

CHAPTER 3 - PHYSICAL FITNESS , WELLNESS & LIFESTYLE

a. Meaning and Importance of physical fitness, wellness and lifestyle

Meaning of

Physical fitness - Physical fitness means the capacity to do the routine work without any fatigue or exertion and after doing the work the person has the power to do some more work and recovery is quicker.

Wellness - Wellness is the capacity of an individual by which he leads a balanced life

Lifestyle - A way of life or style of living that reflects the attitude and values of a person or group Importance of Physical fitness, wellness, and lifestyle

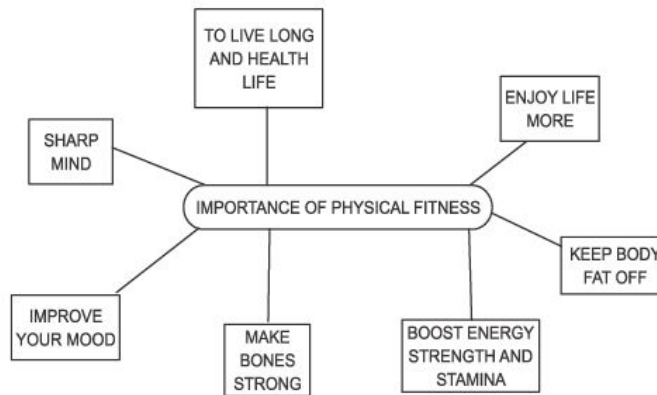


Fig: Importance of physical fitness

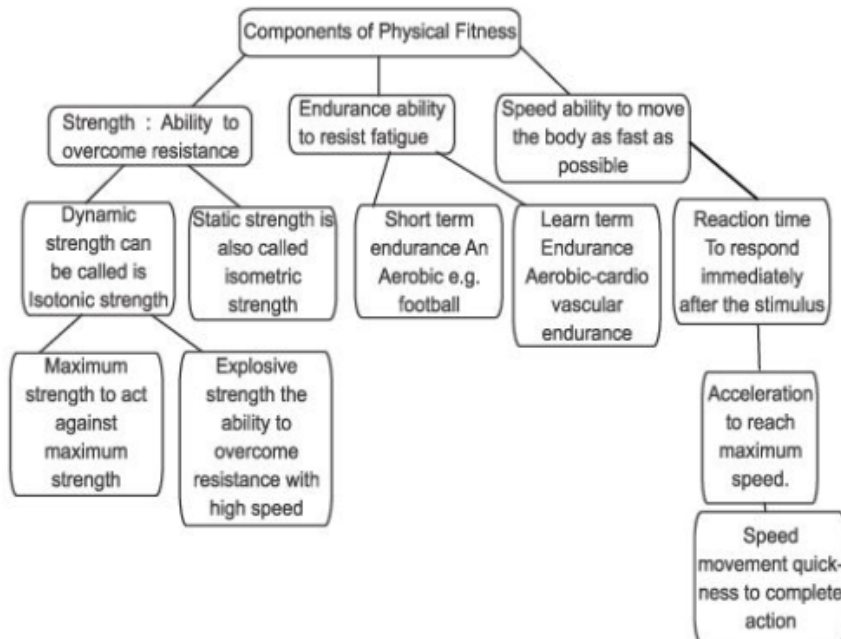


Fig: Components of physical fitness



Fig: Importance of wellness

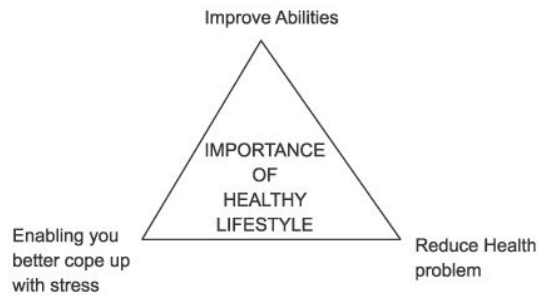
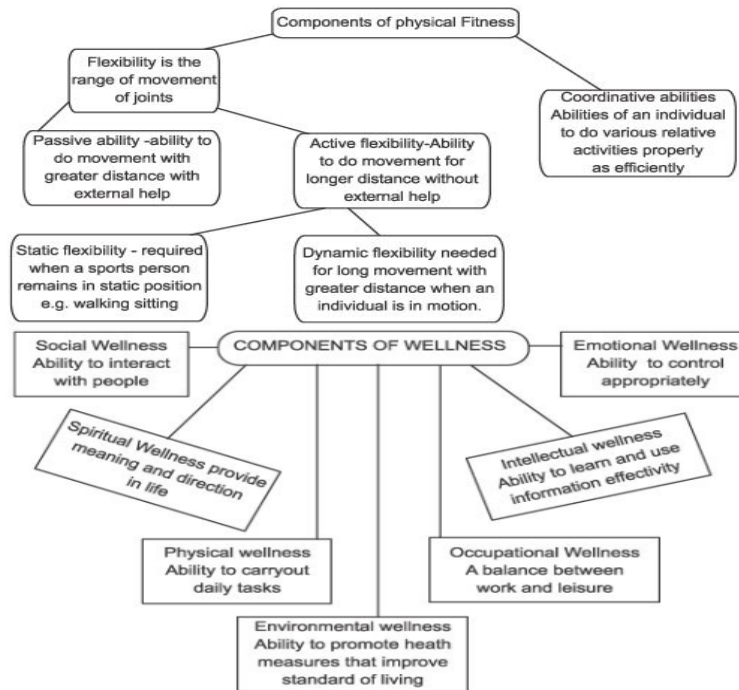


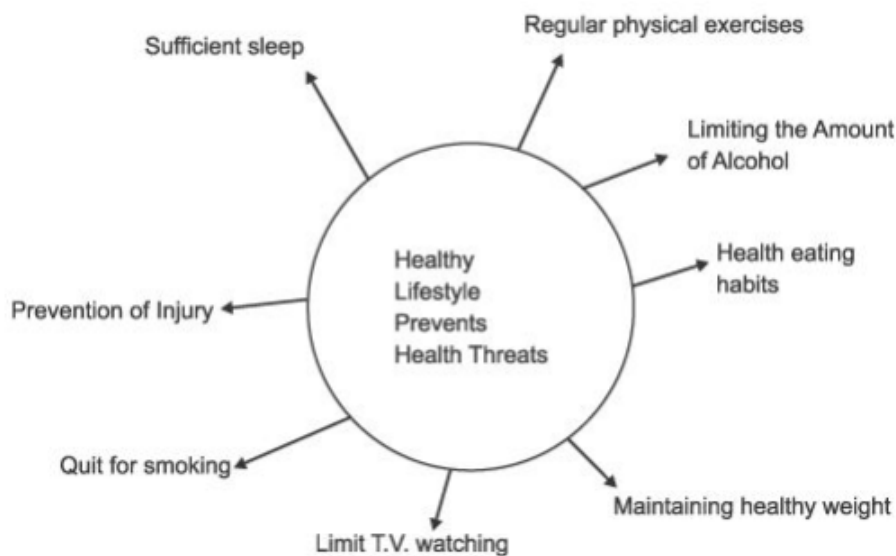
Fig: Importance of healthy lifestyle

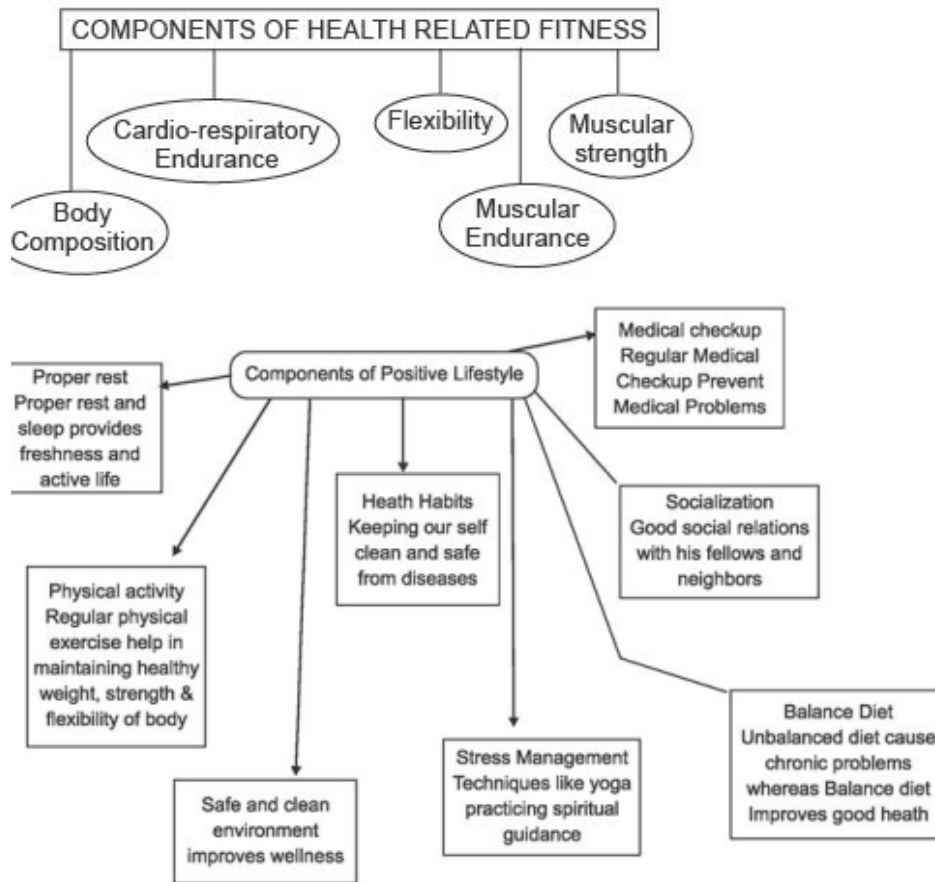
Components of Physical Fitness

There are five physical fitness components. They are directly related to each other



> Preventing Health Lifestyle through Lifestyle changes





Components of positive lifestyle :

1. Healthy diet

A healthy diet or good nutrition is one of the main components of a positive lifestyle. In fact, a healthy diet or good nutrition is necessary to lead a healthy or positive lifestyle. The basics of a healthy diet are lots of vegetables and fresh fruits whole grain foods and low-fat dairy products.

2. Physical Activity

Physical activity or exercise is another vital component of positive lifestyle. Regular physical exercises are needed to maintain a healthy weigh and to enhance strength and flexibility of the body.

3. Stress management

Stress management is also a significant component of positive lifestyle. Every individual is well aware that emotional stress plays a major role in changing abdominal weight gain and heart diseases.

4. Socialization

Socialization is another significant component of positive lifestyle. An individual should develop good social relations with his fellows and neighbors.

5. Personal hygiene

Personal hygiene is also an important component of positive lifestyle .stress should be laid on personal hygiene such as cleanliness, it is said that 50 percent communicable diseases can be prevented if we lay stress on cleanliness. Indeed, personal hygiene is necessary to lead a positive and healthy lifestyle.

6. Proper sleep

Proper sleep is also component of healthy lifestyle. Lack of sleep may cause exertion or fatigue. It also causes the body to release cortisol which further leads to heart diseases. So it is significant to have proper and sound sleep for a lifestyle.