



**BHARATHIDASAN UNIVERSITY**

**Tiruchirappalli- 620 024**

**Tamil nadu, India**

**Programme: B.P.Ed., Physical Education & Yoga**

**Course Title :Contemporary issues in Physical education,  
Fitness and wellness**

**Course Code: 21BPE24EA**

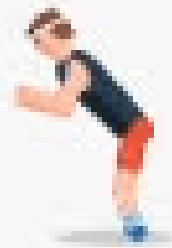
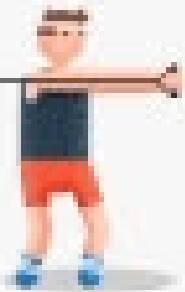
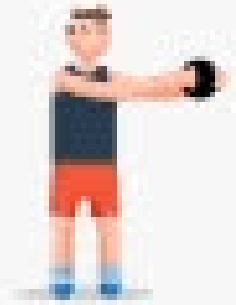
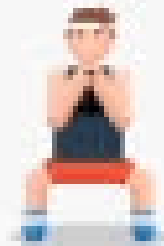
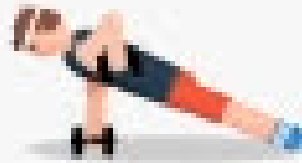
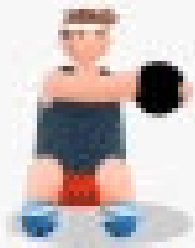
**UNIT – 3**

**Impact of fitness and Wellness**

**Dr.P.SATHEESHKUMAR**

**Guest Lecturer**

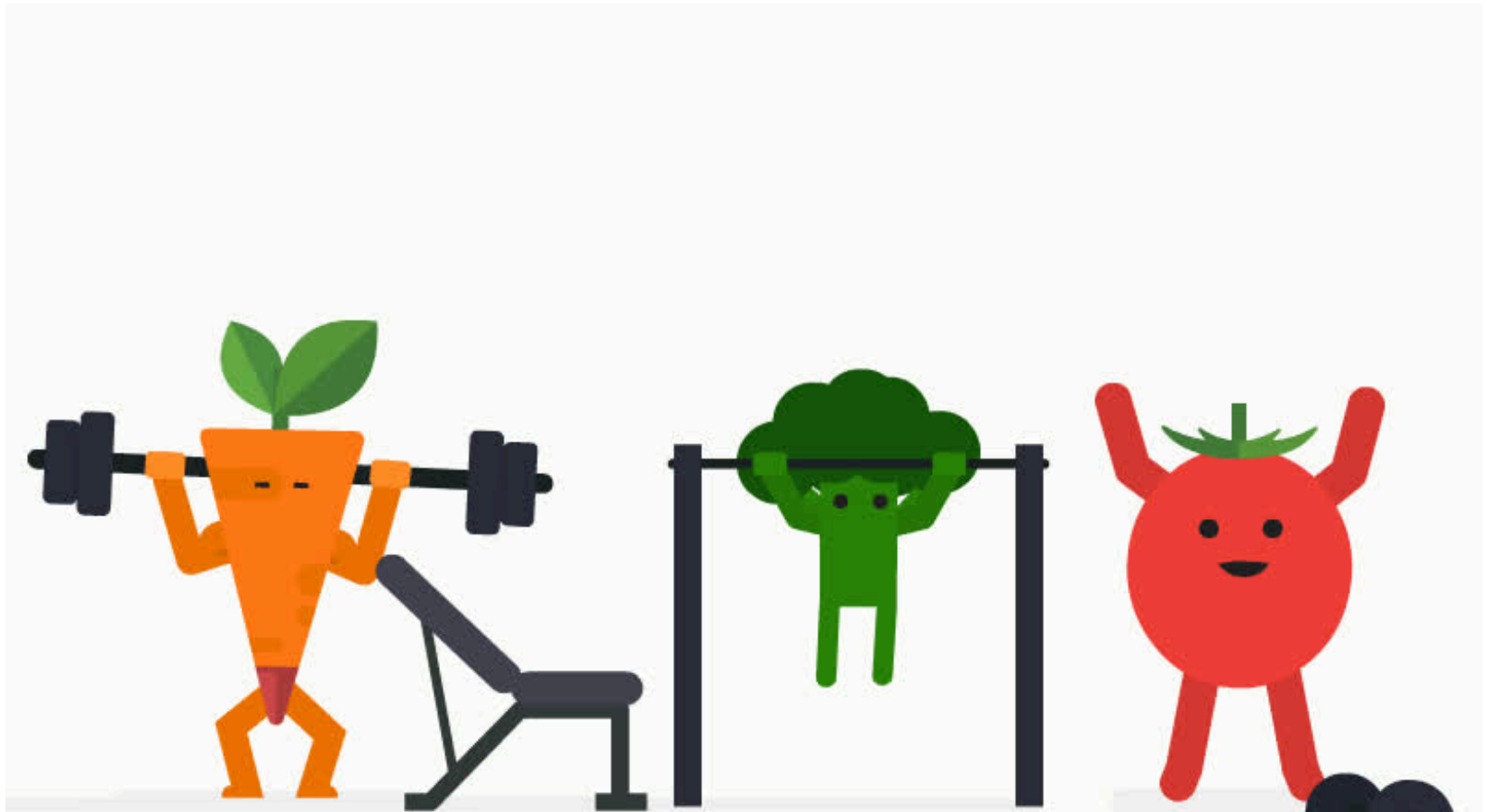
**Department of Physical Education and Yoga**



# Physical Activity

**Physical activity** is defined as any voluntary bodily movement produced by skeletal muscles that requires energy expenditure.

Physical activity encompasses all activities, at any intensity, performed during any time of day or night.



# THE MEANING OF PHYSICAL ACTIVITY

- The terms "physical activity" and "exercise" interchangeably, but they have different meanings. "Physical activity" refers to any body movement that burns calories, whether for work or play, going to the gym, daily chores, or the daily commute.
- "Exercise," a subcategory of physical activity, refers to planned, structured, and repetitive activities aimed at improving physical fitness and

- Exercise is a bodily activity that enhances or maintains physical fitness and overall health and wellness.
- Insufficient physical activity is the most common health issue in the world. Staying physically active can help prevent or delay certain diseases, including some cancers, stroke, hypertension heart disease, and diabetes, and can also relieve depression and improve mood.
- Research suggests physical activity is an important factor for the prevention and management of diseases and illnesses like cardiovascular diseases, cancer and diabetes.

# BENEFITS OF PHYSICAL ACTIVITY

## 1. **Exercise controls weight**

- Exercise can help prevent excess weight gain or help you keep off lost weight. When you take part in physical activity, you burn calories. The more intense the activity, the more calories you burn.
- Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none. To gain the benefits of exercise, just get more active throughout your day. For example, take the stairs instead of the elevator or rev up your household chores.

## **2. Exercise combats health conditions and diseases**

Exercises are active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which lowers your risk of heart and blood vessel, called cardiovascular, diseases.

Regular exercise helps prevent many health problems and concerns, including:

- Stroke.
- Metabolic syndrome.
- High blood pressure.
- Type 2 diabetes.
- Depression.
- Anxiety.
- Many types of cancer.
- Arthritis.
- Falls.

It also can help improve cognitive function and helps lower the

### **3. Exercise improves mood**

- Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious.
- It may feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

### **4. Exercise boosts energy**

- Regular physical activity can improve your muscle strength and boost your endurance.
- Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.



## **5. Exercise promotes better sleep**

Regular physical activity can help you fall asleep faster get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

## **6. Strengthen your bones and muscles.**

Regular exercise can help kids and teens build strong bones. Later in life, it can also slow the loss of bone density that comes with age. Doing muscle-strengthening activities can help you increase or maintain your muscle mass and strength.

## **7. Increase your chances of living longer.**

Physical activity can reduce your risk of dying early from the leading causes of death, like heart disease and some cancers.

### **HEALTH PROMOTION**

Health promotion can be targeted towards priority health conditions involving a large population and promoting multiple interventions. Various approaches can promote health:

## ***DEFINITION :***

**\*HEALTH PROMOTION :** is art and science of assist people to change their life style toward a HIGHER state of wellness.



# Hypo-kinetic diseases

A disease brought on, at least in part, by insufficient movement and exercise. Hypokinesia has been identified as an independent risk factor for the origin and progression of several widespread chronic diseases, including coronary heart disease, diabetes, obesity, and lower back pain.

The following are top ordered from lifestyle diseases.

1. Atherosclerosis
2. Osteoporosis
3. Hypertension
4. Obesity
5. Diabetes
6. Stroke

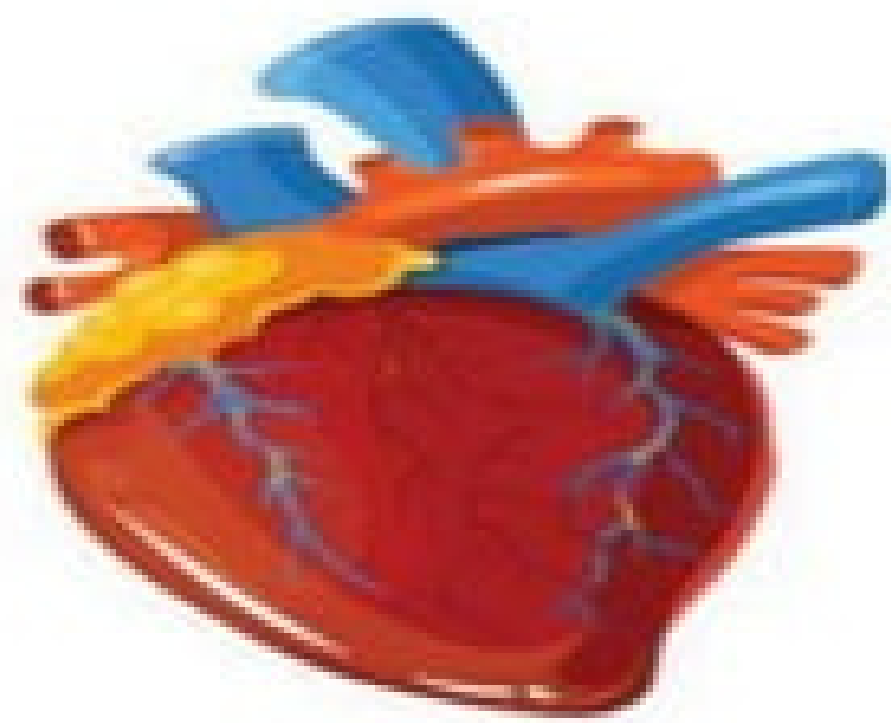
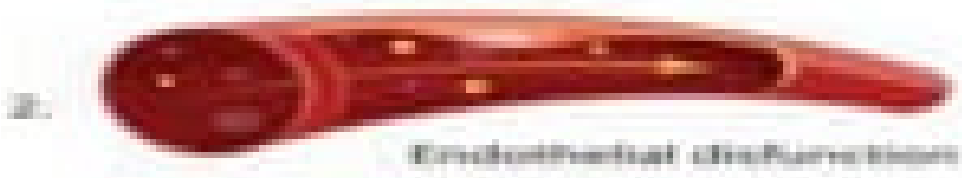
## Atherosclerosis



It is a disease in which plaque are developing inside our arteries because of the accumulation of fat contents. It narrows the arteries and disrupts the flow of blood around the body, causing serious cardiovascular complications.

# ATHEROSCLEROSIS

PROGRESSING OF AN ILLNESS



## Osteoporosis

It is a health condition where the density of the bone is decreased. It may be due to the absence of vitamin D and vitamin C. the risk factor increases with age.



# STOP OSTEOPOROSIS



Healthy, strong bones

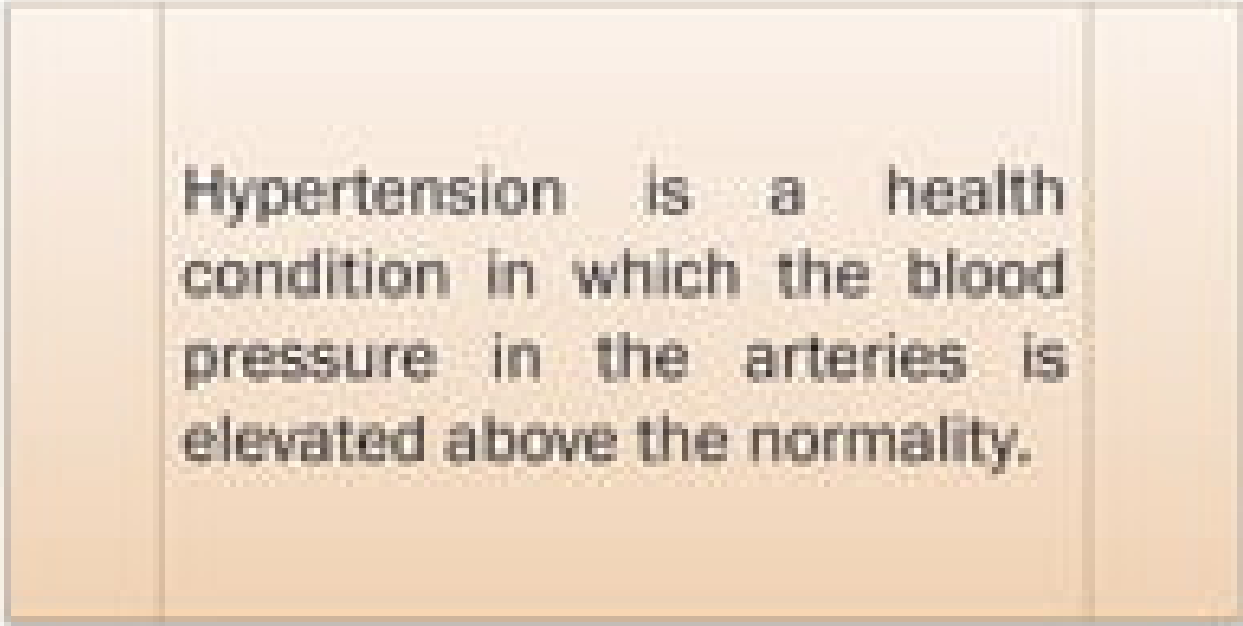


Osteoporosis, brittle bones

# Hypertension



Hypertension is a health condition in which the blood pressure in the arteries is elevated above the normality.





# Obesity




It is a body condition where abnormal or excessive fats are accumulated. Overweight and obesity have major risk factor for a number of chronic diseases like diabetes, cardiovascular diseases etc.



# Diabetes



It is a commonly named as the metabolic diseases associated with high blood sugar levels over a long period.



# Diabetes



There are Diabetes mellitus are generally two types

1

Type 1: it is also called insulin dependent or juvenile diabetes. It occurs because of the failure of pancreas to produce insulin.

2

Type 2: it is a commonly condition in which cells are not able to act with insulin.





## Stroke

Stroke is a medical condition which happens due to lack of oxygen supply to brain. It is directly connected with health problems like high blood pressure, heart disorders, diabetes mellitus, lack of exercise, over body weight etc.



## PREVENTION OF HYPO-KINETIC DISEASES

1. Regular exercises improves the physical fitness of individuals and thereby improves the resistance capacity to prevent diseases.
2. Aerobic types of exercise modalities help to increases energy expenditure.
3. Exercise also helps to reduce the risk factor of illnesses like obesity, stroke etc.
4. Exercise control the body weight and it builds and maintains strong and healthy bones and muscles.

## **1. Having a Wholesome Diet**

A wholesome diet is essential for an individual's health and wellbeing. One should consume more fresh fruits, green vegetables, and foods rich in fibre and calcium.

Besides this, individuals can undertake the following steps for having a wholesome diet to prevent lifestyle diseases:

- Replacing junk foods with healthy snacks
- Drinking adequate amounts of water
- Eliminating or limiting the consumption of oily foods
- Switching to multigrain or whole-grain flour
- Lowering the portion size and eating at regular intervals

## **2. Maintaining a Balance Between Physical Activity and Food Consumption**

It is essential for every individual to maintain the right balance between physical activity and food. An adult individual must undertake some form of physical activity for at least 30 minutes for 5 days a week to keep the immune system active and functioning properly.

- Walking is an ideal form of exercise for individuals of all ages. It helps in the burning of calories and also improves stamina, endurance and strength. Besides this, there are several other ways to incorporate physical activity in one's daily routine and thereby take a step towards the prevention and control of lifestyle diseases.

These include:

- Doing household chores for a minimum of 30 minutes daily
- Taking short walks after having meals

### **3. Monitoring the Body Weight**

- Individuals must ensure to monitor their body weight closely. Having extra weight, especially near the tummy, can be a possible reason for cardiovascular death. Obese and overweight individuals are also at risk of developing severe health issues such as diabetes, sleep apnea, and cancer.
- One can manage their weight by consuming a fat-free, low-calorie diet and also incorporating some kind of workout in their daily routine.

### **4. Abstaining from Nicotine, Alcohol or Any Other Form of Drug**

- Around one-third of deaths caused due to heart diseases can be prevented by avoiding alcohol and nicotine. Both of these substances cause considerable damage to the blood vessels that automatically doubles the risk of blood clotting and atherosclerosis.
- By keeping these health-damaging habits at bay, individuals would be able to prevent lifestyle diseases and develop high energy levels, improved lung capacity and younger-looking skin.

## **5. Avoiding Consumption of Salt, Oil and Sugar in Excess**

Anything in excess turns out to be unhealthy for the body. Consuming a high amount of salt, sugar, and oil can lead to blood pressure, heart problems (because of high cholesterol) and diabetes. So individuals must take steps to cut down on these three ingredients from their diet.

## **6. Opting for Periodic Health Check-ups**

Periodic health check-ups provide a thorough analysis of an individual's present health status. It also proves to be helpful in early diagnosis and timely treatment of ailments. Individuals searching for lifestyle diseases and their management must schedule an appointment for a health check-up once every 6 months.

## Mental health and wellness

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community”.

Mental health, or mental wellness is essential to your overall health and quality of life. It affects how we think, feel, act, make choices, and relate to others.

### **Definition :**

Mental health includes our emotional, psychological, and social well-being.

### Healthy aging

Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health

## **1. TAKE CARE OF PHYSICAL HEALTH**

Physical health involves staying active, making healthy food choices, getting enough sleep, limiting your alcohol intake, and proactively managing our health care. Small changes in each of these areas can go a long way to support healthy aging

## **2. EXERCISE AND PHYSICAL ACTIVITY**

Physical activity is a cornerstone of healthy aging. Scientific evidence suggests that people who exercise regularly not only live longer, but also may live better

## **3. HEALTHY EATING: MAKE SMART FOOD CHOICES**

Smart food choices can help protect you from certain health problems as you age and may even help improve brain function. The Dietary Guidelines suggest an eating pattern with lots of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins.



## 4. Quit smoking

Quitting will improve your health. Quitting smoking at any age will:

- Lower your risk of cancer, heart attack, stroke, and lung disease
- Improve your blood circulation
- Improve your sense of taste and smell
- Increase your ability to exercise
- Set a healthy example for others