



ROLL OF PHYSICAL EDUCATION TO OVERCOME ON OBESITY OF TODAY'S YOUTH

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Abstract:

Youth are a major human resource for the development of a society. No society can hope of translating its dreams and vision into reality with the proper utilization of the potential of youth. But today is the age of globalization and India has moved on the path towards modernization and great technological and confident. The youth is seen as the prime agent for contributing to the country's economic and social development. Change in lifestyle of young people or youth in this ever change world has its impact on our society. They had openly started pushing for a life style of modern man and woman as open challenge to our moral values, tradition, customs, and culture. The life style of today's youth is confined only to internet, discos and pubs.

Risks with obesity piling on the calories without a check could have serious consequences for one's health, especially if the person is classified overweight or obese. There are more than 30 medical conditions associated with obesity and individuals who are obese can develop multiple ones. The most prevalent obesity related diseases are diabetes, high blood pressure, high cholesterol, heart disease or cardiovascular problems. It also heightens risk of a stroke, affects gall bladder and can aid the onset of osteoarthritis and leads to respiratory problems or sleeping disorders and even some kinds of cancers.

Keywords: Physical Education, Obesity

Introduction:

Physical Education is education. It is education through physical activity for the development of the total personality of the child to it's to fullness and perfection in body, mind and spirit.

- **Central Advisory Board of Physical Education & Recreation**

Obesity:

A condition characterized by the excessive accumulation and storage of fat in the body

- **Maloray Allison**

Fat :

Fat is a Natural oily substance occurring in animal bodies especially when deposited as a layer under the skin or around certain organs.

Leading Causes of Obesity:

1. Genetics
2. Engineered junk food
3. Intake of excess sugar
4. Medication
5. Lack of physical activity
6. Overeating

1. Genetics:

Obesity has a strong genetic component. Children of obese parents are much more likely to become obese than children of lean parents.

That doesn't mean that obesity is completely predetermined. What you eat can have a major effect on which genes are expressed and which are not.

2. Engineered junk food:

Heavily processed foods are often little more than refined ingredients mixed with additives. These products are designed to be cheap, last long on the shelf and taste so incredibly good that they are hard to resist.

By making foods as tasty as possible, food manufacturers are trying to increase sales. But they also promote overeating. Most processed foods today don't resemble whole foods at all. These are highly engineered products, designed to get people hooked ^[3].

3. Intake of excess sugar

Added sugar is strong source of glucose and it changes the hormones and biochemistry of your body when consumed in excess. This in turn contributes to weight gain.

4. Medication

Medications associated with weight gain. There are some medicines which is responsible of gaining over weight there is some list of desires and medicines for example

1. Medicines for diabetes, such as insulin.
2. Antipsychotic medicines such as risperidone.
3. Antidepressant medicines like imipramine.
4. Steroid hormone medicines like birth control pills
5. Blood pressure-reducing medicines like beta-blockers such as metoprolol.

5. Lack of physical activity

Sedentary people burn fewer calories than people who are active. The National Health and Nutrition Examination Survey (NHANES) showed a strong correlation between physical inactivity and weight gain in both sexes.

6. Overeating

Overeating leads to weight gain, especially if the diet is high in fat. Foods high in fat or sugar (for example, fast food, fried food, and sweets) have high energy density (foods that have a lot of calories in a small amount of food). Epidemiologic studies have shown that diets high in fat contribute to weight gain.

How to overcome on Obesity through Physical Education?

Many outcomes data have been reported from research studies that have examined exercise alone, exercise plus dietary restriction, or dietary restriction alone to determine strategies for weight loss. The challenge over time is to accurately monitor both sides of the equation as individuals interact in their daily lives.

1. Exercise
 - i) Cardio Exercise
 - ii) Weight Training
2. Diet

Cardio Exercise:

Cardio exercise is any exercise that raises your heart rate. Face it our bodies were made to move. And we all know that to keep our muscles in shape we need move them. This movement makes them stronger and stronger muscles make for a more efficient and healthy body. Your heart is a muscle. Therefore, working it makes it stronger. A stronger cardio-vascular system means more capillaries delivering more oxygen to cells in your muscles. This enables your cells to burn more fat during both exercise and inactivity. Cardio exercise uses large muscle movement over a sustained period of time keeping your heart rate to at least 50% of its maximum level.

Some of the Best Cardio Workouts Are:

Elliptical – Minimal impact on the knees and hips but calorie burning is still high. When you increase the incline, you will activate more muscles.

Running – This one is easy to understand. Just remember if you train like a distance runner you will look like a distance runner. If you train like a sprinter you will develop a sprinters body. Steady running burns calories but sprints take it to the next level.

High Intensity Interval Training – Short intervals at maximum intensity followed by short periods of rest. Best all around workout that burns fat and calories. Find a program ^[6].

Cycling – Cycling uses large muscle groups in the legs and helps elevate your heart rate. This one is great you can do it inside or outside, with your kids, or even over the internet in your own home.

Stair Climber – Uses more muscles than walking.

Jumping Rope – Cheap, easy and burns tons of calories. If you remember doing this for hours as a kid you will be surprised at how exhausted you will get now.

Swimming – This is a total body workout as long as you are not just floating – even treading water burns calories. Swimming laps would be best and change up the strokes you use so that you work all different kinds of muscles and the continuous pace works your heart and lungs.

Rowing – Works both the upper and lower body and is low stress on joints and ligaments.

Circuit Training – When you work out at a high intensity the blood starts to pump a lot harder and that challenges the elasticity of the arterial wall ^[7].

Weight Training:

Weight training is a common type of strength training for developing the strength and size of skeletal muscles ^[8]. It utilizes the force of gravity in the form of weighted bars, dumbbells or weight stacks in order to oppose the force generated by muscle through concentric or eccentric contraction. Weight training is useful to improve metabolism rate also. Weight training is useful to get your body in athlete shape. Its help to increase muscle size and strengthen the muscles.

Diet:

In nutrition, diet is the sum of food consumed by a person or other organism.^[9] The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tastes or ethical reasons. Individual dietary choices may be more or less healthy.

Add in daily diet for fat loss program:

1. Eat more negative calorie food.
2. Add metabolism booster in your daily diet.

Conclusion:

Physical activity increases people's total energy expenditure, which can help them stay in energy balance or even lose weight, as long as they don't eat more to compensate for the extra calories they burn. Physical activity decreases fat around the waist and total body fat, slowing the development of abdominal obesity.

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