



Physical Fitness: The Modern Human Demand

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Abstract:

Almost anyone, at any age, can do some type of physical activity. We can still exercise even if we have a health condition like heart disease or diabetes. In fact, physical activity may help. For older adults, brisk walking, riding a bike, swimming, weight lifting, and gardening are safe, especially if you build up slowly. But, check with your doctor if you are over 50 and you aren't used to energetic activity. Other reasons to check with your doctor before you exercise include:

- *Any new symptom you haven't discussed with your doctor*
- *Dizziness or shortness of breath*
- *Chest pain or pressure or the feeling that your heart is skipping, racing, or fluttering*
- *Blood clots*
- *An infection or fever with muscle aches*
- *Unplanned weight loss*
- *Foot or ankle sores that won't heal*
- *Joint swelling*
- *A bleeding or detached retina, eye surgery, or laser treatment*
- *A hernia*
- *Recent hip or back surgery*

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1. Introduction

The **importance of physical fitness** cannot be emphasized enough. In today's society that is moving towards a more sedentary lifestyle, there is a greater need than ever to increase the daily activity level to maintain both cardiovascular fitness and body weight.

2 Benefits of Physical Fitness

Staying active means keeping our body functioning at a high level. Regular exercise will maintain the performance of our lungs and heart to most efficiently burn off excess calories and keep our weight under control. Exercise will also improve muscle strength, increase joint flexibility and improve endurance. Another main benefit of physical activity is that it decreases the risk of heart disease, the leading cause of death in America. Additionally, it can decrease our risk of stroke, colon cancer, diabetes and high blood pressure. Regular exercise has been long associated with a fewer visits to the doctor, hospitalization and medication.

Exercising does not have to be something boring and dreaded. It can be something that you enjoy that helps to increase the overall happiness in our life, as well as relieve symptoms of stress, depression and anxiety. Try to find some activities that give you pleasure, or even a buddy to do them with so that exercise is a fun and enjoyable activity (and one that you continue on a regular basis because it adds something good to our life).

3. What Activities Are Beneficial?

It is not what you are doing, as much as it is whether or not you are doing something. Any type of moderate activity like walking, swimming, biking or organized sports can contribute to our physical fitness. Explore our fitness options at our local gym, community center or community college for courses and organized activities that may suit our lifestyle and interests.

To get the most benefit, you should begin by warming up for 5 to 10 minutes to increase our blood flow and prepare our body for activity. Follow the warm up with several minutes of stretches to increase our flexibility and lower our risk for injury. Complete our selected exercise or activity for 20 to 30 minutes and conclude the workout with 5 to 10 minutes of cool down and stretching.

4. Who Needs Physical Fitness?

Everyone! It is important for all people to stay active throughout their lives. Because of busy work and home lives, more than 60% of Americans do not get the recommended amount of physical fitness daily and these numbers generally increase with age. Throughout adulthood is one of the most important times to maintain an exercise regimen. This is the ideal time to maintain our weight, build strong bones and prevent many chronic health problems like high blood pressure, heart disease and diabetes.

Many adults do too much exercise at once. After a long work-week, many people try to fit lots of activity into the weekend and push their bodies excessively. This sudden increase in activity can raise the risk of injury which would then stop activity for weeks. Experts recommend working out several times over the course of a week with varying exercises for the most benefit to our health.

As J.F. Kennedy rightly said, "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." This statement clearly shows us the **importance of physical fitness**. However, if in the past you have been maintaining a sedentary lifestyle (and maintain unhealthy eating habits), you are doing injustice to our self. Therefore, to keep our self physically fit, you not only need to have a proper diet, but follow a proper exercise regimen too.

Well, it is a state or condition in which both our body and our mind are healthy and physically sound (by taking in proper nutrition and maintaining a good workout schedule). It is not necessary for a person who is physically fit to have a lean body that can be achieved by maximum calories burned. Rather, they should have strong body endurance, along with good muscle strength and cardiovascular fitness. It is also important to remember that a physically fit body is generally accompanied with a happy and satisfied state of mind.

5. Why Is Physical Fitness Important?

We all know that being physically fit is good for us, but exactly why is physical fitness important? Here are the top 10 benefits of physical fitness:

5.1 To Live a Long and Healthy Life

Regular exercise reduces the risk of developing heart disease, high blood pressure, high cholesterol, type 2 diabetes and certain types of cancer. It also reduces the risk of having a stroke. In one eight year study of more than 20,000 men, those who were lean but unfit had twice the risk of death as those who were lean and fit.

5.2 For More Energy, Strength and Stamina

People who complain that they don't have enough energy to exercise fail to realize that working out gives you energy. In one study, middle-aged women who lifted weights for a year became 27% more active in daily life than before they started lifting weights. Regular exercise also increases our strength and stamina, allowing you to better handle common activities such as carrying a heavy bag of groceries or climbing a flight of stairs.

5.3 To keep Excess Body fat off

If you try and lose weight simply by dieting, you'll lose some muscle along with any body fat you lose and you'll slow down our metabolism. If our weight loss program includes exercise, you'll lose body fat without losing muscle and without slowing down our metabolism. If you're currently at a healthy weight, regular exercise will help you avoid putting on excess body fat in the future.

5.4 To Keep Our Bones Strong

Both men and women start losing bone mass around age 35. Lifting weights can not only stop the loss of bone mass, but in some cases it can even reverse it. This drastically reduces the risk of osteoporosis. Weight bearing exercises like walking and running also help keep bones strong.

5.5 To Prevent or Reduce Low Back Pain

Strengthening our abdominal and lower back muscles can help prevent low back pain, and it can also reduce discomfort if you already suffer from this pain. You might also be able to avoid back surgery by strengthening our abdominal and lower back muscles. In one study, 35 of 38 people who had been recommended for back surgery were able to avoid surgery by following an aggressive strengthening program.

5.6 To Keep Our Mind Sharp

Multiple studies have confirmed that regular exercise is one of the best things you can do for our mind. Regular exercise improves brain function, which helps prevent dementia and Alzheimer's disease

5.7 To Improve Our Mood

A large amount of research shows that you have a better sense of well-being following a workout. Thanks to chemicals released in the brain during exercise, feelings of depression, anxiety, stress and anger are diminished during a workout.

5.8 To Get Sick Less Often

Both aerobic exercise and weight lifting strengthen the immune system. The stronger our immune system, the less often you'll get sick.

5.9 To Sleep Better

People who exercise regularly fall asleep faster and wake up less often during the night than people who are sedentary.

5.10 To Enjoy Life More

Life is much more enjoyable when you're fit and healthy. You look good and you feel good, and you're more productive in everything you do.

6. Importance of Physical Fitness

Gone are the days when physical exercises were meant for people serving in the armed forces (or those having physically demanding jobs). These days, a physically fit body, free from ailments of any kind, is believed to be one of the most important assets that a human being can possess. The importance of physical fitness and exercise, customized to the specific requirements of both young and old, has led to the popularity and use of exercise equipment. The easy access to gyms and fitness centers further highlights the importance of physical fitness. This has resulted in people leading longer and healthier lives that their predecessors could not have dreamed of.

7. Advantages of Being Physically Fit

Physical fitness not only improves our quality of life, but also helps us in the long run. It increases cardiovascular fitness and body endurance. Regular exercise can also help increase the strength of our heart.

8. Conclusion

What's more, being physically fit also increases blood circulation and helps it to deliver oxygen and nutrients to all the tissues. This not only helps the muscles increase our overall body strength, but increases its ability to exert force and sustain contractions. Physical fitness makes our joints and body more flexible, and regular exercise results in a decrease of body fat. It increases lean body mass, resulting in a balanced and healthy body composition. Never negate the importance of physical fitness, and work towards achieving a healthy disease-free body!

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