



## FAQs

### **Q1. Write the facts about fitness and wellness.**

**Ans.** The facts about fitness and wellness are:

1. Good health is of primary importance to adults in our society.
2. Health varies greatly with income, gender, age, and family origin.
3. Increasing the span of healthy life is a principal health goal.
4. Health is more than freedom from illness and disease.
5. Many illnesses are manageable and have only limited effect on total health.
6. Wellness is the positive component of optimal health.
7. Health and wellness are multidimensional.
8. Wellness reflects how one feels about life as well as one's ability to function effectively.
9. Health and wellness are integrated states of being.
10. Health and wellness are individual in nature.
11. It is possible to possess wellness while being ill or possessing a debilitating condition.
12. Wellness is a useful term that may be used by quacks as well as experts.

### **Q2. What is the definition of fitness?**

**Ans.** Fitness is defined as the quality or state of being fit. Modern definition of fitness describes either a person or machine's ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. This has led to an interrelation of human fitness and attractiveness which has mobilized global fitness and fitness equipment industries.

### **Q3. What is Spiritual wellness?**

**Ans.** A person's ability to establish a value system and act on the system of beliefs as well as to establish and carry out meaningful and constructive lifetime goals. Spiritual wellness is often based on a belief in a force greater than the individual that helps one contribute to an improved quality of life for all people. A person with spiritual wellness is generally characterized as fulfilled as opposed to unfulfilled.

### **Q4. What is the different between emotional health and emotional wellness?**

**Ans.** A person with emotional health is free from emotional-mental illnesses or debilitating conditions such as clinical depression and the person who possesses emotional wellness where as emotional

wellness is a person's ability to cope with daily circumstances and to deal with personal feelings in a positive, optimistic, and constructive manner. A person with emotional wellness is generally characterized as happy, as opposed to depressed.

**Q5.What is the facts about the physical fitness?**

**Ans.** The facts about the physical fitness are:

1. Physical fitness is a multidimensional state of being.
2. The health-related components of physical fitness are directly associated with good health.
3. The skill-related components of physical fitness are more associated with performance than good health.
4. Metabolic fitness is a non-performance component of total fitness.
5. Bone integrity is often considered to be a non-performance measure of fitness.
6. The many components of physical fitness are specific in nature, but are also inter-related.
7. Good physical fitness is important but it is not the same as physical health and wellness.

**Q6. What is the differences between physical health and physical wellness?**

**Ans.** A person with physical health is the one who is free from illnesses that affect the physiological systems of the body such as the heart, the nervous system, etc. whereas physical wellness is a person's ability to function effectively in meeting the demands of the day's work and to use free time effectively. Physical wellness includes good physical fitness and the possession of useful motor skills.