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Fitness and dietary habits

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Abstract

Nutrition plays a significant role in the fitness of the people. Taking a balanced diet having all the nutrients which are essential to the body to perform the daily routine activities is very important. It becomes important to intake the proper and balanced diet containing all the nutrients as every nutrient is important for the body and lacking of anyone can disturb the functioning of the systems of the body and cause many diseases. One should make a regular habit of drinking 8 to 10 glasses of water every day which maintains the accurate temperature of the body. Chewing properly and eating slowly helps in proper digestion of the food. Drugs and alcohol in any case are not good for the body. The proper nutritious diet always cares the body and saves from diseases and disorders. Dietary habits are simultaneously important to yield the better results of food intake. This diet leads to healthy and fit body. The fitness of the individual is improved with the proper intake of food and good eating habits.

Keywords: Nutrition, dietary habits, fitness

Introduction

Healthy eating doesn't restrict all the food you love. The food you eat boost energy, good health, happiness, positive feelings and upliftment of the mood. The good food always keeps you positive. The best food is considered in its original form and close to the nature because it contains lots of nutrients and minerals. The diet which contains an adequate or balanced amount of protein, vitamin, minerals, carbohydrates, fats, fibers leads to a sustainable healthy and fit body.

Nutrition plays a significant role in the fitness of the people. Taking a balanced diet having all the nutrients which are essential to the body to perform the daily routine activities is very important. To remain fit and healthy, we need to do the exercises like walking, jogging, cycling, swimming, and aerobics etc. The exercises boosts up the metabolism and burn the calories to release the fuel. This fuel is required to perform these exercises. And this energy comes from the proper food having proper amount of carbohydrates, fibers, fat, vitamins, minerals etc. Good food /diet help in maintaining the healthy weight. It reduces the risk of diseases and assists in promotion and maintenance of overall health. Good appetite furnishes efficient blood sugar level which is required for muscles and brain for working efficiently.

One must understand the role and importance of different nutrients such as protein, fat, carbohydrate, minerals, and water for body. Protein is important for building and repairing of cells, tissues, organs of the body. Protein improves the functioning of the immune system, growth and development of the body. Protein also reduces the risk of diabetes, stress, depression, anxiety, cardio vascular diseases. It is good for the growth of hair, nails and skin etc. It boosts up the energy and enhances the working capacity of the body as well increases the working efficiency of cognitive abilities. Vegetarian food contains almost all the proteins required by our body. However too much of protein can harm your kidneys also. Fat is always considered as bad nutrient of the food, as it is considered responsible for obesity and weight gain, high cholesterol and many other diseases. But all fat is not bad. Good fat protects/ saves the brain, heart and many other organs of the body. Fat boosts/ enhances the good mood and wellbeing of the individuals. Polyunsaturated and monounsaturated fats are considered as good fat. It supplies energy for the endurance activities. It helps in boosting the good moods, cognitive activities, resisting fatigue and maintaining overall health. Good fat reduces the bad cholesterol (LDL) and increases good cholesterol (HDL). It lowers the risk of heart diseases, stroke, and blood pressure. It is the major source of energy.

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The carbohydrate which remains unutilized converts into the fat and deposits near the waistline or other fat depositing areas. Although, Vitamins are required in the less quantity, but they play a very significant role in maintaining good health. Vitamins are good for fighting with diseases. Vitamins increase immunity and save from diseases. Vitamins cannot be produced by the body itself except vitamin D. They are found in plants and vitamins as the deficiency of vitamins may lead to many diseases. Minerals are very significant and required by our body to retain a good health. They are responsible for the proper and efficient working of all the systems of the body.

Besides these nutrients, Water also plays an important role in the detoxification of the body. It drains out the waste product from the body and maintains the temperature of the body. Water helps in recovery. It increases the working efficiency of the brain and reduces headache. Water is essential for digestion, absorption and transportation of nutrients and accelerates the metabolism process.

Considering the significance of the different nutrients, it becomes important to intake the proper and balanced diet containing all the above mentioned nutrients as every nutrient is important for the body and lacking of anyone can disturb the functioning of the systems of the body and cause many diseases. For sustainable and improved fitness it is essential to bring changes in our dietary habits.

- **Should have proper breakfast in the morning:** It is important to have breakfast in the morning as it starts the metabolism of the body. The breakfast should contain an adequate amount protein and fibers which gives fuel to work properly and helps to start your day with enthusiasm and energy and also helps to work calmly in the right direction and with the right decision. Skipping of the breakfast may lead to feeling of lethargic and weakness etc.
- **Drink water in the ample quantity:** One should make a regular habit of drinking 8 to 10 glasses of water every day which maintains the accurate temperature of the body. Water cells of the body in a healthy state and improves the functioning of the brain. Sufficient amount of water helps to maintain the weight of the body as it reduces the feeling of hunger hence prevent over eating. The availability of adequate amount of water in the body reduces the state of confusion and keeps you energetic and active. Water is good for detoxification and helps in weight loss.
- **Do not restrict any food:** One should not restrict or forbid any particular food as it may tempt more. So instead of restricting the food, one should reduce the quantity of intake or can serve in a little bowl or little plate and further salad and fruits can be added to satisfy the hunger.
- **Do not eat in hurry:** Whatever the food you take must be eaten slowly. "Take a little and eat for a long" should be the pattern of eating as it satisfies the brain of having of sufficient food. Chewing properly and eating slowly helps in proper digestion of the food hence is the proper utilization and absorption of nutrients which results in good health.
- **Eat with companion:** Try not to eat alone or sitting in front of the television, actually it diverts the mind and results in over eating. The friends or companion can help you to execute and maintain your promises or plan of following good dietary habits to maintain ideal weight and good health.

- **Control emotional eating:** Do not eat when you are upset or sad, bore or lonely. Theories say that people eat more in those conditions hence this overeating leads in increase of weight.
- **Add more fruits and vegetables in your meal:** Fruits and vegetables carry low calories and on the other side they are full of minerals, anti-oxidants, fibers, vitamins, which energize the body and helps in maintaining the proper weight. They increase the immunity and prevent from many diseases and increase the working efficiency.
- **Plan proper meals:** It is again a good dietary habit to be maintained to remain fit. It needs the proper planning of the meal you intake. How much calories should be taken, and meal should be balanced including all the nutrients in the balance quantity required by the body. Less snacks and more fibrous food can help to maintain the proper weight and keeps you fit.
- **Don't take last meal late (dinner):** Researches prove that approximate gap between the dinner and breakfast should be 14-16 hours as it enhances the working efficiency of digestive system and helps in maintaining weight and reducing obesity.
- **Say no to drugs and alcohol:** Drugs and alcohol in any case are not good for the body. They are dangerous to our health. Drugs have many deadly side effects on the health of people which endanger their life. Alcohol is again is not good for health and further served with snacks of high calories. This increases the weight and thus obesity. If someone is unable to avoid the alcohol can restrict its quantity and frequency. It will not only help in controlling the weight but also the health related problems.

The proper nutritious diet always cares the body and saves from diseases and disorders. Dietary habits are simultaneously important to yield the better results of food intake. This diet leads to healthy and fit body. The fitness of the individual is improved with the proper intake of food and good eating habits.

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