



IMPORTANCE OF FITNESS AND WELLNESS IN OUR LIFE STYLE

N. VEERANJANEYULU

M.P.ED. AP SET (PH.D.)

**Government Degree College Mandapeta,
Dr.B.R Ambedkar Konaseema District**

Abstract:

Fitness and wellness are two terms that have gained increasing importance over the years. Fitness refers to physical activity that improves an individual's health and well-being, while wellness encompasses not only physical health but also mental, emotional, and social well-being. This journal publication aims to explore the relationship between fitness and wellness and their impact on an individual's overall health. It also highlights the benefits of maintaining a healthy lifestyle and how it can contribute to a better quality of life. The paper concludes that fitness and wellness are essential components of a healthy lifestyle and emphasizes the need for individuals to prioritize their health and well-being.

Keywords: fitness, wellness, exercise, healthy lifestyle, physical health, mental health, well-being.

Introduction:

Fitness and wellness are two terms that are often used interchangeably, but they have different meanings. Fitness refers to physical activity that improves an individual's health and well-being, while wellness encompasses not only physical health but also mental, emotional, and social well-being. Both fitness and wellness are essential components of a healthy lifestyle, and they play a crucial role in an individual's overall health. The purpose of this journal publication is to explore the relationship between fitness and wellness and their impact on an individual's overall health. It also aims to highlight the benefits of maintaining a healthy lifestyle and how it can contribute to a better quality of life.

Fitness and Wellness:

Fitness and wellness are two terms that are often used together, but they have different meanings. Fitness is defined as the state of being physically fit and healthy, while wellness encompasses a broader concept that includes physical, mental, emotional, and social well-being. Fitness is achieved through regular physical activity, which can help improve cardiovascular health, muscular strength, and endurance. On the other hand, wellness is achieved through a combination of physical, mental, emotional, and social factors, which can have a significant impact on an individual's overall health.

The Relationship between Fitness and Wellness:

There is a strong relationship between fitness and wellness, and they both play an essential role in an individual's overall health. Regular physical activity can help improve cardiovascular health, lower blood pressure, reduce the risk of chronic diseases, and promote weight loss. It can also help reduce stress and anxiety and improve mental health. Additionally, physical activity can help improve social well-being by providing opportunities to meet new people and participate in group activities.

On the other hand, wellness encompasses a broader concept that includes physical, mental, emotional, and social well-being. Mental and emotional wellness can be achieved through practices such as meditation, mindfulness, and counselling, which can help reduce stress, anxiety, and depression. Social well-being can be achieved through social support, which can provide individuals with a sense of belonging and connection.

Benefits of Maintaining a Healthy Lifestyle:

Maintaining a healthy lifestyle can have numerous benefits for an individual's overall health and well-being. Regular physical activity can help improve cardiovascular health, muscular strength, and endurance. It can also help reduce the risk of chronic diseases such as obesity, type 2 diabetes, and heart disease. Additionally, physical activity can help improve mental health by reducing stress and anxiety and promoting the release of endorphins, which are natural mood-boosters.

A healthy lifestyle also includes proper nutrition, which can help reduce the risk of chronic diseases and promote overall health. A balanced diet that includes a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide essential nutrients that the body needs to function properly.

Additionally, getting enough rest and sleep is essential for overall health and well-being. Lack of sleep can lead to fatigue, irritability, and a weakened immune system. On the other hand, getting enough rest and sleep can help improve mental and physical health and promote overall well-being.

Out of the several components that affect one's health, following are the seven key physical components to ensure the overall good health, fitness and mental well-being:

1. Cardiovascular/Aerobic Conditioning
2. Strength Training and Muscular Development
3. Stretching – Muscles, Ligaments and Tendons
4. Core Stability – Both physical and mental
5. Nutrition and Supplementation – Balanced Diet
6. Mental Rest and Relaxation – Balanced lifestyle
7. Sleep – Regular sleep

Eating healthy and nutrients rich food, exercising, taking sufficient sleep, avoiding intake of harmful substances are just few simple ways to stay healthy and fit. These are directly related to our mental, physical and emotional health. Fitness and mental well-being are essential parts of a healthy life.

The benefits of an active and healthy lifestyle are undeniable by all means. Whether you decide to increase your activity levels slightly or develop and participate in a thorough fitness plan, it will pay you off in the long run. Exercise is good for your health of various organs of your body and makes you feel stronger. Nutrition and fitness are essential for a healthy living. Not only we look and feel good, but by eating the right nutritional food and doing the right amount of exercise, we could also lower the chances of getting some pretty serious life-threatening diseases.

Things to be done for maintaining balanced healthy and fit lifestyle:

Keeping body hydrated – Drink ample water

Washing hands before and after meals – Maintain sanitation

Regular exercise

Intake of nutrients

Regular, sound sleepg

Major reasons that lead to the deterioration of Fitness and Wellness are as follows:

1. Daily stress – Students often feel stressed about school work, and exams. Professionals are also prone to stress with regard to their life and work. Such conditions lead to imbalanced mental health.
2. Depression – Prolonged stress about something leads to depression and becomes a health issue
3. Intake of harmful substances like alcohol, preserved foods, etc, adversely affect the physical and mental health and fitness.
4. Junk foods – Intake of junk foods has replaced the proper nutritional diet that one should consume. Unhealthy food habits directly create unhealthy wellbeing. Natural phenomena such as pollution, etc also make us unhealthy and unfit. Proper preventive measures must be taken to defend ourselves against adverse natural environment.

Conclusion: In conclusion, fitness and wellness are essential components of a healthy lifestyle and play a crucial role in an individual's overall health. Regular physical activity can help improve cardiovascular.

References:

Warburton DE, Nicol CW, Bredin SS. Health benefits of physical activity: the evidence. *Can Med Assoc J*. 2006 Mar 14;174(6):801-9. doi: 10.1503/cmaj.051351. PMID: 16534088; PMCID: PMC1402378.

Bartels SJ, Naslund JA. The underside of the silver tsunami--older adults and mental health care. *N Engl J Med*. 2013 Sep 5;369(10):977-9. doi: 10.1056/NEJMp1306503. PMID: 24004120.

Centers for Disease Control and Prevention. Physical activity and health. Updated February 1, 2022. Accessed March 20, 2023. <https://www.cdc.gov/physicalactivity/basics/index.htm>

Harvard T.H. Chan School of Public Health. The Nutrition Source. Accessed March 20, 2023. <https://www.hsph.harvard.edu/nutritionsource>.