

3



373en03

## PHYSICAL FITNESS AND WELLNESS

Ashima was a very disciplined girl in her class and she was good in academics but in sports she had less interaction with her peer group, due to overweight and rarely participated in sports and cultural activities in school as well as at her home. Her parents were concerned and discussed the issue with the school's physical education teacher, who recommended her to enrol in school yog and sports program which improved her strength, flexibility and coordination. In next three months, there was a visible change in her overall health as she became more confident than before and her social interaction with peer group also improved.



### OBJECTIVES

After studying this lesson you will be able to:

- explain the meaning of Physical fitness and its importance;
- explain the different types of physical fitness and their components;
- learn the concept and dimensions of wellness; and
- highlight the role of Yog in general well being of people.



### 3.1 PHYSICAL FITNESS

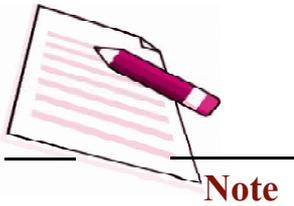
Physical fitness is the ability of wellbeing to perform day to day activities including occupation and for sportsperson to do training and practices of his/her game/sports without undue fatigue and to meet emerging situations which can be achieved through vigorous physical exercise, proper nutrition and sufficient rest. To achieve physical fitness an individual should do at least 3-5 days per week 20-30 minute daily vigorous physical exercises focusing on physical fitness components which are described in next topic. Besides that, an individual should take appropriate rest to relax the body and also focus on balanced diet and more water intake, having fibrous food etc. and avoiding junk food. For example, we can compare three persons; one is a teacher who teaches in school, one is a

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**Note**





labourer who does hard work in paddy field and another is a sportsman who does extensive workout. If all are performing their duties without undue fatigue and meeting emerging situation then they all are physically fit despite having different fitness levels. Everyone has his own fitness level and it varies from day to day work, but the important thing is that work should be performed without undue fatigue.

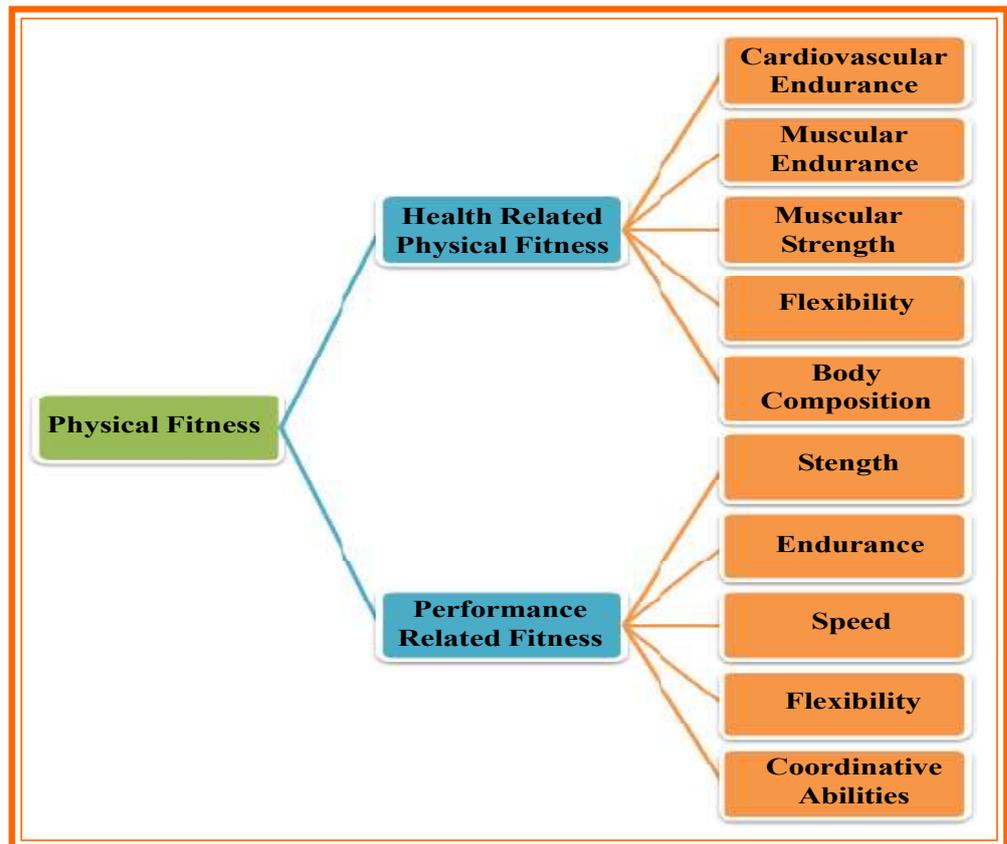


Figure 3.1: Typess of Physical Fitness

### 3.1.1 Importance of Physical Fitness

- Moderate, vigorous, regular exercise slows down the process of aging and also increases the energy to do work. Exercise keeps weight under control, improves posture and physical appearance. Strong bones, better immunity, low frequency of any disease occurrence are the indicators of fitness.
- Physically fit individual has alertness, concentration and positive thought about life. He/She motivates himself/herself to develop good personal habits regarding smoking, alcohol, tobacco etc.
- Regular exercise is a strength booster, relieves tension and controls emotion swings of an individual. A fit individual has improved self-image, self-confidence and self-esteem.



- Fitness helps to strengthen the relationships with family and friends. It also increases the opportunity for social contacts.
- Fitness reduces absenteeism in offices, increases productivity, reduces medical cost, increases networking possibilities, makes company energy efficient etc.

## 3.2 PHYSICAL FITNESS AND THEIR COMPONENTS

Physical fitness can be divided into two parts. Health related physical fitness and performance related fitness. A diagrammatic presentation of the classification is shown in figure 3.1 above.

### 3.2.1 Health Related Physical Fitness

This fitness is important for health and performance of daily functional activities. Components of health related physical fitness are cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition.

#### a) Cardiovascular endurance

Ability of the heart, vessels and lungs to deliver oxygen to the working muscles and removal of waste products during activity. Examples are long distance running, cycling, swimming, aerobic activity etc.

#### b) Muscular endurance

Ability of the muscle to exert continuous force against resistance or sustain muscular contraction. Activities with low intensity and high volume (long duration) are common like push-ups, sit-ups, chin-ups, rowing etc.

#### c) Muscular strength

Ability of the muscle to exert maximal force against resistance. Activities having high intensity and low volume (short duration) are suitable example like lifting heavy weight, 100 meter sprint, long jump, throwing etc.

#### d) Flexibility

Ability of the joint to move around in full range of motion. It is an essential component which prevents injury and ensures smooth and efficient movements. Women have more flexibility than men. Examples are toe touch; in yog there are lots of asanas which are helpful in flexibility like Chakrasana etc.

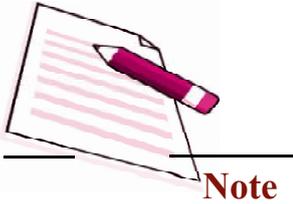
#### e) Body composition

It refers to the amount of fat free mass (muscle mass) and fat mass in body. The ratio of fat and fat free mass is an indicator of health. Excess amount of



**Note**



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fat is bad for our health that may lead to heart problems, diabetes, cancers etc. to assess the fat we apply BMI (body mass index), height and weight chart, skinfold methods etc.

**3.2.2 Performance Related Fitness**

Performance related fitness is the combination of motor and skill related fitness and is also important for better health. Components of motor fitness are strength, endurance, speed, flexibility and coordinative abilities. In sports movement, all components play their role in combination with other components in all sports. Depending on activity, some one component dominates others. In 100m sprint, speed is dominating but without strength it cannot be achieved. Similarly coordination and other components are required to perform well.

**a) Strength**

Ability of the muscle to act or overcome the resistance; resistance may be against a person or an object. It is an important component; role of the strength is to maintain good posture, good health, prevention of injuries etc. Weightlifting, throws, jumps are strength building sports.

**b) Endurance**

Ability of the muscle to do activity, for long duration continuously with desired speed without fatigue. Long distance race, swimming are the examples of endurance sports.

**c) Speed**

Ability to complete the task in minimum possible time. Quickness of movement of limbs in 100m sprint reflects the speed in 100 m sprint.

**d) Flexibility**

The ability to move joints through full range of motion is known as flexibility. The sit and reach test is a good measure of lower back hamstring muscles.

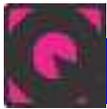
**e) Coordinative Abilities**

Ability to quickly and purposefully doing group of movements with better quality and effect. It is regulated and controlled by the central nervous system. Skills performed by the sportsperson of different games/sports are examples of coordinative abilities.

**ACTIVITY 3.1**

Measure Body Mass Index of your family members.





### INTEXT QUESTIONS 3.1

Complete the following sentences to make them meaningful:

- Fitness component, 'speed' comes under .....
- Cardiovascular endurance is a component of .....
- Body composition is related with ..... and .....
- Ability to quickly and purposefully doing group of movements with better quality and effect is known as .....



**Note**

## 3.3 CONCEPT OF WELLNESS

WHO defines health as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”. Dr. Halbert Dunn coined the wellness in 1950's in view of pursuit of optimal wellbeing. Now a days Wellness is defined as “an integrated and dynamic level of functioning oriented towards maximizing potential, dependent on self-responsibility”. Wellness not only involves preventive health related behaviour but also a change in thinking and attitude. Wellness is for all means it can be achieved by all ages, genders, all socioeconomic groups, heredity, race etc. Wellness is a process of continuous and prolonged growth and achievement in the physical, social, emotional, spiritual, intellectual, occupational and environmental dimensions. Wellness is a way of life that an individual designs to achieve optimal health.

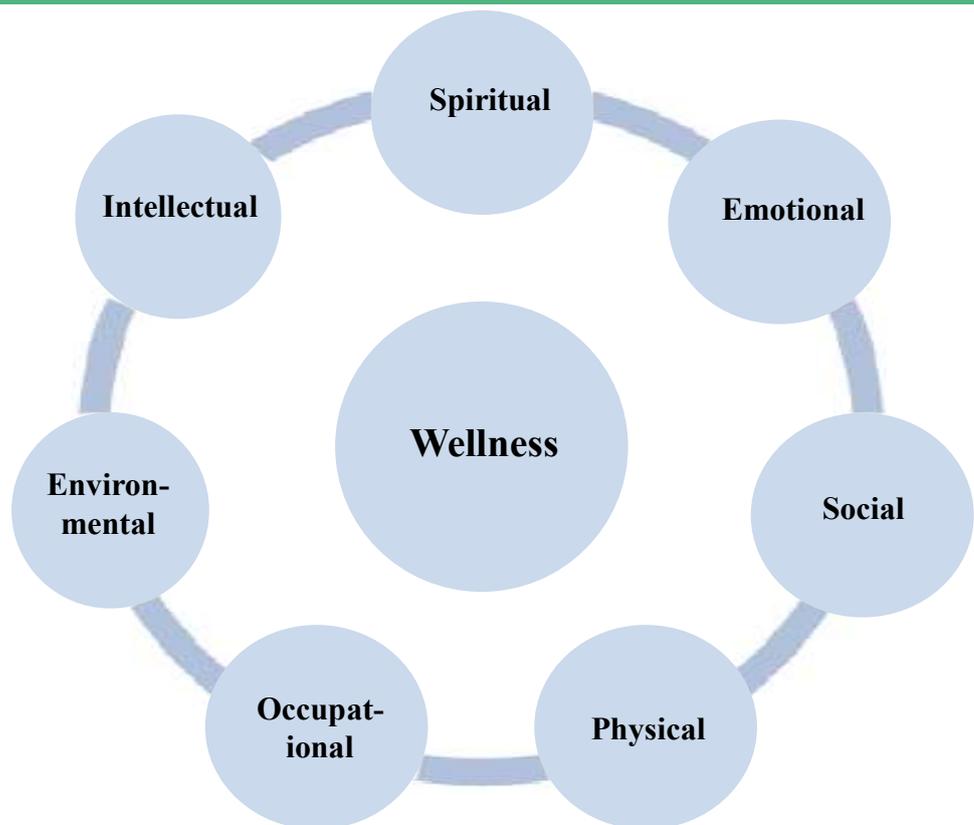
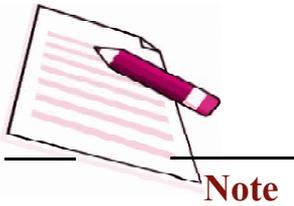
### 3.3.1 Dimensions of Wellness

Wellness has seven dimensions: physical, social, emotional, spiritual, intellectual, occupational and environmental which are interrelated. These are shown in Figure 3.2 below. For example, an individual does regular exercise in nearby fitness centre which covers her/his physical dimension, but she/he is not socially and intellectually sound to learn activity and interact with other members of the fitness centre. All activity helps him/her release emotional stress and also encourages co-workers to join the activity. Another important thing is that an individual should be having mastery over balancing all the dimensions.

#### Physical Dimension

Physical dimension focuses on functional health of the body. It involves regular exercise, eating a balanced diet, maintaining recommended weight, sufficient sleep, avoid smoking, alcohol, tobacco etc., medical self-care, regular testing, proper medications etc. Physically healthy individual should have the ability to carry out day to day activity and having enough energy for recreational and emergency work.





**Figure 3.2: Dimensions of Wellness**

**Social Dimension**

Individual should have the ability to get along with others, appreciate the uniqueness of others, and feel connected with others. Having good friends, bond with family members, volunteerism, community services, trusting relationship etc. are indicator of social wellness. Individual feeling of loneliness and isolation are linked with ill health and connected with people, group etc. are health boosters.

**Emotional Dimension**

Emotional wellness includes awareness, acceptance and management. Emotional awareness means recognizing one’s own and other’s; feelings, emotional acceptance includes understanding your personal limits and ability in terms of emotions and emotional management means control of an individual’s feelings and having adequate coping mechanism. An emotionally well person should have the ability to express emotions, adjust to change, coping with stressful environment, accepting the limitations, achieving, emotional stability and enjoying life happily.

**Spiritual Dimension**

Spiritual dimension does not focus on God or religion as people assume. That involves personal search for meaning and direction of life. It focuses on beliefs, principles, values that provide guidance and strength during all life’s experience.



### Intellectual Dimension

It is an individual’s ability to learn, think critically, analysing, evaluating, applying knowledge and interacting with the world. Intellectual person is open minded, having ability to accept others instead of being threatened by people who are different from others. They have faith in their own ideas and philosophies.

### Environmental Dimension

Environmental dimension refers to preserving of natural resources, protection of plants and wildlife. An individual should form habits such as recycling, conservation of water electricity, petroleum products, organic agriculture, etc. To be healthy we need clean air, pure water, quality food, adequate shelter, personal Safety and health relationship. We should be responsible to educate and protect ourselves against environmental hazards and also protect environment for future generation.

### Occupational Dimension

The occupational dimension involves with personal satisfaction of an individual from job or career. An individual spends lots of time on career or job in his/her life, so before choosing job or career an individual must understand its internal and external rewards. Occupationally well prepared people are able to maximize their skills and also have verity in it.



### Note



### INTEXT QUESTIONS 3.2

Fill in the blanks with appropriate words.

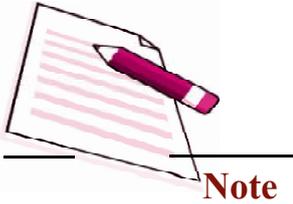
- a) Having good friends, bond with family members, volunteerism, community services, trusting relationship etc. are indicator of .....
- b) An individual’s ability to learn, think critically, analysing, evaluating, apply knowledge and interacting with world is known as ..... wellness
- c) Ability to express emotions, adjust to change, accept the limitations, achieve emotional stability and enjoy life happily is known as .....
- d) Preservation of natural resources, protection of plants and wildlife are important for ..... wellness

### 3.4 YOG AND WELL-BEING

Yog is a combination of physical, mental and spiritual practises. Yog practice inculcates the sense of peace and wellbeing. It also develops the feeling of connectivity to our surroundings. Yog is an ancient practice which was used for



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development of body, mind and spirit. Yog increases the flexibility and helps to boost immunity for healthy living. With the help of yogic practice one can maintain one’s weight and massage one’s whole organ systems which leads to the proper functioning of various systems of a body. It helps to improve the functioning of circulatory system, respiratory system, blood flow and also maintains the hormonal structures of the body. It increases concentration, focus and helps in bringing emotional stability and clarity of mind within oneself.

Yogic exercises recharge the body with cosmic energy and also facilitate various objectives like attainment of a perfect equilibrium and the harmony within the body. It removes the negative block from our body and promotes self learning which enhances the personal power and increases self-awareness. Among children yog helps them to focus and improve their concentration skill. Parasympathetic nervous system is activated and it helps to reduce stress and tension in the physical body due to yogic exercises.

Yog contributes in better sleep, greater happiness, weight loss and also boost compassion and gratitude. Studies showed that yog helps in slowing ageing on cultural level, may be because it helps to decrease the stress and tension.

It is believed that yog results in many physical benefits by improving flexibility, strength and posture.



**DO YOU KNOW ?**

“When you practise yog, your perspective on your body, your thoughts, and your whole sense of self can change”

The most popular form of yog which is also in western culture is Hath yog which includes posture, breathing and meditation.

**Postures (Asana)**

The way we carry influences, the way we feel, with the help of yog we can view our minds and outer manifest and it can be related by body postures as asanas. One's perspective on body, thoughts and whole sense of Self can be changed when we adopt different postures.

**Breathing**

Yog breathing exercise relaxes the body, oxygenates the blood which also helps in decreasing anxiety and stress and promotes a very focused and clear thinking. It helps in free mind from mental distraction, worries and fatigue. Arousal in the sympathetic nervous system, which can lead to anxiety, panic, and fear can be decreased due to breathing exercise which helps to calm down and focus the mind.



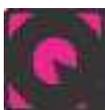
**Meditation**

Meditation is a type of inward concentration that allows you to focus on your senses, step back from your thoughts and feelings, and perceive each moment as a unique event. It helps us to develop greater calmness, clarity, and insight in facing and embracing life experiences.



**ACTIVITY 3.2**

Prepare a chart having the name of asana for mental peace and relaxations.



**INTEXT QUESTIONS 3.3**

- 1) Which one of the following is not a psychological benefit of yog practice?
  - a. Stress reduction
  - b. Increased mental clarity
  - c. Enhances personal power
  - d. Improved reaction time
- 2) Which one of the following is not a type of yog?
  - a) Hatha
  - b) Ashtanga
  - c) Strength
  - d) Kundalini

Complete the sentence with appropriate word.

- 3) Hath yog involves three basis of yog including postures, breathing techniques, and .....



**WHAT YOU HAVE LEARNT**

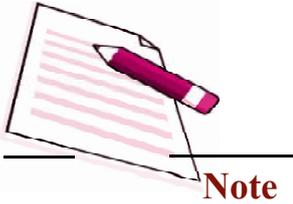
- Physical fitness is ability of wellbeing to perform day to day activities including occupation and for sportsperson to do training and practices of his/her game/sports without undue fatigue and to meet emerging situations which can be achieved through vigorous physical exercise, proper nutrition and sufficient rest.



**Note**



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- Importance of Physical Fitness
- Performance related fitness: components of motor fitness strength, endurance, speed, flexibility and coordinative abilities.
- Dimensions of Wellness: physical, social, emotional, spiritual, intellectual, spiritual and environmental.
- Health benefits of yog for wellbeing.



**TERMINAL QUESTIONS**

- 1) What is meant by Physical Fitness? Highlight the importance of physical fitness.
- 2) Explain the different types of physical fitness with their components.
- 3) Define Wellness. Elaborate dimensions of wellness.
- 4) Explain the importance of yog for wellbeing.



**ANSWER OF INTEXT QUESTIONS**

**3.1**

- a) performance related fitness,
- b) health related fitness,
- c) lean body mass and fat,
- d) coordinative abilities.

**3.2**

- a) social wellness,
- b) Intellectual,
- c) emotional wellness,
- d) Environment

**3.3**

1. c
2. c
3. meditation

