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Pillars to lead healthy life style and healthy ageing

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Abstract

Physical fitness, although it's generally agreed that fitness is a crucial a part of the traditional growth and development of a toddler, generic definition regarding the precise nature of fitness has not been universally accepted. Fitness (Health related) includes those aspects of physiological function that provide protection from diseases resulting from a sedentary lifestyle. It are often improved or maintained through a daily program of physical activity that adheres to principles of exercise. Specific components of Health related fitness include Endurance, Body composition, Strength and adaptability. Cardiovascular Fitness or Endurance, this is often also referred to as stamina and is that the ability of your body to continuously provide enough energy to sustain sub maximal levels of exercise. To try to to this the circulatory and respiratory systems must work together efficiently to supply the working muscles with enough oxygen to enable aerobic metabolism. this sort of fitness has enormous benefits in our lifestyle because it allows us to move throughout the day, to unravel the issues we will systematically follow certain key points like 1) Right labour, 2 Right diet, 3 Right sleep, 4) Right Meditation and meditation,5) Right Mental fitness to practice as observance.

Keywords: Physical fitness, healthy life style, the precise nature

Introduction

W.H.O has stated that health may be a complete Physical, Mental, Social fitness and not merely the absence of diseases. This shows that for achieving health the above stated components got to be satisfied it also allows us to urge involved in sports and hobbies. If we've good cardiovascular fitness then our health is additionally good because it helps with, metabolism, improved delivery of oxygen, faster removal of waste products, decreased levels of stress. Body composition is that the amount of muscle, fat, bone, cartilage etc that creates up our bodies. In terms of health, fat is that the main point of interest and everything else is termed lean body tissue. The quantity of fat we feature varies from person to person and healthy averages vary with gender and age. A healthy amount of fat for a person is between 15 to 18 percentage and for ladies is higher at 20 to 25 percentages. it's important to take care of a healthy percentage of body fat because, excess body fat can contribute to developing variety of health problems like heart condition and Diabetes, Strain on the joints muscles and bones, increasing the danger of injury. Strength is vitally important, not only in sports but in day-to-day life activities. we'd like to be strong to perform certain tasks, like lifting heavy bags or using our legs to face up from a chair, climbing stairs, digging the garden and cleaning, repeated running and kicking, repeated swinging of the arm to hit the ball in tennis and repeating the stroke in swimming. Strength is defined because the ability of a muscle to exert a force to beat a resistance. Strength is vital for our health because it enables us to avoid injuries, maintain good posture and remain independent in adulthood. Flexibility is that the movement available at our joints, usually controlled by the length of our muscles. This is often often thought to be important like strength or cardio vascular fitness. However, if we aren't flexible our movement decreases and joints become stiff. Flexibility in sports allows us to perform certain skills more efficiently, for instance a gymnast, dancer or diver must be highly flexible, but it's also important in other sports to assist performance and reduce the danger of injury. In daily activities we must be flexible to succeed in for something during a cupboard, or off the ground. It also helps to, prevent injuries, improve posture, reduce low back pain, maintain healthy joints, and improve balance during movement. A number of the advantages of normal exercise are.

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(i) Positive mood, (ii) More energy, (iii) Enhances self-esteem and self-confidence, (iv) Helps reduce stress, (v) Depression and anxiety, (vi) Better health.

The keys to lead healthy life style ie,

- 1) Right labour,
- 2) Right diet,
- 3) Right sleep,
- 4) Right Meditation and meditation
- 5) Right Mental fitness

Right labour

Right labour is additionally an important part within the awakening of man's consciousness and energy. We've already started getting everything done by others. We appoint others to wish for us and that we are unnecessarily using an excessive amount of human resources, science and technology. All the strength, all the vitality of life is lost because man's body and man's being are created for a particular amount of labour and now he has been spared from all that employment.

One morning Lincoln was polishing his shoes in his house. One among his friends who was visiting him, said, "Lincoln! What are you doing? You polish your own shoes?"

Lincoln said, "You surprise me! Does one polish other people's shoes? I'm polishing my very own shoes – does one polish others' shoes?"

The friend said, "No, no, I buy my shoes polished by others!"

Lincoln said, "It is even worse to urge your shoes polished by others than to shine others' shoes. What does it mean? It means we are losing our direct contact with life (Our direct contacts with life are people who come through labour), nature, physical demanded natural work.

Right diet

Dr Kenneth Walker has said in his autobiography that consistent with his lifelong experiences whatever people eat, half it fills their stomach and half it fills the stomachs of the doctors. If they eat only half what they typically eat then they might not vomit in the least, and there would be no need of doctors. Some people get sick because they are doing not get enough food and a few people are sick because they get an excessive amount of food. Some people die of hunger and a few people die of overeating. And therefore the number of individuals dying of overeating has always been greater than the people dying of hunger. Therefore the very first thing is that each person should be very aware and conscious about his eating. It's necessary for a person to stay conscious of what he eats, what proportion he eats, what its effects are on his body, what should a person eat and what should he not eat? Man's body is formed of chemical elements. The entire process of the body is extremely chemical. If alcohol or nicotine is put into a person, then his bodies are going to be suffering from the chemical- it'll become intoxicated, unconscious. However healthy, however peaceful the person could also be, the chemistry of the intoxication will affect his body. However saintly a person could also be, if he's given poison then he will die. For a right diet the primary thing to recollect is that's shouldn't create excitement, it shouldn't be intoxicating, it shouldn't be heavy. After eating rightly you ought to not feel heaviness and drowsiness. Psychologist Pavlov conducted some experiments on animals and he reached a tremendous conclusion. He experimented on some dogs and cats. He gave food to a cat and he observed the cat through an X-ray

machine to ascertain what happened in cat stomach, after ate food. When the food went into the stomach the stomach immediately released digestive juices. At an equivalent time a dog was delivered to the window of the space the cat was in. When the dog barked, the cat became afraid and therefore the X-ray machine showed that the secretion of digestive juices within her stopped. The stomach closed. It shrank. Then the dog was removed, except for six hours the stomach remained within the same condition. The digestive process of the food didn't resume and therefore the food remained undigested within the stomach for 6 hours. After six hours, when the juices started flowing again, the food wasn't during a digestible state. It had become solid and had become difficult to digest. When the cat's mind became worried about the presence of the dog the stomach stopped its work. Then what about our situation? We sleep in worry for 24 hours each day and that we are scared of many things. It's absolutely a miracle how the food we eat gets digested. And the way we remain alive! The other a part of right food is that you simply should dine in a really peaceful, joyful state. If you're not in such state, then it's better to attend till you're and to not eat for a short tie. When the mind is completely ready, only then should have his meals.

Right sleep

The one that cannot sleep rightly cannot live rightly. Sleep isn't a waste of your time. The eight hours of sleep aren't being wasted; rather due to those eight hours, you're ready to stay up for sixteen hours. Otherwise you'd not be ready to stay up all that point. During those eight hours life energy is accumulated, your life gets revitalized, the centers of your brain and heart settle down and your life functions from your navel centre. Some people opposed sleep and felt that it had been a waste of time, that there was no got to sleep for therefore long. These People calculate everything, make statistics about everything, and are really strange. They need calculated that an individual sleeps for eight hours. One-third of his day goes into sleeping. If an individual lives for sixty years than twenty years have gone to waste. Out of a life-span of sixty years, only forty years are available to be used. Sometimes they need calculated even more. They need calculated what proportion time a person takes to eat food, to wear clothes, to shave, to bathe, and so on. After calculating everything they said that nearly our whole life goes to waste. And once they subtracted all that point, they realized that it just seems as if an individual lives for sixty year-actually, twenty years enter sleep, some years enter eating, some years enter bathing, and a few years enter reading a newspaper. Everything goes to waste and zip remains in life. These people created a panic lifestyle.

Right meditation

One among the beauties of the physical practice of meditation is that the poses support and sustain you regardless of how old or young. Meditation is that the world most sophisticated and powerful mind-body health systems. Quite a mere system of treating illness, Meditation may be a science of life, It offers a body of wisdom designed to assist people stay vibrant and healthy while realizing their full human potential. It uses the inherent principles of nature, to assist maintain health during a person by keeping the individual's body, mind and spirit in perfect equilibrium with nature. Practicing Meditation also improves your, an ideal win-win situation, tips and suggestions for a healthier lifestyle. Meditation is that the extension and control of one's breathe. Practicing proper

techniques of breathing can help bring more oxygen to the blood and brain, eventually helping control the vital life energy. Meditation also goes hand in hand with various asanas. The union of those two principles is taken into account because the highest sort of purification and self-discipline, covering both mind and body.

Right mental fitness

The W.H.O defines psychological state as "a state of well-being during which the individual realizes his or her own abilities, can deal with the traditional stresses of life, can work productively and fruitfully, and is in a position to form a contribution to his or her community. Psychological state isn't just the absence of mental disturbance. It's defined as a state of well-being during which every individual realizes his or her own potential, can deal with the traditional stresses of life, can work productively and fruitfully, and is in a position to contribute to her or his community. (S.K Mangal 1991) Mental fitness isn't synonymous to health; it plays an important role altogether aspect of health because they're inextricably related. The researchers need to develop various packages for strengthening psychological state promotion. We will say that there's no health without psychological state. The essential dimension of psychological state is obvious from the definition of health within the WHO constitution: "Health may be a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." psychological state is an integral part of this definition. The longer term of our country depends on the psychological state and strength of the children. However, many children suffer from psychological state problems that interfere with normal development and functioning. In the U.S., 1 in 10 children and adolescents suffer from mental disease severe enough to cause some level of impairment. However, in any given year, it's estimated that but 1 in 5 of those children receives treatment. Recent evidence compiled by the planet Health Organization indicates that by the year 2020, childhood neuropsychiatric disorders will rise proportionately by over 50 percent, internationally, to become one among the five commonest causes of morbidity, mortality, and disability among children. In most countries, particularly low and middle-income countries, psychological state services are severely in need of resources in both human and financial. Even less funding is out there for psychological state promotion, an umbrella term that covers a spread of strategies, all aimed toward having a positive effect on psychological state. The encouragement of individual resources and skills, and enhancements within the socio-economic environment are among the strategies used. Psychological state promotion requires multi sectorial action, involving variety of state sector and nongovernmental or community based organizations. The main target should get on promoting psychological state throughout the lifespan to make sure a healthy start in life for youngsters and to stop mental disorders in adulthood and adulthood. During this positive sense, psychological state is that the foundation for well-being and effective functioning for a private and for a community. The psychological state features a link with social health also. Psychological state promotion involves actions that make living conditions and environments to support psychological state and permit people to adopt and maintain healthy lifestyles. This includes a variety of actions that increase the probabilities of more people experiencing better psychological state.

Psychological state is decided by socio-economic and

environmental factors. Psychological state and psychological state disorders are determined by multiple and interacting social, psychological, and biological factors, even as health and illness generally. The clearest evidence is related to indicators of poverty, including low levels of education and in some studies with poor housing and poor income. Increasing and persisting socio-economic disadvantages for people and for communities are recognized risks to psychological state. The greater vulnerability of disadvantaged people in each community to psychological state disorders could also be explained by such factors because the experience of insecurity and hopelessness, rapid social change, risks of violence and physical unhealthiness. A climate that respects and protects basic civil, political, socio-economic and cultural rights is additionally fundamental to psychological state promotion. Without the safety and freedom provided by these rights, it's very difficult to take care of a high level of psychological state. Psychological state is linked to behavior, mental, social and behavioral health problems like drug abuse, violence, abuse of girls and youngsters, health problems like depression, anxiety, high unemployment, low income, limited education, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, and human rights violations may interact to accentuate their effects on behavior and well-being. The psychological state of an individual also linked with the social health. The experiences and delight of the lifetime of the people are strongly affected and determined by the opposite people. How we expect about our self and the way others believe us often determine how we behave in specific social situations also influence our psychological state and behavior. If the life proceeds on these points with physical activities, then there's an opportunity to steer a cheerful life.

Conclusion

Understanding the distinctive features of the health and fitness and the components of every will help physical educators develop program goals and performance based student objectives and measure progress toward those goals. It's suggested that dichotomizing the definition of fitness shouldn't lessen the importance of every within the curricular construction. This departure from the traditional notion of fitness has resulted during a clear differentiation between physical fitness related to functional health and well being and physical performance associated with athletic ability. A practitioner must remember that this definitional distinction has curricular implications. Through research and scholarly enquiry, it's clear that the multidimensional characteristics of fitness are often practice with above discussed dimensions.

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