FITNESS

A person with physical health is free from illnesses that affect the physiological systems of the body such as the heart, the nervous system etc. A person with physical health possesses an adequate level of physical fitness and physical wellness. Physical fitness is a person's ability to function effectively in meeting the demands of the day's work and to use free time effectively. Physical wellness includes good physical fitness and the possession of useful motor skills. A person with physical wellness is generally characterized as fit versus unfit.

EMOTIONAL HEALTH AND FITNESS

A person with emotional health is

- Free from emotional- mental illnesses conditions such as clinical depression.
- Possesses emotional wellness. The goals for the nation's health refer to mental rather than emotional health and wellness. In this paper, mental health and fitness are considered to be the same as emotional health and fitness.

Emotional or mental fitness is a person's ability to cope with daily circumstances and to deal with personal feelings in a positive, optimistic, and constructive manner. A person with emotional wellness is generally characterized as happy, as opposed to depressed.

INTELLECTUAL HEALTH AND FITNESS

A person with intellectual health is free from illnesses that invade the brain and other systems that possess intellectual fitness. It is a person's ability to learn and to use information to enhance the quality of daily living

International Journal of Law, Education, Social and Sports Studies (IJLESS)

A Peer Reviewed (Refereed) International Research Journal

Homepage: www.ijless.kypublications.com

Vol. 2. Supplementary issue 3.2015 (October)



and optimal functioning. A person with intellectual fitness is generally characterized as informed, as opposed to ignorant.

SPIRITUAL HEALTH AND FITNESS

Spiritual health is the one component of health that is totally comprised of the fitness dimension, for this reason, spiritual health is considered to be synonymous with spiritual fitness. A person's ability has to establish a values system and act on the system of beliefs, as well as to establish and carry out meaningful and constructive lifetime goals. Spiritual fitness is often based on a belief in a force greater than the individual that helps one contribute to an improved quality of life for all people. A person with spiritual fitness is generally characterized as fulfilled as opposed to unfulfilled.

INTERPERSONAL HEALTH AND FITNESS

Your interpersonal (or social) wellness is defined by your ability to develop and maintain satisfying and supportive relationships. Such relationships are essential to physical and emotional health. Social wellness requires participating in and contributing to your community, country, and world.

ENVIRONMENTAL HEALTH AND FITNESS

Your environmental wellness is defined by the livability of your surroundings. Personal health depends on the health of the planet—from the safety of the food supply to the degree of violence in society. Your physical environment either supports your wellness or diminishes it. To improve your environmental wellness, you can learn about and protect yourself against hazards in your surroundings and work to make your world a cleaner and safer place.

SOCIAL HEALTH AND FITNESS

A person with social health is free from illnesses or conditions that severely limit functioning in society, including antisocial pathologies. Social fitness is a person's ability to successfully interact with others and to establish meaningful relationships that enhance the quality of life for all people involved in the interaction. A person with social wellness is generally characterized as involved as opposed to lonely.

OTHER ASPECTS OF FITNESS AND WELLNESS

Many experts consider occupational wellness and financial wellness to be additional important dimensions of wellness. **Occupational wellness** refers to the level of happiness and fulfillment

you gain through your work. Although high salaries and prestigious titles are nice, they alone generally do not bring about occupational wellness. An occupationally well person truly likes his or her work, feels a connection with others in the workplace, and has opportunities to learn and be challenged. Other aspects of occupational wellness include enjoyable work, job satisfaction, and recognition from managers and colleagues. An ideal job draws on your interests and passions, as well as your vocational or professional skills, and allows you to feel that you are contributing to society in your everyday work. To achieve occupational wellness, set career goals that reflect your personal values. For example, a career in sales might be a good choice for someone who values financial security, whereas a career in teaching or nursing might be a good choice for someone who values service to others. **Financial wellness** refers to your ability to live within your means and manage your money in a way that gives you peace of mind. It includes balancing your income and expenditures, staying out of debt, saving for the future, and understanding your emotions about money.

QUALITIES AND BEHAVIORS ASSOCIATED WITH THE DIMENSIONS OF WELLNESS, FITNESS AND LIFESTYLES

IMPROVEMENT OF PHYSICAL FITNESS

- Eating well
- Regular Exercising
- Avoiding harmful habits
- Practicing safer sex
- Recognizing symptoms of disease

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Vol. 2. Supplementary issue 3.2015 (October)



- Getting regular checkups
- Avoiding injuries
- Regular practice of yoga

IMPROVEMENT OF EMOTIONAL FITNESS

- Optimism
- Trust
- Self-esteem
- Self-acceptance
- Self-confidence
- Self-realization
- Regular practice of meditation
- Ability to understand and accept one's feelings
- Ability to share feelings with others

IMPROVEMENT OF INTELLECTUAL FITNESS

- Control anxiety of your personal issues
- Self accountability
- Working on the accountability aspects of in your profession
- Openness to new ideas
- Capacity to question
- Ability to think critically
- Motivation to master new skills
- Sense of humor
- Creativity
- Curiosity
- Lifelong learning

IMPROVEMENT OF SPIRITUAL FITNESS

- Capacity for love
- Compassion
- Forgiveness
- Altruism
- Joy
- Fulfillment
- Caring for others
- Sense of meaning and purpose
- Sense of belonging to something greater than oneself

IMPROVEMENT OF INTERPERSONAL FITNESS

- Time management and goal setting
- Improve your moral values like truth, honesty, integrity, fairness, justice
- Communication skills
- Capacity for intimacy
- Ability to establish and maintain satisfying relationships
- Ability to cultivate support system of friends and family

IMPROVEMENT OF ENVIRONMENTAL FITNESS

- Spirit of common brotherhood among all
- Improve secular outlook



- Having abundant, clean natural resources
- Maintaining sustainable development
- Recycling whenever possible
- Reducing pollution and waste

ISSUES OF FITNESS AND WELLNESS FOR THE PEOPLE

When it comes to striving for wellness, most differences among people are insignificant. We all need to exercise, eat well, and manage stress. We all need to know how to protect ourselves from heart disease, cancer, sexually transmitted diseases, and injuries. But some of our differences both as individuals and as members of groups—do have implications for wellness. Some of us, for example, have grown up with eating habits that increase our risk of obesity or heart disease. Some of us have inherited predispositions for certain health problems, such as osteoporosis or high cholesterol levels. These health-related differences among individuals and groups can be

Biological—determined genetically—or cultural—acquired as patterns of behavior through daily interactions with family, community, and society. Many health conditions are a function of biology and culture combined. Every person is an individual with her or his own unique genetic endowment as well as unique experiences in life. However, many of these influences are shared with others of similar genetic and cultural backgrounds. Information about group similarities relating to wellness issues can be useful. For example, it can alert people to areas that may be of special concern for them and their families. Wellness-related differences among groups can be described along several dimensions, including the following:

GENDER

Men and women have different life expectancies and different incidences of many diseases, including heart disease, cancer, and osteoporosis. Men have higher rates of death from injuries, suicide, and homicide; women are at greater risk for Alzheimer's disease and depression. Men and women also differ in body composition and certain aspects of physical performance.

RACE AND ETHNICITY

A genetic predisposition for a particular health problem can be linked to race or ethnicity as a result of each group's relatively distinct history. Diabetes is more prevalent among individuals of Native American or Latino heritage, for example, and African Americans have higher rates of hypertension. Racial or ethnic groups may also vary in other ways that relate to wellness: traditional diets; patterns of family and interpersonal relationships; and attitudes toward using tobacco, alcohol, and other drugs, to name just a few.

INCOME AND EDUCATION

Inequalities in income and education underlie many of the health disparities among Americans.

People with low incomes and less education have higher rates of injury and many diseases, are more likely to smoke, and have less access to health care. Poverty and low educational attainment are far more important predictors of poor health than any racial or ethnic factor. These are just some of the "dimensions of diversity"—differences among people and groups that are associated with different wellness concerns. Other factors, such as age, geographic location, sexual orientation, and disability can present challenges as an individual strives for wellness.

LIFESTYLE MANAGEMENT

A lifestyle based on good choices and healthy behaviors maximizes quality of life. It helps people avoid disease, remain strong and fit, and maintain their physical and mental health as long as they live.

BE PHYSICAL EXERCISES

The human body is designed to work best when it is active. It readily adapts to nearly any level of exercises. Physical fitness is a set of physical attributes that allow the body to respond or adapt



to the demands and stress of physical effort. The more we ask of our bodies, the stronger and more fit they become. When our bodies are not kept active, however, they deteriorate. Bones lose their density, joints stiffen, muscles become weak, and cellular energy systems begin to degenerate. To be truly well, human beings must be active. Unfortunately, a sedentary lifestyle is common in present society. The benefits of physical exercises have to provide reserve strength for emergencies, and being physically fit confers protection against chronic diseases and lowers the risk of dying prematurely. Physically active people are less likely to develop or die from heart disease, respiratory disease, high blood pressure, cancer, osteoporosis, and type -2 diabetes. As they get older, they may be able to avoid weight gain, muscle and bone loss, fatigue, and other problems associated with aging.

SELECT HEALTHY DIET

Present society has a diet that is too high in calories, unhealthy fats, and added sugars and too low in fiber, complex carbohydrates, fruits, and vegetables. Like physical inactivity, this diet is linked to a number of chronic diseases. A healthy diet provides necessary nutrients and sufficient energy without also providing too much of the dietary substances linked to diseases.

CONTROL BODY WEIGHT

Overweight and obesity are associated with a number of disabling and potentially fatal Conditions and diseases, including heart disease, cancer, and type 2 diabetes. Healthy body weight is an important part of wellness—but short-term dieting is not part of fitness or wellness. Maintaining a healthy body weight requires a lifelong commitment to regular exercise, a healthy diet, and effective stress management.

REMOVE STRESS AND DEVELOP YOGA, MEDITATION

Many people manage with stress by eating, drinking, or smoking too much. In the short term, inappropriate stress management can lead to fatigue, sleep disturbances, and other symptoms. Over longer periods of time, poor stress management can lead to less efficient functioning of the immune system and increased susceptibility to disease. Learning to incorporate effective stress management techniques into daily life is an important part of a fit and well lifestyle. Stress management not only makes you calmer, it helps prepare you to embrace your new healthier lifestyle. Yoga therapist will teach you simple postures and breathing exercises to help you unwind. A behavioral health specialist will help you become more aware of your thoughts and feelings to release negative ways of thinking and believing. "It may take some regular practice to develop a relaxation response instead of the fight-or-flight response, which we are all conditioned to do," Jane Ehrman, Lead Behavioral Health Specialist for Lifestyle 180, says. "Once we get familiar with stress reduction techniques, it may take only a few seconds to remind ourselves to breathe and be fully in the present moment to relieve our stress." Next time you jump into a project, take three deep breaths beforehand to help bring you into the moment". Simple yoga postures, accompanied by breathing exercises, are proven stress-busters, Apart from its healthful effects on the whole system, deep breathing is a great preventive against a number of diseases. It is admitted by Fisher, Fisk and other leading physicians that 'A hundred deep breaths a day' is a physician's recipe for avoiding tuberculosis. A Russian author, who suffered from a nervous breakdown, found - after trying many other aids to health without success - that a retired life for several months in the mountains in which simple deep breathing exercises practiced systematically every day formed the central theme, affected a permanent cure.

Besides outdoor living and sleeping, deep breathing - the precise scientific technique being yoga breathing - was strongly recommended by the ancient yogis, as it is now done by the modern medical authorities not only for hygienic reasons but also for therapeutic purposes. The cure for many respiratory diseases - especially tuberculosis - through pranayama was recognized long ago by the ancient yogis. Meditation has to improve physical, mental, social, emotional, spiritual, intellectual conditions.

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Vol. 2. Supplementary issue 3.2015 (October)



AVOID ALCOHOL DRUG AND TOBACCO

Alcohol or drug intoxication is an especially notable factor in the death and disability of young people, particularly through unintentional injuries (such as drowning and car crashes caused by drunken driving) and violence. Tobacco has to develop lung cancer is the most common cause of cancer death among both men and women and one of the leading causes of death overall.

SELF AWARENESS

The most effective way of dealing with disease and injury is to prevent them. Many of the lifestyle strategies discussed here helps protect you against chronic illnesses. In addition,

You can take specific steps to avoid infectious diseases and positive outlook in every action.

OTHER STEPS FOR FITNESS

Other important behaviors contribute to wellness, including these:

- Developing meaningful relationships
- Planning for successful aging
- Learning about the health care system
- Acting responsibly toward the environment
- Adequate health care of hereditary diseases
- Knowledge is necessary for behavior change for good lifestyle
- You may have habits that contribute to your target behavior; modifying these habits can help change the behavior. For example, if you usually plop down on the sofa while watching TV try putting an exercise bike in front of the set so you can burn calories while watching your favorite programs.
- Tell family and friends about your healthy lifestyle plan, and ask them to help.
- People know and understand health and physical activity concepts that enable informed decisions for a healthy, active lifestyle.
- People exhibit attitudes and values that promote personal, family and community health, and participation in physical activity.
- People demonstrate the movement skills and strategies for confident participation in physical activity.
- People demonstrate self-management skills which enable them to make informed decisions for healthy, active lifestyles.
- People demonstrate the interpersonal skills necessary for effective relationships and healthy, active lifestyles.

A positive total outlook on life is essential to wellness and each of the fitness dimensions. People today have greater control over and greater responsibility for their health than ever before. Fitness, lifestyle management has to incorporate physical, emotional, intellectual, spiritual, interpersonal, and environmental dimensions. Every person wellness has to include being physically active, choosing a healthy diet, maintaining a healthy body weight, managing stress effectively, avoiding tobacco and alcohol use, and protecting yourself from disease and injury. Each of us has personal limitations and personal strengths are essential keys to optimal health and fitness. Although heredity, environment, and health have to care all play roles in wellness and disease, behavior can mitigate their effects. People become aware of the important roles that motivation, enthusiasm, self-discipline, self-respect, cooperation and the hypothesis of responsibility play in the learning health and lifestyle management.

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overcoming a variety of unhealthy behaviors, such as poor eating habits, reluctance to exercise, and addictive behavior.

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