

FITNESS, NUTRITION AND HEALTH

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ABSTRACT

Fitness is commonly defined as the capacity to carry out the daily activities without undue development of fatigue, Physical fitness as a state of well-being. It is actually an ability of a person of perform day's routine work efficiently. A physically fit person enjoys numerous benefits, such as delay in health problems, less prone to injuries, meeting emergencies effectively improved health and wellness, good looks and energy or participate in a variety of daily physical activities. In short fit person enjoys life better than an unfit person.

Keywords: Fitness, Nutrition and Health.

INTRODUCTION:

Fitness can only be achieved by participation in physical activities such as games, sports and exercises along with healthy nutrition. A regular exercise does not only have to be done in expensive fitness clubs. A simple brisk walking also can do wonders in the development of fitness. A fit person can be recognized by looking or measuring the fitness components in an individual. The various physical components are strength, flexibility, cardio-vascular fitness, muscular endurance and body composition. Present generation children are seen to be less fit due to their more involvement in gadgets like computers and televisions rather than performing physical activities. This behavior is leading to early onset of obesity and health problems among kids. Parents can set good example for children as far as development and maintenance of fitness is concerned by being fit themselves.

FITNESS AND NUTRITION

Development of fitness requires good nutrition is very important aspect as far as sports performance is concerned. Exercises require energy and this energy is provided by food,

Nutrition influences every process in the body involved in energy production. It can be defined as the total of the process of ingestion, digestion, absorption and metabolism of food and the subsequent assimilation of nutrient materials into the tissue. The study of "Sports nutrition" helps athlete to put book knowledge into practice with actual food selection and meal planning, while keeping in mind the challenges presented by busy schedules of exercises, competition, work, school and other commitments. The field of nutrition is growing and thus creating a demand for qualified nutrition professionals. These people help an individual to make dietary changes and to keep up with the demand their daily activities and routine. The importance of proper nutrition is also of great concern for athlete participating in various sports activities. It not only leads to optimal performance but also long term and life time benefits. Without proper nutrition, the full potential of athlete cannot be realized.

BENEFITS OF NUTRITION

Nutrition contains various nutrients that benefit the body system. Food is made up of nutrients such as carbohydrates, water, proteins, minerals, vitamins and fats either eaten or drunk by humans to give energy or help build up the body for growth, muscles, soft tissues and organs consist largely of protein, which is required in the body for any tissue growth or repair. In addition, calcium and phosphorus are important building block for the skeleton, Carbohydrates and fats are the main sources of energy from the diet. Vitamins, minerals and proteins help in regulation of metabolism. Enzymes are proteins that plays an important role as catalysts, allowing metabolic reaction to proceed fast than they would spontaneously. For example, an enzyme phosphor late help in the breakdown of carbohydrate stored in the liver and muscles. Proper nutrition increases energy level for practice and competition. It helps in improving and increasing the muscle size and lean body mass and also maintains healthy skin and hair. A person with balanced nutrition will not get tired easily and thus will help to delay the fatigue.

FITNESS AND HEALTH

It is a common saying that health is wealth. Healthy individual can carry out daily work efficiently. It is essential to all aspects of life and improve overall health. Good health and wellness can be maintained by involvement in physical activities. Because wellness is dynamic and continuous, no dimension of wellness functions in isolation. When one has high level of wellness or optimum health, all dimensions are integrated and functioning together. A physically and mentally relaxed person will remain healthier. Everybody has a basis to be healthy and well, but that many people acquire habits of thought and behavior that may make them less well rather than more. One goal of health education is to encourage people to give up less-healthy attitudes and behaviors and adopt ones that lead to greater wellness and satisfaction in life. Involvement in physical activities does not require special equipment or spending a lot of money. For instance, regular walking strengthens muscles, increases aerobic capacities, clears and quiets the mind and reduces stress. The physical activity of the nation cannot be met by focusing solely on individuals but must include public policy initiated at local, state and federal levels.

Today, the leading causes of illness and death are not due to infections, but to 'lifestyle disease'. These diseases such as heart attack and cancer result from people's behaviors and the way they choose to live and all these can be prevented if people live more healthfully and create healthy eating habits. The deficiency of nutrients causes various health-related problems, such as deficiency of iron causes weakness and anemia, deficiency of calcium causes problems in bones and teeth, deficiency of vitamin A causes night-blindness etc. So a well-balanced and nutritious diet helps to stay away from various diseases. Balanced food intake helps in maintaining healthy weight. The diet of a sedentary person should be different from a physically active person. Imbalance in the diet causes either weakness or obesity.

NUTRITION AND HEALTH

Nutrition can be defined as a process of consumption, digestion and circulation of the food. It is the process in which you consume food or nourishing liquids, digest and absorb them and use them for health and growth. Body's nutrition need is not constant and changes throughout

the life. Adequate food and nourishment is required to lead a healthy life. Diet plays as important role in our general health, but over the years it has also been shown that specific foods can enhance our chance of avoiding certain diseases, and help us cope better with some conditions. For example, diet has important place in controlling disease like diabetes anemia, heart related problems, obesity. A nutrition diet also delays aging. Food is essential for survival and growth of human beings and if not chosen properly, can also lead to many health risks.

CONCLUSION:

Looking at the current lifestyle, fitness, nutrition and good health are very important in one's life. Today there are applications available in modern gadgets to track how many calories have been burned through exercise, measure blood pressure and plan meals. There are various programs shown on television of health, nutrition and fitness and it is important. Systematic activities to prevent or cure health problems and promote good health in humans are undertaken by health care providers. Fitness, health and nutrition help in improving viability for life and also help a person to stay young for long. As the saying goes, 'we are what we eat,' good nutrition plays a vital role in our wellbeing, helping to keep the mind and the body fit. According to the World Health Organization, the main determinants of health include the social and economic environment, the physical environment and the person's individual characteristics and behaviors. Achieving and maintaining health is an ongoing process, shaped by both the evolution of health care knowledge and practices as well as personal strategies and organized interventions for staying healthy. So it can be concluded that good health is the greatest human being.

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