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The need and importance of physical fitness, health, and wellness in sports and games

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Abstract

Fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick. Exercising also helps you control stress better, and can make you feel happier and less nervous.

As we know, a healthy body has a healthy brain which is ultimately related to the success of individuals in its lifespan. In physical fitness regular scientifically designed and custom-made fitness programs supported by the old and culturally supported fitness program, they altogether play a very important role. As there is a famous and old phrase, health is wealth which emphasizes the importance of good health for quality of life. To remain fit throughout life, there is a constant need for awareness of different parameters which support the overall well-being of health. To excel in sports, one must have a high level of fitness and endurance because success in sports is ultimately the result of high degree of important role in emotions feelings of individual. Physical fitness and wellness for sport is also supported by good quality of nutrition with proper training. Overall health and fitness play a very important role in all aspects of life whether it is sport, study, carrier, or anything else.

Keywords: Health, nutrition, physical fitness, wellness

Introduction

To put it simply, physical activity and exercise is important for everyone. Children, adolescents, and adults of all ages need regular physical activity. Physical activity promotes good health, and you should stay active throughout all stages of your life regardless of your body type or BMI. Understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life.

An individual can do his regular work effectively with joy and pleasure, after the work is over he still has sufficient capacity to do more work without any exertion. Moreover, his recovery is faster and quicker.

The person who remains energetic, enthusiastic and cheerful in doing his work is said to be physically fit. The level of physical fitness varies from person to person. It depends upon the nature of work, size, shape and structure.

Every game requires different levels of physical fitness depending upon the type of activity. A fit person can do daily routine work without any fatigue, also able to participate in playful activities and still reserve capacity to meet any emergency.

Physical fitness, as we know it today, seems to be relatively modern invention – something that started vaguely in the 70s with jogging and jazzercise. However, physical exercise obviously goes back much further than that, to a time where people would not have thought of it as working out, but rather a way of life. Centuries and millennia ago, they did not have all the machines and weights and gyms that we have today, and yet they were in better shape than we are. To understand why this is, how we got to our modern fitness culture, and what we have lost along the way, it's helpful to take a look at the history of exercise. In the most general terms, a fit person is able to perform tasks with more sustainable energy and for longer periods than an unfit player. However, fitness is more than just the ability to work longer; in fact, it includes a number of components. Regular exercise is one of the best things you can do for your health. It has many benefits, including improving your overall fitness. There are many

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different types of exercise; it is important that you pick up the right types for a sport. Most of player benefit from a combination of them.

Endurance

Endurance is the ability to sustain or continue the activity. In other words, it is the ability to resist fatigue for a longer period. Endurance is required for almost all the major sports. It is one of the important components for middle and long-distance races, football, hockey, basketball, handball, etc. Aerobic activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system and improve your overall fitness. As like cycling, walking, running, jogging, and swimming. Balance exercises can make it easier to walk on uneven surfaces and help prevent falls. To improve your balance, try chi or exercise like standing on one leg.

Types of Endurance

It is required for all kinds of races, swimming, cycling and mountaineering.

• Speed Endurance

This is the type of endurance in which the activity is done with high speed and intensity. This endurance is for a shorter duration (from 30 to 60 sec) with 80% to 90% of top speed ability.

This type of Endurance required in medium distance races, swimming, basketball, tennis, badminton etc.

• Strength Endurance

In this type of endurance, activity is done powerfully and forcefully for a longer duration. This duration is from 2 to 3 minutes. Strength endurance is generally performed in absence of oxygen. It is required in wrestling, boxing, Judo, etc.

• Long term Endurance

This type of Endurance is required when the activity is done for a longer duration and the speed is slow. It delays fatigue. This endurance is required for long-distance running, cycling, cross country, marathon, football, etc.

Strength

Resistance training, exercise makes your muscles stronger. Some examples are power lifting, weightlifting, gym, and using a resistance band. Flexibility exercises stretch your muscles and can help your body stay limber. Yoga and doing various stretches can make you more flexible.

Fitting regular exercise into your daily schedule may seem difficult at first. But you can start slowly and break your exercise time into chunks. Even doing 10 min at a time is good. You can work your way up to doing the recommended amount of exercise. How much exercise you need depends on your age and health.

Physical fitness refers to being in good physical condition sometimes referred to as being in condition or in shape. The health-related factors to physical fitness include muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. Muscular strength is the ability of our muscle to exert maximal force in a given motion range. Muscular endurance is the ability of muscle to exert submaximal force throughout a certain range of motion or at a certain point over a specified period of time. Cardiovascular endurance refers to the ability to go on with training of the system over a longer period of the time. The ability of a joint

to move through full motion range is called flexibility. Body composition is the ratio of lean mass of body to the fat body mass. The skills related factors to physically fitness include speed, ability, power, coordination, balance, and reaction times. Physically fitness is when you are using your body. Fitness is anything including being fit. Being physically fit means to have your body in a state of all round wellness.

Physically fit is when your body has a low fat percentage, chemical balances are good, and all functions of the body are working well. Fitness in the phrase “physical fitness” is being able to move and deal with weights and stresses such as running, without damage, and with reasonable stamina. It means having muscles in good condition and able to exert force when needed. It means being healthy, supple, and aware. The body adjusts very particularly toward the training stimuli it’s needed to cope with. Your body will work best in the specific speed, kind of contraction, muscle group usage, and power source usage it is familiar with in training. To be able to enhance your strength, endurance, and fitness, you need to progressively boost the frequency, intensity, and duration of your workout routines. An easy way to excite you’re is to test different sports activities. Since the body will adapt inside a highly specific method to working out it receives, a powerful sports foundation is required before specific training techniques works brilliantly.

The specificity principle simply states that, therefore, training must move from highly general training to highly specific training. For instance, if you’re a runner, being by helping cover their easy running and general weight training before moving onto explosive training when it comes to plyometrics or sprints from the blocks. By trying to complete explosive, intense training too early, you will risk such training being ineffective and perhaps leading to injuries. The key of specificity also suggests that being better in a particular exercise or skills. Your weight training exercises need to emulate exactly the same actions that you want to perform throughout sports competition.

Discussion

Health, according to the World Health Organization, refers to a state of complete mental, physical, and social well-being and not just in the absence of infirmity or disease. The dimensions of health include emotional, physical, intellectual, spiritual, and social. I think physical health refers to the state body is in regarding its compositions, functions, development, and maintenance. The intellectual dimension is the ability to come up with skills and knowledge essential in enhancing our life. The emotional dimension means one’s ability in accepting and coping with their situation, and the feelings of other. Social dimension refers to the ability in building and maintaining relationships that satisfy our need naturally. This is vital because we are social beings. Spiritual dimension refers to our ability to search for the purpose and meaning of life. Factors influencing our health include the economic and social environment, our individual behaviors and characteristics, and the physical environment. The economic factors affect our choices regarding health. The rich can easily access vital services that can help transform health status. Issues explored regarding the physically environment include clean water and air, healthy work environments, good roads, and safe house with favorable neighborhoods. The individual behaviors for instance social networks are associated with good health. The genetic aspect as well as the gender aspect are associated with our making and are essential in determining our health. Accessibility to health services also

influences our health in the sense that information and services regarding our health are readily available.

Health

According to WHO, "Health is a complete state of physical, mental, social well-being of an individual and not merely the absence of disease or infirmity."

According to Wikipedia, "A healthy lifestyle is one which helps to keep and improve people's health and well-being."

Healthy lifestyle reflects our attitude, habits, behavior and traditions towards health. It also reflects the person's self image and self concept towards healthy living activities. Good health is the base of an individual's personality.

The lifestyle changes can improve the health of an individual, like to do regular physical activity, eat nutritious food, avoid fried and junk food, drink sufficient water, maintain personal hygiene, and a good posture, take proper rest and sleep, manage stress and tension, recreate oneself, stay happy, no to intoxicants, avoid pollution, medical care, etc. Human life is based upon the body one keeps. All the activities of life are done with the help of a healthy and fit body. Nature has created humans to perform various types of activities efficiently.

Today, modernisation has made human life very easy, as most of the work is performed by machines. The sedentary lifestyle has reduced human efficiency.

The lazy lifestyle of humans has also led to many health problems like, cardiac-disorders, diabetes, cancer, asthma, obesity and many more chronic problems.

Today, our environment is polluted, human life becomes stressful, people are on a poor diet and have unhygienic habits. This has increased the health problems in humans. In the present time, we desperately need physical fitness, wellness and healthy lifestyle programmes to improve our fitness and reduce health problems. It leads the man towards progress and prosperity.

Wellness

Wellness is defined as the condition or state of being in good mental and physical health. Every aspect of our wellness is affected by stress. The dimensions of wellness include social, spiritual, emotional, occupational, environmental, physical wellness, and intellectual well-being. Social wellness refers to our ability to relate and connect with the other people in our places. The emotional fulcrum is our ability to understand ourselves and cope with challenges brought by life.

Our ability to establish peace with ourselves is categorized as spiritual wellness. Recognizing our own responsibility regarding the quality of air, water, and land is entailed in environmental well-being. Occupational wellness is our ability to get fulfilment from jobs or in the careers we choose. The ability to open our own minds to ideas that are new is inclusive in intellectual wellness. Physical wellness refers to our ability to maintain a healthy quality of life that permits us to go on with our daily activities. Factors influencing wellness include health habits, family history, environment, access to health services, attitude, and media and technology. Health habits for instance can lead to heart disease. Our daily health choices affect our level of health. The family history plays role in pre-disposition to a wide variety of condition that affects our wellness. Examples of these conditions include heart disease, cancer, stroke, and diabetes. The physical environment refers to the things that we got exposed to in our workplaces, schools, and the general environment. They include air, radiation, water, sound, crime, and recreational

facilities. Our access to health services for instant vaccination, screening, and early treatment is essential in improving our quality of in life. Our attitude, for instance optimism, affects wellness by interacting with our decision.

Sports

The human race is known to have deliberately or accidentally invented sports as part of culture rather than nature. It is not really known when humankind started to invent sports. The most famous association and religious sports, the Olympic Games, date as far back as 776BC through it might have been in existence long before then. The early occupation of man seems to be the genesis of all modern sports. The definition of sport usually includes a broad and inclusive spectrum of activities suitable to people of all ages and abilities. By its very nature, sport is more about participation, inclusion, and citizenship. Sport has a unique power to attract, mobilize, and inspire. Its intrinsic values: Teamwork, fairness, discipline, and respect for the opponent and the rules of the games, can be harnessed in the advancement of solidarity, social cohesion, and peaceful coexistence. The interaction between health wellness is quite essential in our lives because of many benefits that encapsulate. They include reduced risk of premature death, reduced risk of cardiovascular disease, decrease in resting hearth rate, regulation of normal blood pressure, decrease in body fat, increase in high-density lipoprotein and decrease in low-density lipoprotein, and reduced risk of diabetes. Other benefits we gain include joint stability, strengthened bones, increase in muscle mass, increase in resting metabolism, improve core strength, improved balance and coordination, improved body image and selfesteem, reduced depression, and mass management. Weightlifting, power lifting also offers us a way of trimming fat, increases muscle mass, and the boosting immune system. Measures in maintaining our bodies healthy, well, and fit include engagement in aerobic exercise daily. There seems to be a closer relation between wellness and health, as well as the factors that affect components. There is also an enormous value in maintaining fitness in regard to the health status attained.

Conclusion

Several factors as explored hear above are important in determining physical fitness, health, and wellness in our lives. There seems to be a closer relation between wellness and health, as well as the factors the components. There is also an enormous value in maintaining physical fitness in regard to the health attained. Hence, the good player having physical fitness, health, and wellness.

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