



IMPORTANCE OF PHYSICAL FITNESS, PHYSICAL ACTIVITY, YOGA AND MEDITATION IN HEALTHY LIFESTYLE MANAGEMENT

Vaishali P.Telkhade

Kala Wanjya Mahila Mahavidyalaya, Ballarpur.

*Corresponding Author: Vaishalichore@gmail.com

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ABSTRACT:

In an age where the younger generation is increasingly turning obese and facing health issues at an abnormal rate, fitness plays a very vital role. One can achieve complete control of mind over body by being both physically and mentally fit...Yoga and meditation have been practiced in India since ancient times and provides a healthy mind and a sound body.

Key words: - *Fitness , Yoga Practices , Healthy Lifestyle.*

INTRODUCTION :

Physical Fitness is an ability to perform all sort work related to sports as well as other as well. Physical Activity is an activity which we can do throughout our day and accomplish our task. Yoga is a physical, mental and spiritual activity which controls our mind for the sake of healthy lifestyle. Meditation is an activity in which one can focus one's mind on a particular object for getting peaceful mind. Good nutrition, daily exercise and adequate sleep are the foundations of healthy living. A healthy lifestyle keeps you fit, energetic and at reduced risk for disease. According to World Health Organization, Healthy living is a way of living that helps you enjoy more aspects of your life.

Importance of physical fitness in healthy lifestyle management occur many benefit for the development of the body as well. Physical fitness is always essential for all . In order to get rid of diseases, one must be fit throughout our life. It can also say that we can increase our life by maintaining fitness. Yoga practices always repair our inner problems of our body which is definitely wealth of our health. Meditation is always concentrate on our mind . Yoga can

support the healing process and help the person experience symptoms with more centeredness and less distress.

Benefits of Yoga

- Yoga improves strength, balance and flexibility. ...
- Yoga helps with back pain relief. ...
- Yoga can ease arthritis symptoms. ...
- Yoga benefits heart health. ...
- Yoga relaxes you, to help you sleep better.

Healthy Lifestyle improves our living of standard. We all know that sound Mind in a Sound Body. A benefit of Yoga is one of the most used methods in the mind-body connection. Yoga refers to a type of exercise based on controlled breathing diet exercise and a series of physical postures. Yoga is very useful because it helps us to control our mind contributes to health and works as a stress-reducer. The term Yoga means union. A Yogis ultimate aim is to attain this union with the eternal self with the help of mental and physical exercise. The entire credit goes to Maharshi Patanjali the founder and father of Yoga. Yoga is an art which takes into purview the mind the body and the soul.

Today Baba Ramdev is spearheading the Yoga movement to make India and Indians healthy and wise. Yoga practices

The importance of a healthy lifestyle

It's not just a balanced diet that's enough but also healthy practices of eating. Some of them which you can follow are:

- Eat-in smaller portions – You can do this by eating in small bowls to trick your brain into thinking it to be larger portions.
- Take time to eat – Not rushing your meals in between other work but taking the time to nourish your meals can send signals to your brain that you've had enough food necessary for functioning.
- Cut down on snacks – Unhealthy snacks are a strict no as they hamper your hunger. Switching to healthy bite-sized food can help.
- Curb emotional eating – Binge eating can be extremely harmful. Using it to relieve yourself from stress, sadness, or anxiety may affect your health. Instead, you can use healthier alternatives to beat negative emotions.

As per the physical activity is concerned, it is essential to live a happy life. Physical education's principal goal is nearly identical to that of all education: to provide a child with a full existence each day. Objectives are more concrete, certain items that build up to and aid in the achievement of the goal. These are more practical, more attainable, more significant in terms of achieving goals. The most important steps or points of importance for aims and objectives are that they are not only declared and accepted, but also pursued and laid out in action. Objectives assist the physical educator in better understanding what he is attempting to accomplish. As a result, objectives are desired learning outcomes that can be achieved by participation in an effective physical education and sport programme.

Physical Education's Goals:

Educationists have made a variety of statements about the goals or realistic

Consequences of a physical education programme, and it's worth analysing a few examples:

- (i) Achieve and sustain peak physical performance.
- (ii) Hone useful abilities
- (iii) Act in a socially acceptable manner.
- (iv) Engaged in healthy recreation
- (v) Through sports, develop individual and inter-cooperative relationships.

Live Healthy, Live Longer

The World Health Organization defines the term 'healthy living' as maintaining a healthy lifestyle and also inculcating personal habits which can, over time, lower the risk of being seriously ill, and can prolong one's own lifespan. While on the face of it this may sound easy, we all know that it is easier to preach than practice. However, the pandemic has made us all realize the immense importance of healthy living and for us to take necessary steps to strengthen the immune system—our first line of defense. What's more, it's not that difficult. And no, healthy living doesn't always involve heavy and intensive workout sessions, or spending long periods of time in the gym. A lot many people also believe that maintaining a healthy lifestyle can punch a huge hole in your pocket. But rest assured, nothing could be further from the truth. Living healthy is a set of steps within the grasp of everyone.

Impact of Yoga:

The body triggers a line of beneficial chemical processes within the body, slows the heart rate, and reduces the level of blood lactate. Blood circulation can be improved in the body through Yoga and Pranayama. It has been found through studies that the benefits of Yoga include increased focus, concentration levels and mental clarity.

Impact of Meditation:

It has the ability to enhance skills like attention, memory, and emotional intelligence. Studies show that meditation has proved to decrease anxiety levels, thereby increasing resilience and performance under stress. It has been proved scientifically through various studies that the human mind is most creative and come up with the brightest insights and breakthroughs when the mind is in a relaxed state of mind.

Findings

The study has given insights into the benefits of Physical Fitness, Physical Activity, Yoga and Meditation in daily life and how it is used to maintain a sense of well being and alleviate a range of health problems and ailments. Therefore it can be used as an alternative for medical therapy for numerous health issues like stress, anxiety, depression, and other things related to health as well.

CONCLUSION :

Thus we can say that in order to be happy in our life we must do regular exercise to be fit in life and also physical activity is must for everyone who is a player or not. For improvement of concentration and benefits of increased feelings of relaxation, improved self-confidence and body image, improved efficiency, better interpersonal relationships, increase in attentiveness through Yoga and meditation as a way of life encourages an optimistic outlook on life. Therefore for healthy lifestyle we should do regular activities according to the need of the body.

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