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**The mental, physical & overall benefits of physical fitness**

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**Physical Fitness:**

Physical fitness is a general state of health & well-being & more specifically, the ability to perform aspects of sports, occupation & daily activities. Physical fitness is generally achieved through nutrition moderate – vigorous physical exercise and sufficient rest.

Before the industrial revolution, fitness was defined as the capacity to carry out the days activities without undue fatigue. However with automation and changes in life styles physical fitness is now considered a measure of the body's ability function efficiently and effectively in work and leisure activities, to be healthy to resist hypokinetic diseases, to meet emergency situations.

**Fitness:**

Fitness is defined as the quality or state of being fit. Around 1950, perhaps consistent with industrial revolution and the treatise of world war- II the term fitness increased in western vernacular by a factor of ten modern definition of fitness describe either a person or machines ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. Physical fitness also has many different meanings. (Blair, Falls & Pate 1983 Caspersen et.al. 1985). In this paper physical fitness refers primarily to components related to health the most important being Cardio respiratory endurance, body composition, flexibility & strength and endurance of certain skeletal muscles.

**Mental fitness & Physical fitness:**

Mental wellbeing a fundamental factor for maintaining good quality of life, a multidimensional facet of our overall state of health. In particular self esteem& life satisfaction are positive states of mind that contribute to each of us having a mentally healthy attitudes towards ourselves and others around us.

**Plank exercise for strengthening of muscles:**

A comprehensive fitness programtailerd to an individual focuses on one or more specific skills and on age or health related needs such as bone health. Many sources also cite mental, social and emotional health as an important part of overall fitness.

**Activity guidelines:**

The physical activity guidelines for Americans were created by the office of Disease prevention and health promotion. This publication suggests that all adults should avoid inactivity to promote good health mentally & physically.

For substantial health benefits adults should participate in at least 150 minutes a week of moderate – intensity aerobic physical activity.

## Training:

Specific or task oriented fitness is a person's ability to perform in a specific activity with a reasonable efficiency.

Eg.Sports or military services specific training.Pre pares athletes to perform well in their sport.

Examples are

- |                 |                            |
|-----------------|----------------------------|
| 1) Loom sprint  | 2) middle distance running |
| 3) Marathon     | 4) Hill sprints            |
| 5) Sand running | 6) Aqua jogging            |

## Aerobic exercises:

Cardiorespiratory fitness can be measured using Vormax a measure of the amount of oxygen the body can uptake and utilize. Aerobic exercise, which improves cardiorespiratory fitness.

Examples:

- |              |                       |            |
|--------------|-----------------------|------------|
| 1) Jogging   | 2) Eliptical training | 3) Walking |
| 4) Treadmill | 5) Swimming           | 6) Cycling |

## Effects:

- |                               |                                       |                 |
|-------------------------------|---------------------------------------|-----------------|
| 1) Controlling blood pressure | 2) Cancer prevention                  | 3) Inflammation |
| 4) Immune system              | 5) Cardio vascular disease prevention |                 |
| 6) Weight control             | 7) Depression & Anxiety               |                 |

## Conclusion:

- 1) Enhanced physical fitness levels are thought to help an individual mental state of mind.
- 2) A positive effect is thus generated by allowing peoples to see themselves as a better person physically.
- 3) Regular exercise could be a cheap alternative to expensive psychotherapy, and could lead no medication being required.
- 4) Whole exercise that allows.

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