

PHYSICAL ACTIVITY AND COMPLETE HEALTH

Dr. Alka Anil Thodge

*Director, Department of Physical Education
 Bar. Sheshrao Wankhede Mahavidyalaya, Mohpa*

Abstract:

The physical activity plays an important role in day to day life. Since from the birth, it has its role to play for proper growth and development of the body. The sound sleep also plays an equally important role for well-functioning of the systems of the body. So, now a day's everybody should keep an eye on adequate physical exercise or activity, balance diet (complete nutrition) and sound sleep. The Ancient culture proves that it was very much supportive and calculative to attend the physical health; mental health, social health, and emotional balance to maintain his/her complete health. As the modernization increases, the health aspect falls very badly and it directly influences the complete health of the individual.

Keywords: Physical Activity, Health

Introduction:

The present scenario of Physical Activity and Complete Health of an individual is a challenge to everyone. The fitness data of the average Indian population is so poor, even most of the people they don't have enough food for the survival. The health issue is very critical in terms of physical, physiological, psychological, social, emotional aspect. To prevent and maintain the complete health of an individual the physical activity, proper nutrition and sound sleep plays an important role. The effect of exercise improves the metabolic process of the body and creates the energy which maintains the sound health as well as wear and tear of the tissues of the body from time to time. The more the balance between the energy creation and its expenditure, more the adaptation towards the

metabolic changes gives shape to the body musculature.

WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate- and vigorous-intensity physical activity improve health. Regular physical activity is proven to help prevent and manage non-communicable diseases such as heart disease, stroke, diabetes and several cancers. It also helps to prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being.

Regular physical activity can:

- Improve muscular and cardio respiratory fitness
- Improves functional health
- Reduce the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer (including breast cancer and colon cancer), and depression
- Reduce the risk of falls as well as hip or vertebral fractures; and Help maintain a healthy body weight. Improve your memory and brain function (all age groups). Protect against many chronic diseases. Helps in body weight management. Lowers the blood pressure and improve heart health. Improve your quality of sleep. Reduce feelings of anxiety and depression.
- Regular physical activity can also help to prevent or manage many health problems and concerns, including:
 - Stroke

- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Many types of cancer
- Arthritis

Policies to increase physical activity aim to ensure that:

- walking, cycling and other forms of active non-motorized forms of transport are accessible and safe for all;
- labor and workplace policies encourage active commuting and opportunities for being physically active during the work day;
- childcare, schools and higher education institutions provide supportive and safe spaces and facilities for all students to spend their free time actively;
- primary and secondary schools provide quality physical education that supports children to develop behavior patterns that will keep them physically active throughout their lives;
- community-based and school-sport programmers provide appropriate opportunities for all ages and abilities;
- sports and recreation facilities provide opportunities for everyone to access and participate in a variety of different sports, dance, exercise and active recreation; and
- Health care providers advise and support patients to be regularly active.

The complete health is said to be achieved, when an individual is physically fit, mentally strong, emotionally fit to do his/her daily routine and have some leisure time to spend without getting the fatigue. There are the determinants of health which directly or indirectly affects the health, they are as follows:

- Income and social status.
- Social support networks.
- Education and literacy.
- Employment/working conditions.

- Social environments.
- Physical environments.
- Personal health practices and coping skill

Some of the important aspect where we can focus to give the good environment for attending the health aspect and the confidence to boost. For the individual, where one must get the Fresh air, where no polluted air should be there, Moderate activity, every individual must be in habit. of regular exercise which creates some sort of physical stress. Diet gives the way to go for the sound sleep and mental peace, Education which Builds up the confidence and courage to work more efficiently, Posture and balance in which the individual develops the aesthetic sense and Physical appearance also develops; Treatment is the part, where any of the deformity in relation to physical, mental, social, emotional aspect can be treated in time, which saves the individual for further getting health issues.

Conclusion:

The physical activity and health goes hand in hand, they correlate the energy created and spend during the physical work. This sometimes shows the stress also, so one should be very much calculative for the physical exertion, and very attentive for taking proper rest and diet. There should be a culture to be developed for the activity to conduct for all the age groups within the society, so that no one should be at loss to get the benefit.



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