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Lecture Title
Benefits of Fitness
Script

Welcome to the lecture of fitness in physical education. Friend's fitness is an important part of life. It is an indicator which shows whether you have the ability to perform and enjoy day to day physical activities with ease. The physical fitness is generally achieved through physical activity and exercise, correct nutrition, stress management, enough rest, stress management.

In this lecture we will be talking about the Benefits of fitness

Benefits of Physical Fitness

The benefits of physical fitness are numerous and include better health, greater strength, more flexibility, increased energy, improved appearance, and a more positive attitude and mood. Regular exercise can lead to both immediate and long-term benefits. Regular physical activity has been shown to **reduce the morbidity and mortality from many chronic diseases.**

The benefits of fitness far outweigh the inconveniences of regular exercise. To reap the maximum benefits of physical fitness, remember that your program should include all the main five components of physical fitness. These are the health related fitness components like cardiovascular endurance, flexibility, muscular endurance and muscle strength. There are in fact other components of physical fitness but they are skill related and less important.

Physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations.

Physical fitness is **generally achieved through**

- Physical activity and exercise,
- correct nutrition,

- Enough rest (good quality sleep),
- Stress management and relaxation.

The benefit of the physical fitness is endless. Explore some of the benefits of fitness leading to healthy lifestyle and learn how you will get benefited from them:

2. Reduces Risk of Disease

People who participate in regular exercise have a decreased risk of developing:

- Heart disease
- Diabetes
- Metabolic syndrome
- Colon cancer
- Lung cancer
- Breast cancer

2. Development of Physical Fitness Components

Development of physical fitness components such as muscle strength and endurance, cardiovascular endurance, flexibility, agility, speed, bone density etc and improvement of muscle tone.

3. Provide Better Health

Regular physical exercise increases both the size and strength of the heart. It can pump more blood with less effort and becomes more efficient. This will lower pulse and lower the blood pressure which can increase lifespan. The circulatory system is also improved because of increased blood volume providing more oxygen to the muscles. These effects will translate into a reduced risk for heart disease, heart attack, and stroke.

Significant cardiovascular health benefits can be attained with long-term participation in cardiovascular exercise.

4. Lower your Cholesterol levels

The benefits of physical fitness extend to their ability to help you control your cholesterol. They raise your levels of 'good' cholesterol and drop your levels of 'bad' cholesterol.

5. Builds stronger Bones, Joints and Ligaments

Physical activity results in the strengthening of our bones and muscles. It can substantially reduce the risk of arthritis and other bone diseases. Weight bearing exercise is shown to increase bone density and also prevent bone loss as we get older. This can reduce the onset and severity

of osteoporosis. Resistance training does a great job. The strain that it puts on your body helps build bigger, stronger bones.

Different kinds of strength training put strain on your joints. This actually helps your body strengthen connective tissue in those joints. These tissues become stronger, more flexible and less prone to injury. Increased blood supply means better nutrition for the tissues and better removal of waste products which helps improve the health and durability.

6. Maintenance of Optimal Body Weight

Physical activity increases the muscle mass, reduces fat and thus controls weight. It is proven that physical fitness can control your body weight and prevent obesity and other weight-related problems.

By combining the right physical workouts with a proper and balanced diet, you can expect weight loss, reduced body fat and a more firm and fit body. Aerobic exercise burns calories during the duration of the exercise and strength training burns calories in the 24 hour period following the training.

7. Improves your sleeping habits

One of the benefits of physical fitness is that it provides you sound sleep and improves your sleeping habits. Studies show that people who exercise regularly and are physically fit - fall asleep more easily and sleep longer than those who do not exercise and are physically unfit. Because of cooling off after exercise, your body temperature drops leading to deeper sleep.

4. 8. Boost in Energy Level

Exercise improves the blood flow in the body and promotes better sleep, both of which boost energy. A regular exercise program, especially in the mornings, will give you energy and drive for the rest of the day. This effect is related to the increased metabolism associated with a fitter body.

9. Improved Appearance

Physical activity build muscle mass and burns excess fat. It tones body muscles helping you to look fit and healthy. Healthy active people almost always have great skin tone and look fresh, less fatigued.

10. Relaxation and Stress relief

There are so many stress factors in our day to day life. Because of lifestyle changes, change in the environment, people live under extreme stress in this competitive world. Regular physical activity, fitness workouts releases the hormones which have “feel good factor.” It helps in reducing your stress levels and gives you more strength to fight life’s challenges.

11. Fights Depression

Effects of physical activity and exercise on mood are immediate. Blood flow to the brain is increased, endorphins are released and your mood lifts. These endorphins make you feel better and fight stress and depression.

12. Causes Delayed Aging

Among the several benefits of physical fitness, delayed aging leading to positive thinking and improved self perception is the most sought after.

Regular physical activity reverses the natural decline in the metabolism of the body. Daily exercise is found to keep a person productive and energetic for a longer period of the day. Regular physical activity postpones the process of aging and increases the longevity of life.

13. Makes you feel happier

Physical activity has important role in keeping your body fit. Exercise causes your body to release endorphins which has a “feel good factor”. Because of these endorphins you feel happier.

14. Postpones fatigue

The benefits of physical fitness include the postponement of fatigue and reduced recovery time after vigorous activity.

15. Boost your Confidence

Physical fitness provides correct posture, figure, body image, and good appearance along with increased energy levels. It gives you a sense of accomplishment, which is a boost to confidence.

16. Utilization of Time

Through Participation in physical fitness program, leisure (free) time is properly utilized and make you fit and healthy.

17. Improve your overall health

Physical fitness provides you the optimum physical health, general well being and mental stability. In other words it improves your overall health and you can live your life to the fullest.

18. Healthier, longer Life

All together, the benefits of physical fitness give you healthy and more efficient body. Thus it increases your chance of leading a healthier, longer and more fulfilling life.

These are some of the more prominent benefits of physical fitness. Everyone can and should participate in a fitness program to improve their quality of life. Living an active and healthy life will make your overall lifestyle much better.

Physical Activity and Health

- The Benefits of Physical Activity
- Control Your Weight
- Reduce Your Risk of Cardiovascular Disease
- Reduce your risk of Type 2 Diabetes and Metabolic Syndrome
- Reduce Your Risk of Some Cancers
- Strengthen Your Bones and Muscles
- Improve Your Mental Health and Mood
- Improve Your Ability to do Daily Activities and Prevent Falls
- Increase Your Chances of Living Longer

Regular physical activity is one of the most important things you can do for your health. It can help:

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that **moderate-intensity aerobic activity**, like brisk walking, is generally **safe for most people**.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.

If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum *Guidelines*, try to do as much as you can. What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you.

The bottom line is - the health benefits of physical activity far outweigh the risks of getting hurt.

If you want to know more about how physical activity improves your health, let us have a look on some of the points

5. Control Your Weight

Looking to get to or stay at a healthy weight? Both diet and physical activity play a critical role in controlling your weight. You gain weight when the calories you burn, including those burned during physical activity, are less than the calories you eat or drink. When it comes to weight management, people vary greatly in how much physical activity they need. You may need to be more active than others to achieve or maintain a healthy weight.

To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that you may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain your weight.

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan. The CDC has some great tools and information about nutrition, physical activity and weight loss.

Reduce Your Risk of Cardiovascular Disease

Heart disease and stroke are two of the leading causes of death in the United States. But following the Guidelines and getting at least 150 minutes a week (2 hours and 30 minutes) of moderate-intensity aerobic activity can put you at a lower risk for these diseases. You can reduce your risk even further with more physical activity. Regular physical activity can also lower your blood pressure and improve your cholesterol levels.

Reduce Your Risk of Type 2 Diabetes and Metabolic Syndrome

Regular physical activity can reduce your risk of developing type 2 diabetes and metabolic syndrome. Metabolic syndrome is a condition in which you have some combination of too much fat around the waist, high blood pressure, low HDL cholesterol, high triglycerides, or high blood sugar. Research shows that lower rates of these conditions are seen with 120 to 150 minutes (2 hours to 2 hours and 30 minutes) a week of at least moderate-intensity aerobic activity. And the more physical activity you do, the lower your risk will be.

Already have type 2 diabetes? Regular physical activity can help control your blood glucose levels.

Reduce Your Risk of Some Cancers

Being physically active lowers your risk for two types of cancer: colon and breast. Research shows that:

- Physically active people have a lower risk of colon cancer than do people who are not active.
- Physically active women have a lower risk of breast cancer than do people who are not active.

Reduce your risk of endometrial and lung cancer. Although the research is not yet final, some findings suggest that your risk of endometrial cancer and lung cancer may be lower if you get regular physical activity compared to people who are not active.

Improve your quality of life. If you are a cancer survivor, research shows that getting regular physical activity not only helps give you a better quality of life, but also improves your physical fitness.

Strengthen Your Bones and Muscles

As you age, it's important to protect your bones, joints and muscles. Not only do they support your body and help you move, but keeping bones, joints and muscles healthy can help ensure that you're able to do your daily activities and be physically active. Research shows that doing **aerobic, muscle-strengthening and bone-strengthening physical activity** of at least a moderately-intense level **can slow the loss of bone density** that comes with age.

Hip fracture is a serious health condition that can have life-changing negative effects, especially if you're an older adult. But research shows that people who do 120 to 300 minutes of at least moderate-intensity aerobic activity each week have a lower risk of hip fracture.

Regular physical activity helps with arthritis and other conditions affecting the joints. If you have arthritis, research shows that doing 130 to 150 (2 hours and 10 minutes to 2 hours and 30 minutes) a week of moderate-intensity, low-impact aerobic activity can not only improve your ability to manage pain and do everyday tasks, but it can also make your quality of life better.

Build strong, healthy muscles. Muscle-strengthening activities can help you increase or maintain your muscle mass and strength. Slowly increasing the amount of weight and number of repetitions you do will give you even more benefits, no matter your age.

Improve Your Mental Health and Mood

Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial.

Improve Your Ability to do Daily Activities and Prevent Falls

A functional limitation is a loss of the ability to do everyday activities such as climbing stairs, grocery shopping, or playing with your grandchildren.

How does this relate to physical activity? If you're a physically active middle-aged or older adult, you have a lower risk of functional limitations than people who are inactive

Already have trouble doing some of your everyday activities? Aerobic and muscle-strengthening activities can help improve your ability to do these types of tasks.

Are you an older adult who is at risk for falls? Research shows that doing **balance** and **muscle-strengthening activities** each week along with **moderate-intensity aerobic activity**, like brisk walking, can help reduce your risk of falling.

Increase Your Chances of Living Longer

Science shows that physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers. This is remarkable in two ways:

1. Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 7 hours a week have a 40 percent lower risk of dying early than those who are active for less than 30 minutes a week.
2. You don't have to do high amounts of activity or vigorous-intensity activity to reduce your risk of premature death. You can put yourself at lower risk of dying early by doing at least 150 minutes a week of moderate-intensity aerobic activity.

Everyone can gain the health benefits of physical activity - age, ethnicity, shape or size do not matter.

Conclusion: Physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations. There are 12 main reasons to be physically active

1. Be healthier
2. Increase your chances of living longer
3. Feel better about yourself
4. Reduce the chance of becoming depressed
5. Sleep better at night
6. Look good
7. Be in shape
8. Get around better
9. Have stronger muscles and bones
10. Achieve or maintain a healthy weight
11. Be with friends or meet new people
12. Have fun

The benefit of Physical activity is it reduces

- Heart disease
- Stroke
- High blood pressure
- Type 2 diabetes
- Obesity
- Depression
- Breast and colon cancer
- Osteoporosis