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Address

• Vikram Nagar, Boudhi Chouk, Latur.
• Tq. Latur, Dis. Latur 413512 (MS.)
• (+91) 9922455749, (+91) 8999250451

Email

• aiirjpramod@gmail.com
• aayushijournal@gmail.com

Website

• www.aiirjournal.com

CHIEF EDITOR – PRAMOD PRAKASHRAO TANDALE

Benefits of Physical Fitness

Jaspalsingh

Lecturer in Physical Education,
Khalsha Inter College, Lucknow

Dr. Anil Tripathi

Associate Professor,
Sri JNPG College, Lucknow

Abstract

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

Introduction

The importance of physical fitness programmes is linked to a higher quality of life as well as academic achievements. It is well- documented that regular physical activity in childhood and adolescence improve strength & endurance, health build, healthy bones & muscles, hips control weights, reduce anxiety and stress, increases self- esteem and may improve cardio reparatory function. Physical fitness is recognized as an important component of health (limb et.al 1998; Twisk et.al. 2002) and it may be important for the performance of functional activities and quality of life (Noreau and Shepherd 1995; Stewart et.al. 1994). Low physical fitness may result in high physical strain during the performance of activities (Bruining et. al. 2007). As a consequence, activity levels may decrease due to fatigue and discomfort, exacerbating low physical fitness.

Physical Fitness Tests

It has been proposed that assessing and monitoring relevant attributes of physical fitness have an important role for the promotion of soldiers' work ability and health, as well as for the prevention of injuries in soldiers' field duties (Jones et al., 1993; Jette et al., 1992). Consequently, physical fitness may be understood by the assessment of those attributes that need to be taken into consideration according to the context in which soldiers' physical fitness is operationalized (Bouchard & Shephard, 1994). When a health-related fitness assessment is used as a method for increasing physical activity, it serves to: (a) assess the need for physical activity in reference to physical fitness and health; (b) provide a safe basis for individual physical activity counseling and exercise prescription; (c) follow individual changes in physical fitness; and (d) educate and motivate with respect to regular physical activity (ACSM, 1995; Jette et al., 1992). Effective physical training programs and reliable fitness testing protocols that reflect changes in society and the requirements of warfare are needed.

Controlling blood pressure

Physical fitness has proven to result in positive effects on the body's blood pressure because staying active and exercising regularly builds up a stronger heart. The heart is the main organ in charge of systolic blood pressure and diastolic blood pressure. Engaging in a physical activity will create a rise in blood pressure, once the activity is stopped, however, the individual's blood pressure will return to normal. The more physical activity that one engages in, the easier this process becomes, resulting in a more 'fit' individual. Through regular physical fitness, the heart does not have to work as hard to create a rise in blood pressure, which lowers the force on the arteries, and lowers the overall blood pressure.

Immune system

Physical activity boosts the [immune system](#). This is dependent on the concentration of endogenous factors (such as sex hormones, metabolic hormones and growth hormones), body temperature, blood flow, hydration status and body position. Physical activity has shown to increase the levels of natural killer (NK) cells, NK T cells, macrophages, neutrophils and eosinophils, complements, cytokines, antibodies and T cytotoxic cells.

Obesity Management

Achieving resilience through physical fitness promotes a vast and complex range of health-related benefits. Individuals who keep up physical fitness levels generally regulate their distribution of body fat and stay away from obesity. Abdominal fat, specifically visceral fat, is most directly affected by engaging in aerobic exercise. Strength training has been known to increase the amount of muscle in the body, however, it can also reduce body fat. Sex steroid hormones, insulin, and an appropriate immune response are factors that mediate metabolism in relation to the abdominal fat. Therefore, physical fitness provides weight control through regulation of these bodily functions.

Mental Health

Physical fitness can improve people's mental health and well-being. Physical fitness increase in blood flow to the brain and the release of hormones. Being physically fit and working out on a consistent and constant basis can positively impact one's mental health and bring about several other benefits.

Cognitive Benefits

Research has demonstrated that physical fitness enhance motor fitness, academic performance, and attitude towards school versus their counterparts who did not participate in daily physical education. physical fitness learning experiences also offer a unique opportunity for problem solving, self-expression, socialization, and conflict resolution,

Affective Benefits

Physical competence builds self-esteem. Physical fitness programs enhance the development of both competence and confidence in performing motor skills. Attitudes, habits, and perceptions are critical prerequisites for persistent participation in physical activity. Appropriate levels of health-related fitness enhance feelings of well being and efficacy

Improved body image

Women who involved in Physical fitness are more body satisfaction, less self-objectification, and greater satisfaction with physical appearance (compared to women who don't do yoga). Fewer symptoms of eating disorders are also reported by women who involved in physical exercise perhaps because exercise encourages one to listen to the body's feedback and learn to be sensitive to the bodily sensations. This in turn makes one less preoccupied with ones appearance, gives more positive views of the body, and helps incorporate healthy eating habits in ones life. A healthy body image is one of the health benefits of exercise.

Stress-Related conditions:

Anxiety and stress are normal bodily responses prompted by various external impulses. In fact, stress is considered as healthy as it enables the body to push beyond the limits and act according to what type of physical situation an individual is confronted with. But when present in an overwhelming amount exercise is not good for your health. There are several ways to equip your body to cope with the effects of stress or better yet manage stress before it begins to create devastating effects on the body. Exercises are very effective in helping you control stress and regulating your breath patterns. Daily or regular exercises and aerobic exercise also known to effectively reduce anxiety or depression caused by stress.

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