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Dev Samaj College of Education for Women, Ferozepur, Punjab

Published Proceedings of National Level Webinar on Covid- 19 Pandemic: Impact and Challenges before
Higher Education Sponsored by ICSSR,

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Quality of Life and Fitness through Physical Activity

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ABSTRACT

As we all know that technology has reduced our physical ability and has robbed us of our daily fitness routines. As a result people are suffering a lot of health issues and their lives are full of stress, anxiety, frustration, tension, anger and poor health can develop. Fewer people are doing manual work, and most of us have jobs that involve little physical effort. Being physically active plays an essential role in ensuring quality of health and fitness. Regular physical activity participation throughout childhood provides immediate health benefits, by positively effecting body composition. Through physical exercise participants not only improve their physical condition (health, developing muscle strength, endurance, mobility, coordination, etc.) but also, stress levels, self-esteem, personal life management, productivity at work and therefore the quality of life. In this article we discuss about how regular physical activity can help reduce your risk for several diseases and health conditions and improve your overall quality of life. Regular physical activity can help protect you from the following health problems.

People are less active nowadays, partly because technology has made our lives easier. In this present scenario we are using technology in every field. We are totally depends on machines. People are engrossed in all kinds of comfort and convenience provided by many inventions of modern science and technology. But this comfort is limited up to the physical level. Mentally, emotionally and spiritually people have drifted apart. Due to this reason our physical activity is decreased day by day. Today children's are busy in community sites for entertainment in their leisure time. Because of this they are not involve in any physical activity and they become physically weak. **“All work and no play make one jack a dull boy.”** With the help of physical activities a person can live healthy life and it will keep the person away from diseases because

“Health is Wealth.”

“When health is absent

Wisdom cannot reveal itself

Art cannot manifest

Science cannot develop

Strength cannot fight

Wealth become useless

And intelligence cannot be applied.”

Fitness for life is such a broad concept that the inclination is to break it into distinguishable parts- “Fitness for what?”- implying that life has much specific fitness begins with the idea of the organism as a whole. It recognizes the interdependent of all the parts and systems and thus discards. Physical, Social and Emotional fitness as fictional and illusory. If there is fitness, it is fitness of the whole and one develops or maintains fitness through attention all the desirable practices of human well-Being. To attain and maintain fitness, one must live the intelligent life, making constant adjustment to one’s environment and accepting the responsibility of changing it when such change is needed. This means a rational program me of activity, an adequate and balanced diet, ability to control psychological and physical stimuli and competent medical care, and, of course, a sound philosophical basis for coping with contingencies for which no planning can be made. In short, the intelligent life means rational judgment tempered with human emotional over tones which add both spice and grandeur. Several studies suggest that engaging in physical activity or exercise programs can also benefit emotional well-being. Multiple studies indicate that physical activity improves mood and reduces symptoms of depression and anxiety. Individuals diagnosed with major depression undergoing an aerobic-exercise intervention showed significant improvements in depression comparable to participants receiving psychotropic treatment. Physical exercise is important for maintaining physical fitness and can contribute to maintaining a healthy weight, regulating the digestive system, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system. Some studies indicate that exercise may increase life expectancy and the overall quality of life. People who participate in moderate to high levels of physical exercise have a lower mortality rate compared to individuals who by comparison are not physically active.

Individuals can increase fitness following increases in physical activity levels. Studies have shown that exercising in middle age leads to better physical ability later in life. Early motor skills and development have also shown to be related to physical activity and performance later in life. Children who have more proficient motor skills early on are more inclined to being physically active, and thus tend to perform well in sports and have better fitness levels. Staying constant in physical activities allows us to maintain good physical, psychological and social conditions. It’s not about being a super athlete, but rather having the right conditions for daily activities. Good strength, flexibility, high levels of strength, speed, muscular endurance, body

composition in acceptable ranges are the necessary components to measure whether we have optimum physical conditions.

“Our well-Being goes hand in hand with regular exercise.”

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. Physical activity encompasses all activities, at any intensity, performed during any time of day or night. It includes exercise and incidental activity integrated into daily activity. This integrated activity may not be planned, structured, repetitive or purposeful for the improvement of fitness, and may include activities such as walking to the local shop, cleaning, working, active transport etc. Lack of physical activity is associated with a range of negative health outcomes whereas increased physical activity can improve physical as well as mental health.

Physical activity is an aspect of great importance for our body, so much that together with good nutrition they become the best positive factors for our health since there is a direct relationship between the level of physical activity and life expectancy. Physical activity and nutrition work together to improve health and thus the quality of life. It is usually of great importance to maintain the good combination of these two elements because as we age, the metabolism slows down, so to maintain an energy balance we need to move more and feed intelligently. The results of many studies highlight that physical activity strengthens our level of self-esteem, the feeling of a good mood is present, and it raises the level of optimism and self-confidence, encourages effort and dedication to achieve the goals that we have set out and allows freeing ourselves from worries.

Why is physical activity so important for health and wellbeing?

There are so many reasons why regular activity boosts your health. Read to learn what those are and how you can incorporate exercise into your day. We know that staying active is one of the best ways to keep our bodies healthy. But did you know it can also improve your overall well-being and quality of life? Here are just a few of the ways physical activity can help you feel better, look better and live better. Because, why not?

It's a natural mood lifter.

Regular physical activity can relieve stress, anxiety, depression and anger. You know that "feel good sensation" you get after doing something physical? Think of it as a happy pill with no side effects! Most people notice they feel better over time as physical activity becomes a regular part of their lives.

It keeps you physically fit and able.

Without regular activity, your body slowly loses its strength, stamina and ability to function properly. It's like the old saying: you don't stop moving from growing old, you grow old from stopping moving. Exercise increases muscle strength, which in turn increases your ability to do other physical activities.

It helps keep the doctor away.

Stand up when you eat your apple a day! Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. One study showed that adults who watch more than 4 hours of television a day had an 80% higher risk of death from cardiovascular disease.

Being more active can help you:

- lower your blood pressure
- boost your levels of good cholesterol
- improve blood flow (circulation)
- keep your weight under control
- prevent bone loss that can lead to osteoporosis

All of this can add up to fewer medical expenses, interventions and medications later in life!

It can help you live longer.

It's true, 70 is the new 60... but only if you're healthy. People who are physically active and at a healthy weight live about seven years longer than those who are not active and are obese. And the important part is that those extra years are generally healthier years! Staying active helps delay or prevent chronic illnesses and diseases associated with aging. So active adults maintain their quality of life and independence longer as they age.

Improve your quality of life through Exercise

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activity, including swimming, running, jogging, walking and dancing etc. Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer. Here are some regular exercise benefits your body and brain.

1. It Can Make You Feel Happier

Exercise has been shown to improve your mood and decrease feelings of depression, anxiety and stress. It produces changes in the parts of the brain that regulate stress and anxiety. It can also increase brain sensitivity for the hormones serotonin and nor epinephrine, which relieve feelings of depression. Additionally, exercise can increase the production of endorphins, which are known to help produce positive feelings and reduce the perception of pain. Furthermore, exercise has been shown to reduce symptoms in people suffering from anxiety. It can also help them be more aware of their mental state and practice distraction from their fears. Interestingly, it doesn't matter how intense your workout is. It seems that your mood can benefit from exercise no matter the intensity of the physical activity.

2. It Can Help with Weight Loss

Some studies have shown that inactivity is a major factor in weight gain and obesity. To understand the effect of exercise on weight reduction, it is important to understand the relationship between exercise and energy

expenditure. Your body spends energy in three ways: digesting food, exercising and maintaining body functions like your heartbeat and breathing. While dieting, a reduced calorie intake will lower your metabolic rate, which will delay weight loss. On the contrary, regular exercise has been shown to increase your metabolic rate, which will burn more calories and help you lose weight.

3. It Is Good for Your Muscles and Bones

Exercise plays a vital role in building and maintaining strong muscles and bones. Physical activity like weight lifting can stimulate muscle building when paired with adequate protein intake. This is because exercise helps release hormones that promote the ability of your muscles to absorb amino acids. This helps them grow and reduces their breakdown. As people age, they tend to lose muscle mass and function, which can lead to injuries and disabilities. Practicing regular physical activity is essential to reducing muscle loss and maintaining strength as you age. Also, exercise helps build bone density when you're younger, in addition to helping prevent osteoporosis later in life.

4. It Can Increase Your Energy Levels

Engaging in regular physical activity can be a real energy booster for healthy people, as well as those suffering from various medical conditions. One study found that six weeks of regular exercise reduced feelings of fatigue for 36 healthy people who had reported persistent fatigue. Furthermore, exercise can significantly increase energy levels for people suffering from chronic fatigue syndrome (CFS) and other serious illnesses. Additionally, exercise has been shown to increase energy levels in people suffering from progressive illnesses, such as cancer, HIV/AIDS and multiple sclerosis.

5. It Can Reduce Your Risk of Chronic Disease

Lack of regular physical activity is a primary cause of chronic disease. Regular exercise has been shown to improve insulin sensitivity, cardiovascular fitness and body composition, yet decrease blood pressure and blood fat level. In contrast, a lack of regular exercise even in the short term can lead to significant increases in belly fat, which increases the risk of type 2 diabetes, heart disease and early death. Therefore, daily physical activity is essential to maintaining a healthy weight and reducing the risk of chronic disease.

6. It Can Help Skin Health

Your skin can be affected by the amount of oxidative stress in your body. Oxidative stress occurs when the body's antioxidant defenses cannot completely repair the damage that free radicals cause to cells. This can damage their internal structures and deteriorate your skin. Even though intense and exhaustive physical activity can contribute to oxidative damage, regular moderate exercise can increase your body's production of natural antioxidants, which help protect cells. In the same way, exercise can stimulate blood flow. Moderate exercise can provide antioxidant and promote blood flow, which can protect your skin and delay signs of aging.

7. It Can Help Your Brain Health and Memory

Exercise can improve brain function and protect memory and thinking skills. To begin with, it increases your heart rate, which promotes the flow of blood and oxygen to your brain. It can also stimulate the production of

hormones that can enhance the growth of brain cells. Moreover, the ability of exercise to prevent chronic disease can translate into benefits for your brain, since its function can be affected by these diseases. Regular physical activity is especially important in older adults since aging combined with oxidative stress and inflammation promotes changes in brain structure and mental function. It is improving blood flow to the brain and helping brain health and memory.

8. It Can Help with Relaxation and Sleep Quality

Regular physical activity, regardless of whether it is aerobic or a combination of aerobic and resistance training can help you relax and sleep better and feel more energized during the day. In regards to sleep quality, the energy depletion that occurs during exercise stimulates recuperative processes during sleep. Moreover, the increase in body temperature that occurs during exercise is thought to improve sleep quality by helping it drop during sleep. Many studies on the effects of exercise on sleep have reached similar conclusions. One study found that 150 minutes of moderate-to-vigorous activity per week can provide up to a 65% improvement in sleep quality.

9. It Can Reduce Pain

Chronic pain can be debilitating, but exercise has favorable effects on the pain that associated with various conditions. It can also increase pain tolerance and reduce it. In fact, for many years, the recommendation for treating chronic pain was rest and inactivity. However, recent studies show that exercise helps relieve chronic pain. A review of several studies indicates that exercise helps participants with chronic pain reduce their pain and improve their quality of life.

10. It Can Promote a Better Sex Life

Exercise has been proven to boost sex drive. Engaging in regular exercise can strengthen the cardiovascular system, improve blood circulation, tone muscles and enhance flexibility, all of which can improve your sex life. One study found that physical activity can improve sexual performance and sexual pleasure, as well as increase sex desire, the frequency of sexual activity and performance in men and women. It can also help decrease the risk of erectile dysfunction in men.

Conclusion

Exercise offers incredible benefits that can improve nearly every aspect of your health from the inside out. Regular physical activity can increase the production of hormones that make you feel happier and help you sleep better. It can also improve your skin's appearance, help you lose weight and keep it off, lessen the risk of chronic disease and improve your sex life. Whether you practice a specific sport or follow the guideline of 150 minutes of activity per week, you will inevitably improve your health in many ways. So remember, physical activity leads us to have good health, allows us to improve our quality of life, to perform better in our environments, stay away from diseases, live for more years and enjoy a more pleasant life. There should be no excuses of age or lack of time or cost, just 30 minutes a day of any moderate exercise is a good start, without

the need for special equipment or sports facilities, just awareness and willingness, and recognizing that physical activity is a necessity that gives us infinite advantages to our life. So, this is easy! Just move more, with more intensity, and sit less. You don't have to make big life changes to see the benefits. Just start building more activity into your day, one step at a time.

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