

**SANSKRUTI INTERNATIONAL
MULTIDISCIPLINARY RESEARCH JOURNAL**

Journal homepage: <http://www.simrj.org.in> Journal UOI: 1.01/simrj

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**PHYSICAL ACTIVITY AND FITNESS
GUIDELINES FOR COMMON PEOPLES**

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Abstract:

At the time of creation of WHO, in 1948, health was defined as “a State of Complete Physical, mental and Social well-being and not merely the absence of disease or infirmity. In the developing Country like India we are provided by easy living and luxury by which physical activity has become came. looking towards future to build a better and filter India. Physical activities should be applied to common people by providing them facilities like friendly climate and technological dominated environment such as play around and Gym. Regular Physical activity promotes health and fitness. Physically active people have higher level of cardio respiratory fitness, stronger muscles. They also overcome symptoms of anxiety and depression.

Encouraging kids for participating daily in active sports would achieve the health benefits and forming a healthy habit for their future. Children and adolescents don't usually develop chronic diseases, such as heart diseases, hypertension type 2 diabetes. However, risk factors for these diseases can begin to develop in life. Regular physical activity makes it less.

Key words: physical activity, physical fitness, HDL, Physical education

Introduction:

Youth can achieve substantial health benefits by doing moderate and vigorous intensity physical activity up to 60 minutes or more each day. That includes aerobic as well as age-appropriate muscle and bone strengthening activities. Although current science is not complete, it appears that, as with adults, the total amount of Physical activity is more important for achieving health benefits than is anyone component (frequency, intensity, or duration) or

specific mix of activities (aerobic, muscle-strengthening, bone strengthening). Bone-strengthening activities remains important for children and adolescents.

This chapter provides physical activity guidance for children and adolescents aged 6 to 19 and focuses on physical activity beyond baseline activity.

Peoples especially parents and adults who those work without care for youth should be familiar with the guidelines in this chapter. These adults should be aware that, as children become adolescents, they typically reduce physical activity. Adult play on important role in providing age appropriate opportunities for physical activity. By doing so they help to built foundation for life – long, health promoting physical activity.

Regular physical activity can help control blood lipid abnormalities, diabetes and obesity. Aerobic physical activity can also help to reduce blood pressure. How can I improve my physical fitness?

Programmes designed to improve physical fitness take into account frequency [how often], intensity (how hard) and time (How long). They provide the best conditioning.

Key guidelines for children and Adolescents:

- Children and Adults should do 60 minutes or more.
- Aerobic activity either moderate or vigorous – intensity of 60 minutes or more at least 3 days a week.
- Children and Adults should include muscle strengthening physical activity as part of their 60 minutes daily activity on at least 3 days of week.
- Bone –strengthening as part of their 60 min. or more of daily physical activity also include at least 3 days of week.

The FIT Formula

F = frequency (days per week)

I = Intensity (how hard e.g. easy, moderate, vigorous) or percent of heart of heart ratio.

T = time (Amount of each session or day)

Maintaining Health

OBSERVATION OF DAILY LIVING

Personal health depends upon partially on one's active passive, and assisted observations about their health in their everyday life. The information gleaned from such observations may

be used to inform personal decisions and actions (e.g. “I feel tired in the morning so I am trying sleeping on a different pillow”) as well as clinical who notices his or her shoes are tighter than usual may be having exacerbation on left sided heart failure, and may require diuretic medication to reduce fluid overload) for patients who share their observations with their health care providers.

For health benefits to the heart, lungs and circulation, perform any moderate - to - vigorous - intensity aerobic activity for at least 30 minutes on most days of the week at 50-85 percent of your maximum heart rate. you can accumulate 30 minutes in 10 or 15 minutes sessions. what’s important is to include physical activity as part of a regular routine.

following activities are especially beneficial when done regularly.

- Brisk walking, hiking, stair-climbing, aerobic exercise.
- Jogging, running, bicycling, rowing and swimming.
- Activities such as soccer and basketball that include continuous running.

It’s very important to encourage young people to participate in physical activities that are appropriate for their age, even moderate-intensity activity, when performed daily, can have some long-term health benefits. they help lower the risk of cardiovascular diseases

e.g.

- walking for pleasure, gardening and yard work
- House work, dancing and prescribed home exercise.
- Recreational activities such as tennis, racquetball, soccer, basketball etc.

What risk factors are reduced?

Regular Physical Activity can also Help Reduce or Eliminate Some of these Risk Factors

- High blood pressure – Regular aerobic activities can lower blood pressure.
- Cigarette smoking – Smokers who become physically active are more likely to cut down or stop smoking.
- Diabetes – People at their ideal weight are less likely to develop diabetes. Physical activity may also decrease insulin requirements for people with diabetes.
- Obesity and overweight – Regular physical activity can help people lose excess fat or stay at a reasonable weight.

- High levels of triglycerides – Physical activity helps triglyceride levels. High triglycerides are linked to developing coronary artery disease in some people.
- Low levels of HDL – Low levels of HDL (“good”) cholesterol (less than 40 mg/dL for men/less than 50 mg/dL for women) have been linked to a higher risk of coronary artery disease. Recent studies show that regular physical activity can significantly increase HDL cholesterol levels and thus reduce your risk.

What are other Benefits of Physical Activity?

- Physical activity builds healthy bones, muscles and joints, and reduces the risk of colon cancer. Millions of Americans suffer from illnesses that can be prevented or improved through regular physical activity.
- Physical activity also helps psychologically. It reduces feelings of depression and anxiety, improves mood and promotes a sense of well-being.
- The 1996 Surgeon General’s Report on Physical Activity also suggests that active people have a lower risk for stroke.
- Physical activity and fitness guidelines.
- Some activities improve flexibility, some build muscular strength and some increase endurance.
- Some forms of continuous activities involve using the large muscles in your arms or legs. These are called endurance or aerobic exercises. They help the heart by making it work more efficiently during exercise and at rest.
- Brisk walking, jumping rope, jogging, bicycling, cross-country skilling and dancing are examples of aerobic activities that increase endurance.

THE FACTS ABOUT SPORTS AND PHYSICAL EDUCATION:

- First: The practice of sports is a fundamental right for all boys, girls, adults and the elderly. This right enshrined in the international charter of physical education and sports adopted by UNESCO in 1978.
- Second: If sports and physical education is not practiced early in life there is little hope to become a habit later.
- Third: Children that are physically active in school and colleges have better results not only in sports and physical education but in all classes.

FIT PEOPLE, FIT NATION:

Physical education promotes tolerance, understanding, bringing people together across social, cultural, religious or gender boundaries.

From international sports events to community competitions sports can help overcome ignorance and discrimination and sow the seeds of integration and equality.

Sports and physical education must be an integral part of education as it is necessary for our mental and physical well-being. This is the education value for the society.

Physical education and sports is the best school of life. Every boy and girl must have the opportunity to go through school and college sports and physical education programmes only then we will be able to have a generation fit for future.

The international year of sports and physical education is rightly seen as a unique opportunity to make use of sports to reach human social and economic objectives. The IYSPE 2005 had the ideal showcase for contribution of sport to the solving of social, economic, environmental and health and educational problems.

The 60th session of UNO General Assembly, the outcome document mentioned in its Para 145 that, Sports can foster peace and development and can contribute to an atmosphere of tolerance and understanding.

- To manage victory
- To overcome defeat
- To become team player and to be reliable and gain the other team member's confidence.
- To respect their opponents and the rules of the game.
- That for good results regular training is required.
- To know their limits and themselves better.

People in every nation love sports and physical education – fitness, fair play, teamwork.

The pursuit of excellence are universal.

At its best it can bring people together no matter what their religion, background, beliefs or economic status.

When young people participate in sports and physical education, they can build up health and self-esteem, use their talents to the fullest, learn the ideals of teamwork and tolerance and be drawn away from the dangers of drugs and crimes.

A lesson taught by sports can be valuable catalyst for wider education of all people young and old. I urge to all of you that we must bear in mind that sports and physical education are not simply activities for exercise and leisure but can also be an important partner in national development in particular sport can make an important contribution in promoting health and greater life expectancy for our people.

It can play crucial role in promoting our human development and human capital through quality. Physical education and well-education and well-designed sports curricula in schools and colleges it can even play an instrument part in increasing per capita income through the development of a nation's sports industry and generating jobs for the youth.

All these aspects represent a significant step towards us to the goals which seek to reverse the spread of poverty and disease.

The physical education and sports must be identified as an integral part of education. A study on the world wide status of physical education and sports in our learning institutes indicates that the subject is consensually losing ground in the formal education system of the world. This neglect of physical education reduces the quality of learning overall and all results negative future impact on our public health budgets. In this connection, it is interesting to see a UN study showing that a country's health and medical care system has only a 20% impact on the country's health status.

In the other 80% is influenced by other factors such as the environment, accident, the food we eat and the exercise and physical activity that we get. As a matter of fact, the sports and physical education program influenced as much as 20% of a nation's health. This figure is the same level as medical and health services provided by the country.

Therefore promoting physical education for our society or people can serve as a very important factor in helping the extremely high cost of providing medical health services to an unfit and an unhealthy population. In this case, a rupee of prevention is definitely worth much more than a 100 of cure.

Sport and physical education can have an enduring impact on the development of peace towards this end. That sport should systematically be introduced in the main stream of existing activities, programs and projects. It is said that sports and physical education are universal language.

It has the ability to cross culture, to bridge social, political, religious and ethical divides. And in many countries physical education and sports can even serve as an important domestic bridge binding together the communities within societies.

Conclusion:

People of all ages, both male and female, benefit regular physical activity. Physical activity improves quality of life. It also includes information that will make workouts easier, safer and more satisfying. Physical Activity Guidelines provide science-based recommendation to help person and improve their health through physical activity.

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