

Importance of Physical Fitness and Exercise

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Abstract

Physical activity and exercise is important for everyone. Children, adolescents, and adults of all ages need regular physical activity. Physical activity promotes good health, and you should stay active throughout all stages of your life regardless of your body type or BMI. Understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life. Here are a few benefits of regular physical activity that demonstrate the importance of physical fitness.

Keywords:- Cardiovascular Endurance, Muscular Strength, Muscular endurance.

Physical Fitness

Fitness is defined as the ability of the body to carry out various types of daily activities without feeling tired. Physical fitness is measured on the basis of some devices, and many scientific tests, and then compared to the ideal level of fitness, and determined the ability of the individual, and fitness efficiency. Fitness is divided into two parts: general fitness, which refers to health and well-being, and special fitness, which relates to a particular type of exercise. Good fitness can be obtained by getting proper nutrition and taking enough breaks.

Five Components of Physical Fitness

The 5 components of physical fitness are often used in our school systems, health clubs and fitness centers to gauge how good a shape we are truly in. The 5 components that make up total fitness are:

- Cardiovascular Endurance
- Muscular Strength
- Muscular endurance
- Flexibility
- Body Composition

Cardiovascular endurance is the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads. Examples would be jogging, cycling and swimming. The Cooper Run is used most often to test cardiovascular endurance. Cardiovascular

endurance (also known as cardiorespiratory endurance or aerobic fitness) refers to your body's ability to efficiently and effectively intake oxygen and deliver it to your body's tissues by way of the heart, lungs, arteries, vessels, and veins. By engaging in regular exercise that challenges your heart and lungs, you can maintain or even improve the efficient delivery and uptake of oxygen to your body's systems. Enhance cellular metabolism.

Muscular strength is the amount of force a muscle can produce. Examples would be the bench press, leg press or bicep curl. The push up test is most often used to test muscular strength. An effective muscular endurance training program uses lighter weights while doing a higher number of reps. Research has shown that this approach appears to be the most effective for improving local and high-intensity (or strength) endurance.

Muscular endurance is the ability of the muscles to perform continuously without fatiguing. Examples would be cycling, step machines and elliptical machines. The sit up test is most often used to test muscular endurance. Muscular endurance is one of two factors that contribute to overall muscular health. Think of muscular endurance as a particular muscle group's ability to continuously contract against a given resistance.

Flexibility is the ability of each joint to move through the available range of motion for a specific joint. Examples would be stretching individual muscles or the ability to perform certain

functional movements such as the lunge. The sit and reach test is most often used to test flexibility. Flexibility is important at any age. It plays a role in unhindered movement and can affect your balance, coordination, and agility. Maintaining a full range of motion through your major joints can reduce the likelihood of injury and enhance athletic performance.

Body composition is the amount of fat mass compared to lean muscle mass, bone and organs. This can be measured using underwater weighing, Skinfold readings, and bioelectrical impedance. Underwater weighing is considered the “gold standard” for body fat measurement, however because of the size and expense of the equipment needed very few places are set up to do this kind of measurement. Your body's ratio of fat mass to fat-free mass, is the final component of health-related physical fitness. Because high levels of fat mass are associated with negative health outcomes, such as heart disease and type 2 diabetes, attaining and maintaining a healthy body composition is a goal of just about all regular exercise routines.

Increase your life expectancy

Numerous studies have shown that regular physical activity increases life expectancy and reduces the risk of premature mortality. There's not a magic formula that translates hours of physical activity into hours of life gained, but research suggests that people who are more active tend to be healthier and tend to live longer.

Reduce your risk of injury

Regular exercise and physical activity increase muscle strength, bone density, flexibility, and stability. Physical fitness can reduce your risk for and resilience to accidental injuries, especially as you get older. For example, stronger muscles and better balance mean that you're less likely to slip and fall, and stronger bones mean that you're less likely to suffer bone injuries should you take a tumble.

Improve your quality of life

A sedentary lifestyle and a lack of physical activity can take a toll on a person's body. Physical inactivity is associated with an increased risk for certain types of cancer, numerous chronic diseases, and mental health issues. Exercise, however, has been shown to improve mood and mental health, and provides numerous health benefits. Of course

physical fitness also allows you to do things that you may not otherwise be able to do.

Improve your health

There are numerous health advantages to physical fitness. Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers. In other words, staying active is a crucial part of maintaining good health and wellness.

The importance of Physical Fitness in a Student's life

Being Physically active and fit holds utmost importance especially among today's younger generation who are busy enjoying the luxuries of mobile, laptop and TV at an alarming rate and aren't active and spirited on a daily basis. Being involved in electronic devices isn't bad until and unless it is used as a source of entertainment for a limited time. In order to enjoy the beauty of life and to experience it to the fullest you must start getting involved in physical activities or sports. Being young, students have a lot of potential to develop a hobby that keeps their fitness regulated for their lifetime.

Physical fitness provides strong bones and muscles, leads to better health and well-being, prevents various health problems, reduces the risk of several diseases like blood pressure, diabetes, cancer, etc. and improves a better quality of life.

Physical fitness reduces stress, tension and chances of being depressed and makes you feel better. You can improve your physical fitness and body composition by making healthier food choices and regularly engaging in both aerobic and anaerobic exercises.

Social Benefits of Physical Fitness:

Fitness provides someone with more social experiences, which builds his personality, enhances his belonging to the group, increases his social and moral values, and improves his socialization and interaction with society.

Psychological Benefits of Physical Fitness:

Sports allow the individual to express himself, and increase his ability to control his emotions, which improves his actions, especially in embarrassing situations.

Health Benefits of Physical Fitness:

Physical fitness improves the overall health of the individual and has an important role in promoting the lungs and stimulating them to work efficiently. It helps regulate the heart rate, increases the size, and develops the organs of the muscular system.

Additional fitness tips:

Lift some heavy weights to increase the strength of your body muscles. Running and jumping as much as possible, they help to get rid of the accumulated fat in the body, especially those that accumulate in the abdominal area. Use the stairs instead of relying on the elevator. Make healthier food choices. Breathe deeply to keep your body clean and toxin-free, thus enjoying a healthy body.

Conclusion:

Physical exercise has many health benefits and the evidence for this continues to accumulate. Health care professionals should incorporate counselling to patients for physical exercise in their daily clinical practice, while health policy makers and community physicians should see to implementation of this at the community level.

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