



Category: fitness & life style management



## FITNESS AND LIFE STYLE MANAGEMENT

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### INTRODUCTION

Injury occurs in sport as it does in day to day life. The difference is that sports injuries are avoidable. However, there is still a general shortage of information available to sports persons about how to treat various injuries and it is hoped that. The gap can be filled by providing information in an essay to understand form.

Injury prevention begins with the physical evaluation of athletes before they take up a sport much is known now about the hazards of each individual sport, and physical deficiencies can be spotted at the beginning of the season and rectified. This is particularly true of the elderly sports person, and is dealt with in section one. Physical conditioning of the athlete is important to prevent injury. Strength, flexibility, coordination and power are required in different proportions for different sports, and these can only be gained by correct training and pre – sport warning – up exercises **Section one** : Getting fit should help you here in sports as sailing, tiding and toggging attention to equipment is most important and some advice appears in section one : protective equipment most sporting injuries are relatively minor and can be treated by the sports person. In **Section two** : Injuries Guide Injuries are dealt with according to the part at the body which they affect. You should be able to diagnose an injury and follow the recommended treatment. Whether it is a home remedy or an injury that requires medical attention. If in doubt always ask some one, such as a trainer, physio-therapist or doctor preferably trained in sports medicine. Do not ignore the recommendation of Rice for most injuries early treatment of many injuries results in a much shortes time off sport and easier to return to competition.

**Section Four** : Sport specific injuries look at injuries which occur in specific sports and gives advice on changes in technique which may help. It is worth reading the section on your chosen sport to alert you to possible dangers before they lead to Injury.

Appendix I at the end of the book explains the meaning of common medical words used by doctors or other medical staff, and finally there is a section on sport and women. The book hopes to help you avoid injury in the first place, explain an injury should it occur and give you advice on the best approach to treatment.

### What is fitness ?

Fitness is literally the ability to perform your particular sport to your full potential. It has come to mean, however, the improved efficiency of the muscles and cardiovascular system to respond to physical exertion.

**Muscle** : Muscle has the ability to convert energy into movement. Energy comes from biochemical reactions in the muscle which break down the fuel (eg glucose). This conversion is at its most efficient when there is lots of oxygen present. However, the body can make energy from fuel without oxygen for a short period of tine (up to 40 seconds) but this is less efficient and produces un pleas ant by – products which can cause ctamps and stiffness the following day



## Aerobic training

To get more energy more quickly out of your muscles. You need to get more oxygen to your muscles and improve the efficiency with which you use it. In order to do this, you have to practice maintain exercise at a comfortable level. If you over exert the muscles and demand more energy from them than they can give, they run out of oxygen and start producing energy anaerobically. So, if you are unfit, you need to build up your aerobic stamina gradually. If an exercise begins to hurt, slow down. To maintain fitness you should exercise moderately for at least 20 minutes three times a week.

## Anaerobic training

If you are not a sports person, you never require your muscles to produce energy anaerobically. However, a sports person requires all the energy the muscles can provide and with regular training he or she can 'teach' the muscles to efficiently produce energy anaerobically with fewer by-products such as lactic acid. This form of training involves intense exercise for up to one minute followed by either more gentle exercise or complete rest for four to five minutes. The routine should be repeated five or ten times during training sessions.

**Fitness assessment** – Anyone over the age of 40 taking up an energetic sport such as squash after a long lay-off should have a fitness assessment of some type. Certain drugs and tablets may interfere with sporting activity. If in doubt, ask your doctor.

**Medical examination** is the simplest form of fitness assessment. Usually includes an ECG (heart tracing) to check that there is no abnormality. Can be done by your doctor.

**Sport – Specific examination** is usually carried out by a doctor affiliated to a particular type of sport who knows the specific requirements of that sport. These specialists also give advice on training routines for adequate standards of fitness for a particular sport.

**Step tests** Up and down on a standard height of step at a pre-set speed for a given number of minutes eg 30 times per minute for four minutes. The time it takes for the heart to slow to normal pulse rate after the exercise indicates the fitness of the individual. The quicker the heart slows down, the fitter the person.

Bicycle or towing machine ergo meters are set up so that there is a variable resistance to the exercise allowing the work load to be set. As in the step tests. The exercise is performed at a given rate and for a given time. Fitness is assessed by heart rate and the speed with which the heart rate falls. Alternatively, the machines can be used in conjunction with sophisticated apparatus which measures oxygen consumption and hence fitness.

**Treadmill Tests** are commonly used by doctors to assess fitness of patients with heart disease as well as healthy – sports persons.

**Diet** Energy given out by food is measured in calories (Kilo-calories) and the average requirement is 3,000 calories per day if you lie in bed all day, you only need 1500 calories, but if you are mountaineering all day in the cold, you may need 6,000 calories or more.

**Carbohydrates** are most important form of energy for the body. They are found in many foods, but particularly in bread, sugar and cereal products carbohydrates should form more than half of your calorie intake.

**Proteins** are the body's building blocks but they are not easily metabolized and the high protein diet traditionally favoured by athletes in training is now thought to lead to heart disease and other problems.

**Fat** is the most concentrated form of energy, but most of the fat eaten is stored in the body and only used as a last resort when other energy stores are used up (in prolonged exercise fat becomes a much more important source of energy) However, you do need a certain amount of fat in your diet because many vitamins are absorbed with it. Generally vegetable (unsaturated fats) are thought to be safer because they lower the incidence of heart disease and strokes.

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Fitness is an integrate part of life style management. A sound mind and sound body go together. The present day generation is used to a sedentary life style. We are living in the age of fast cars and fast foods. To overcome the setbacks suffered by the body due to a sedentary way of life and consumption of fast foods it is imperative that our should follow a strict fitness regimen through walking, jogging, aerobic exercises, swimming and yoga. Fitness of body ensures fitness of mind.

## **Reference**

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