



INTRODUCTION

Fitness and wellness are often used interchangeably, but they have slightly different meanings. Fitness describes the physical and mental state of a person. It usually denotes lack of diseases or abnormalities. Wellness, on the other hand, is defined as the overall process of maintaining a general state of good health. Wellness involves conscious decisions on the part of the individual, whereas health simply describes a person's condition. In modern usage, however, the combined phrase "fitness and wellness" has become to mean the pursuit of overall physical, mental, and emotional health. This term is used frequently in various contexts, all aimed at promoting a better lifestyle.

DEFINITION OF FITNESS

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.

Regarding specific function, fitness is attributed to person who possesses significant aerobic or anaerobic ability, i.e. strength or endurance. A holistic definition of fitness is described by Greg Glassman as an increased work capacity across broad times and modal domains; mastery of several attributes of fitness including strength, endurance, power, speed, balance and coordination and being able to improve the amount of work done in a given time with any of these domains.

DEFINITION OF HEALTH AND WELLNESS

Definition of health and wellness which is focused on different aspects of human being are as follows:

1. Emotional health— A person with emotional health is-
 - (1) Free from emotional-mental illnesses or debilitating conditions such as clinical depression and
 - (2) The one who possesses emotional wellness. The goals for the nation's health refer to mental rather than emotional health and

wellness. Mental health and wellness are considered to be the same as emotional health and wellness.

2. Emotional wellness—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.

3. Intellectual health— A person with intellectual health is the one who is free from illnesses that invade the brain and other systems that allow learning. A person with intellectual health also possesses intellectual wellness.

4. Intellectual wellness—Intellectual wellness is a person's ability to learn and to use information to enhance the quality of daily living and optimal functioning. A person with intellectual wellness is generally characterized as informed, as opposed to ignorant.

5. Physical health— 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. A person with physical health possesses an adequate level of physical fitness and physical wellness.

6. Physical wellness—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. A person with physical wellness is generally characterized as fit versus unfit.

7. Social health— A person with social health is the one who is free from illnesses or conditions that severely limit functioning in society, including antisocial pathologies.

8. Social wellness—Social wellness is a person's ability to successfully interact with others and to establish meaningful relationships that enhance the quality of life for all people involved in the interaction. A person with social wellness is generally characterized as involved as opposed to lonely.

9. Spiritual health—Spiritual health is the one component of health that is totally comprised of the wellness dimension; for this reason, spiritual health is considered to be synonymous with spiritual wellness.

10. Spiritual wellness— 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.

CONCEPT OF FITNESS

Before the industrial revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue. However, with automation and changes in lifestyles physical fitness is now 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. Therefore, physical fitness has been defined as a set of attribute or characteristics that people have or achieve that relates to the ability to perform physical activity.

Physical fitness comprises two related concepts:

- General fitness (i.e. a state of health and well- being) and
- Specific fitness (i.e. a task-oriented definition based on the ability to perform specific aspects of sports or occupations)

FACTS ABOUT PHYSICAL FITNESS

They are:

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

BENEFITS OF PHYSICAL FITNESS

Staying active means keeping the body functioning at a high level. Regular exercises will maintain the performance of the lungs and heart to most efficiently burn off excess calories and keep the weight under control. Exercise will also improve muscle strength, increase joint flexibility and improve endurance. Another main benefit of physical activity is that it decreases the risk of heart diseases. Additionally, it can decrease the risk of stroke, colon cancer, diabetes and high blood pressure. Regular exercise has been long associated with a fewer visits to the doctor, hospitalization and medication.

Exercising does not have to be something boring and dreaded. It can be something that enjoy and helps to increase the overall happiness in the life, as well as relieve symptoms of stress, depression and anxiety. Try to find some activities that give pleasure or even a buddy to do them with so that exercise is a fun and enjoyable activity.

CONCEPT OF WELLNESS

Wellness is the integration of many different components like mental, social, emotional, and spiritual and physical that expands one's potential to live work effectively and to make a significant contribution to society. Wellness reflects how one feels about life as well as one's ability to function effectively. Wellness, as opposed to illness, is sometimes described as the positive component of good health.

Physical wellness involves aspects of life that are necessary to keep oneself in top condition. Optimal physical wellness is developed through the combination of beneficial physical activity or exercise and healthy eating habits. Elemental components of physical wellness include building muscular strength and endurance, cardiovascular strength and endurance and flexibility.

Physical wellness is also concerned with developing personal responsibility for own health care, such as caring for minor illnesses and knowing when professional medical attention is needed. Developing physical wellness empowers a person to monitor one's own vital signs and understand the body's warning signs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

THE ROUTE TO PHYSICAL WELLNESS

Understanding the relationship between the body's physical health and mental health is crucial in order to develop a balanced physical wellness. When a person take the route to physical wellness he will learn to understand how the body performs physically and be able to connect it to how he feel mentally. Physical wellness encourages principles of good health and knowledge, which affect behaviour patterns that lead to a healthy lifestyle. Below are a few suggestions for one to practice to maintain an optimal level of physical wellness.

- Engage in physical activity everyday for 30 minutes.
- Use stairs instead of the elevator or escalator and walk whenever possible.
- Learn to recognize warning signs when the body begins to feeling ill.
- Eat a variety of healthy foods and control the meal portions.
- Maintain a regular sleep schedule and get between 7 – 9 hours of sleep each night.
- Practice safe sex.

THE SIGNIFICANCE OF FITNESS AND WELLNESS IN MODERN TIMES

The term "fitness and wellness" has become a powerful tool for marketers in various industries. As people decide to change their habits and pursue healthier lifestyles, many different companies stand to benefit. Health food retailers, manufacturers of exercise equipment, and companies that produce vitamins or nutritional supplements could all see increased demand for their products as a result of the fitness and wellness trend. On the other hand, companies whose products or services are generally associated with poor health would be negatively impacted by an increased public concern about health and wellness. Examples include tobacco companies and fast food restaurants.

FACTS ABOUT FITNESS AND WELLNESS

They are:

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

CONCLUSION

Physical fitness is a general state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest. Physical wellness promotes proper care of our bodies for optimal health and functioning. Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep the body in healthy.