



BHARATHIDASAN UNIVERSITY

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

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

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UNIT – 2

Introduction to Wellness and Lifestyle

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Meaning of Wellness

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

Definition

The quality or state of being healthy in body and mind, especially as the result of deliberate effort.

An approach to healthcare that emphasize preventing illness and prolonging life, as opposed to emphasizing treat diseases.

DIMENSION OF WELLNESS

There are eight dimension of wellness.



1. SOCIAL WELLNESS

In simple words, social wellness is the ability to relate and connect with other people, at work, at home, in our neighborhoods, etc. Social wellness is about building and maintaining positive relationships that add value to our and other people's lives.



2. EMOTIONAL WELLNESS

It is also commonly referred to as mental wellness. Emotional wellness is our own ability to understand and accept ourselves and successfully cope and deal with the challenges and obstacles life and work bring.

Emotional wellness is being able to identify how you're feeling and why; it's about acknowledging and effectively channeling anger, fear, sadness, stress, hope, love, happiness, frustration, etc.



3. SPIRITUAL WELLNESS

Spiritual wellness is our ability to establish peace and harmony in our lives and to be fulfilled by what we do by aligning our values with our actions.

Spiritual wellness is about having a set of guiding beliefs, principles, and values that give meaning, purpose, and direction to our lives.



4. ENVIRONMENTAL WELLNESS

Environmental wellness is being aware of nature, our environment, and our immediate surroundings. It is about protecting the environment and protecting ourselves from **environmental hazards**. *This requires that people think of air, water, and land quality and take the necessary steps to protect it.*



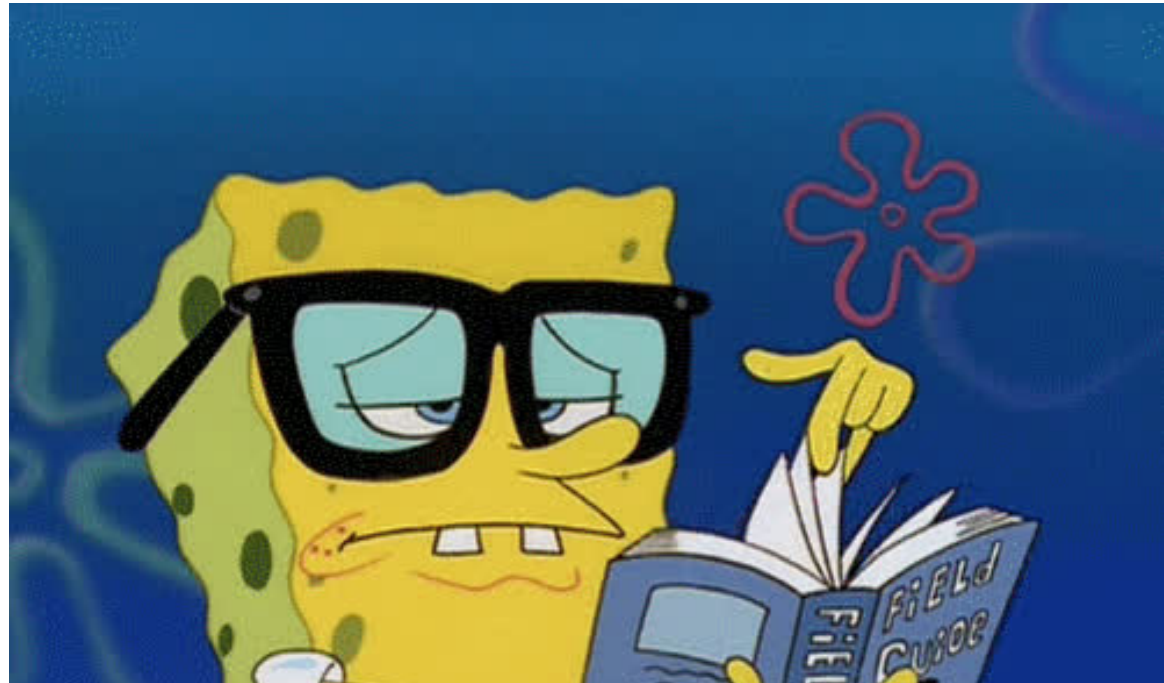
5. Occupational Wellness

Occupational wellness refers to our ability to feel fulfilled with our jobs and chosen career paths, without sacrificing work-life balance; it's about being involved in work activities that allow you to show your talents and skill set.



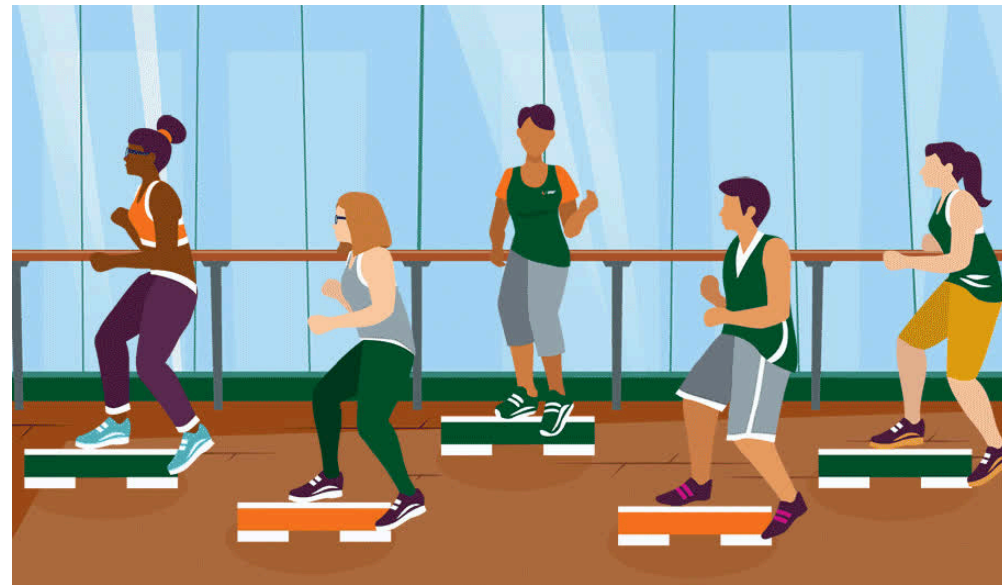
6. Intellectual Wellness

Intellectual wellness encompasses creative and stimulating mental activities. It's about our ability to open our minds to new ideas and experiences that can benefit our personal and professional lives. Intellectually well individuals have a desire to learn and apply new concepts, improve their existing skill sets, and seek new challenges.



7. Physical wellness

- Physical wellness is about taking proper care of our bodies so that our bodies can function properly and optimally.
- Physical wellness encompasses various elements, like activity and nutrition.
- Physical wellness is about being able to complete daily activities without extreme fatigue or physical stress and avoiding destructive habits (sedentary behavior, drugs, alcohol, tobacco).



OBJECTIVES OF WELLNESS AND LIFE STYLE

- Increase quality and years of healthy life.
- Increase healthy and active days.
- Eliminate health disparities.
- Increase adoption and maintenance of appropriate daily physical activity.
- Promote health by improving dietary factors and nutritional status.
- Promote healthy and safe communities.
- Promote availability of high quality health information.
- Increase availability of health care and counseling for mental health problems.
- Avoiding destructive behaviors.

FACTORS AFFECTING PHYSICAL FITNESS AND WELLNESS

1. ANATOMICAL

It must be appropriate in body size and structure because it is essential for the performance in career as well as life. Sometimes genetically impaired organs are responsible for weakness in structure which limits individual performance.

If you want high performance, you should abstain from every unhealthy habit i.e. liquor, cigarettes and fatty foods. And You should adopt a healthy habit i.e. exercise, practice and a healthy diet.

2. PHYSIOLOGICAL:-

Physiological system like muscular, respiratory, circulatory and nervous system must function effectively. This is the external elements of your design that impact your productivity.

Coordination is necessary among the different life system to fit physiologically that can be gained by practice only. For high perform the specific action of the different organ of the body should be guided in a definite direction.

3. *PSYCHOLOGICAL*

Mental factor is the most powerful element of a lifecycle because the mind is the master of the human body.

psychology is which make your mind creative or destructive. If you have control over your mind nothing can become a barrier in your performance. You must be mentally tough/strong and prepared to perform better.

Psychological issues like anxiety and stress, can harm your mental fitness and can cause of low performance.

4. CLIMATE

Physical fitness gets affected by different climatic conditions such as summer, winter, and humid etc. Adaptation is the best way to adjust in any climatic condition for high performance. Varying climatic condition is also in factors affecting physical fitness and wellness that impact upon the productivity.

5. DIET

Diet plays an important role in maintaining physical fitness level. Requirement of balanced diet varies from individual to individual according to activity. Therefore while planning a fitness programme diet factor must also be given due consideration.

A balanced diet helps you to keep mentally active and physically fit. Everyone should obey a disciplined diet plan prepared by their dietician.

6. HEALTHY SURROUNDING

A healthy environment at home/school/playfields is helpful in proper physical growth and educational development of an individual. A green surrounding creates a better learning environment where a positive mindset develop.

There is a need for a proper working environment for participation in any activities otherwise it will affect the fitness of an individual. It also impact upon mindset and productivity.

DIETARY GUIDELINES FOR GOOD HEALTH

To prevent disease, the Dietary Guidelines for Americans recommend a healthy eating pattern. All food and drink choices matter.

Healthy eating includes eating lots of fruits, vegetables, whole grains, and low-fat or nonfat dairy products or fortified soy beverages, and lean proteins.

- **Balancing the food you eat with your activity to reach and stay at a healthy weight.**
- **Drinking alcohol in moderation, if at all.**
- **Limiting foods high in salt , saturated fat , trans fat , and added sugar.**

(United States Department of Agriculture (USDA) and the United States Department of Health and Human Services (HHS))

BALANCING CALORIES

- Eat and drink the right amount for you. *My Plate* is the U.S. government's food guide. It can help you make your own well-balanced eating plan.
- Avoid oversized portions.
- Prevent and/or reduce overweight and obesity through healthy eating and physical activity.
- Control your total calorie intake to manage your weight. For people who are overweight or obese, this means eating fewer calories from foods and drinks.
- Increase your physical activity, and reduce the time you are not moving.
- Eat enough calories, but not too many, during each stage of life—childhood, adolescence, adulthood, pregnancy and breastfeeding, and older age.

FOODS TO INCREASE

- Make half plate_fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Eat more vegetables and fruits.
- Eat different vegetables, especially dark-green, red, and orange vegetables and beans and peas. Eat more whole fruits instead of drinking juice.
- Eat at least half of all grains as whole grains, replacing refined grains with whole grains.
- Eat more fat-free or low-fat milk and milk products, such as yogurt, cheese, or fortified soy beverages.

- Eat different protein foods, such as seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Replace some meat and poultry with seafood.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils.
- Use oils to replace solid fats, like butter, where possible.
- Choose foods that provide more potassium, dietary fiber, calcium and vitamin D. These foods include vegetables, fruits, whole grains, and milk and milk products.

FOODS TO REDUCE

- Compare sodium in foods like soup, bread, and frozen meals—and choose the foods with lower numbers.
- Drink water instead of sugary drinks.
- Reduce daily sodium intake to less than 2,300 milligrams (mg).
- Reduce calories from saturated fats to less than 10% of total calories by replacing them with unsaturated fats monounsaturated and polyunsaturated.
- Limit trans fats which are in partially hydrogenated oils and other solid fats.
- Reduce the intake of calories from added sugar to less than 10% of total calories.