

Fitness is not Free

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Physical fitness is now more or less a matter of international concern. How the strong our desire may be we cannot accomplish a work in hand if we are not having a fitness level suited to that task. So, it is said, "Physical fitness is the total functional capacity of an individual to perform a given task.

A physically fit person manages his stresses of day to day life easily efficiently and effectively. Stress is the root cause of many diseases and disorders but a fit person takes stress as a source of motivation. We can mention the highlight of the importance of fitness through following points:- (i) It improves cardio respiratory functions i.e. decreases resting tuart rates, decreases risk of cardiovascular diseases, improves endurance, increases stroke volume and cardiac output.

(ii) It improves muscular capacity i.e. increases strength, increases basal mitabolin rate, improves joint strength and overall posture.

(iii) It protects from diatutes and blood pressure

(iv) It hels to control the daily struses of life in batter way.

(v) It helps to accomplish daily routire work efficiently and effectively.

(vi) It decreases the risk of injuries

(vii) It improves refistance power against deseases.

(viii) It supports individual to maintain physio psyche balance and

(ix) It helps us to lead a happy and healthy life

(x) It dealys our aging prours.

Although physical fitness varies according to the task to be performed a certain level of physical fitness is necessary for a common onan too. Fitness is even important for daily routine work like walking, sitting properly lifting carouring and putting the objects etc.

Research activities in the field of physical fitness indicate that the children who include physical fitness schedule in their early life are likely to remain active in future. It has also been observed that physically fit individuals meet the challerges of life more successfully. It helps in delaying our aging process.

So, it can be concluded that fitness is necessary for everyone in every aspect of life. Swami Vivekanand has also said. "Today we do not need Bhagwat Geeta but football fields." In fact through this statement he laid impornance of physical fitness.

Now let me clear here, what is physical fitness? Generally physical fitness means ability to do work. In broader sense, physical fitness refers to the ability to maintain health and normal life relating to biological existence. It includes one's physical, mental and social fitness.

As a matter of fact, physical fitness implies a relation between the task to be performed and the individual's capacity to perform it.

To understand the concept of fitness in better way, it would be more beneficial to go through the following definitions :-

According to Bruno Belle :- "Physical fitness depends upon the body dynamic potential which is composed of functional and of metabolic potential"

Acc to Don Hoskins :- "The human body's ability to move with the desired speed, balance agility and strength gained through proper exercise and nutrition".

Acc. To Dr. K. L. Anderson:- "Physical fitness is the ability of respirations and circulation to recover from standard workload."

Acc. To Kroles :- "Physical fitness is the successful adaptation to the stresses of one's lifestyle."

Acc. To Edward Borty :- "Physical fitness implies that the body systems are capable of carrying on their activities satisfactory."

Acc. To David R. Lamb :- "Physical fitness is defined herein as the capacity to meet present and potential physical challenges of life with success."

Acc. to Webster's Encyclopedia :- "It is the ability of a person to do daily routine work without fatigue; moreover to participate in playful activities and still reserve enough capacity to meet any emergency."

These definitions are enough to clear one's concept about physical fitness. Fitness consists of five main components :- (a) Strength, (b) Speed, (c) Endurance (d) Flexibility and (e) Co-ordinative abilities.

If anyone wants to gain a complete fitness. He has to work on each aforesaid component. It is more necessary for body builders and professional sports person. Keeping in view the importance of development of these components of fitness. I am going to explain the basic concept of it and all internationally accepted training methods with the topic "Training methods of Physical Fitness" in my next writings.

A person who leads a fit and healthy life follows a fitness routine. It requires an immense amount of discipline and patience for whole life. As we get older, it is more difficult to follow this routine. So, it is said- "Fitness is not Free". But when we once feel the joy of being fit it generates much intrinsic motivation to follow the fitness routine and enjoy it.

At last, as a bonus I am giving here early fitness tips apart from exercise schedule for beginners :- (i) Meditate periodically (ii) Consume balanced amount of water (iii) Eat healthy (iv) Follow a proper rest & sleeping schedule (v) Spend some leisure time with family, friends and nature.

As I observed after all my research and studies there are three boxes of our fitness :- (a) Balanced diet, (b) Balanced rest & sleep and (c) Balanced physical activity.

Anyone can achieve such level of fitness which can help to enjoy a healthy and happy life, if he is really determined to achieve it.

I love this saying so I would like to stop my writing with it. "Nothing is easy if you are if you are lazy and everything is easy if you are crazy."