
PHYSICAL EXERCISE IS A BEACON LIGHT TO ENLIGHTENING THE HUMAN HEALTH

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Abstract

Health is the level of functional and metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental, psychological and social changes with environment. The world health organization (WHO) defined health in its broader sense in its 1948 constitution as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. In current scenario People were affected by more disease and them wanting treatment to relieve from the particular disease for making peaceful life. Although here we have a natural solution for maintain or enhancing their healthy body that is only possible by physical exercises. Physical activity helps you live longer and prevent many chronic diseases, such as heart disease, high blood pressure, abnormal blood lipid (cholesterol and triglyceride) profile, stroke, type 2 diabetes, metabolic syndrome, and colon and breast cancers. Physical exercises would provide all the happiness in human life and enlightening human healthy body. This paper highlights the need of physical exercises which are essential for human excellence.

1. Introduction

Health is a prominent role in human life. Proper maintenance of the health makes our day to day activities peacefully. In current scenario, people are living with machines like television, computer, internet, video games, twitter and whatsapp which affect the people where in the result of many diseases indulging by the people due to the inactivity.

Health is a state of Physical, mental and social well-being. It involves more than just the absence of disease. Physical fitness is a good bodily health and is the result of regular exercise, proper diet, nutrition and proper rest for physical recovery. Mental health refers to an individual's emotional and psychological well being a healthy human being generally having the following features clear skin, bright and clear eyes, a body neither too fat not too thin, fresh breath, good appetite, sound sleep, regular activity

of bladder and bowels and coordinated body movements.

1. Health care system

Implementation of the proper health care system we can save the people from the health diseases. For that preventing from diseases we should introduce compulsory physical Education system with the introduction of physical education subject to the students and appoint sufficient physical education teachers to cultivating the health care to the growing generation. Which will be reflect and make prosperity of countries.

2. Physical exercises

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, and also enjoyment. Frequent and continuous physical exercises boosts the immune system and supports prevent "diseases of prosperity" such as cardiovascular disease, type 2 diabetes, and obesity. It may also help prevent stress and depression, increase quality of sleep and act as a non-pharmaceutical sleep aid to treat diseases such as insomnia, help promote or maintain positive self-esteem, improve mental health, maintain steady digestion and treat constipation and gas, regulate fertility health, and augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem. **Childhood obesity is a growing global concern, and physical exercise may help decrease some of the effects of childhood and adult obesity.** Some care providers call exercise the "miracle" or "wonder" drug—alluding to the wide variety of benefits that it can provide for many individuals. Aside

from the health advantages, these benefits may include different social rewards for staying active while enjoying the environment of one's culture. Many individuals choose to exercise publicly outdoors where they can congregate in groups, socialize, and appreciate life. In the United Kingdom two to four hours of light activity are recommended during working hours. This includes walking and standing. In the United States, the CDC/ACSM consensus statement and the Surgeon General's report states that every adult should participate in moderate exercise, such as walking, swimming, and household tasks, for a minimum of 30 minutes daily.

3. Aerobic exercise

Aerobic exercise is any physical activity that uses large muscle groups and causes the body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance.

Examples of aerobic exercise include cycling, swimming, brisk walking, skipping rope, rowing, hiking, playing tennis, continuous training, and long slow distance training.

4. Anaerobic exercise

Anaerobic exercise, which includes strength and resistance training, can firm, strengthen, and tone muscles, as well as improve bone strength, balance, and coordination. Examples of strength moves are push-ups, pull-ups, lunges, and bicep curls using dumbbells. Anaerobic exercise also include weight training, **functional training, eccentric training, Interval training, sprinting,** and high-intensity interval training increase short-term muscle strength. Flexibility exercises stretch and lengthen muscles. Activities such as stretching help to

improve joint flexibility and keep muscles limber. The goal is to improve the range of motion which can reduce the chance of injury.

5. Concept of Health

You may think that you are healthy, when you do not fall ill or when you are strong. Health means the total well-being of an individual. Total well-being or complete health is the efficiency provided by physical and mental well-being. Physical and mental well-being helps an individual to be emotionally steady, socially and morally sound, which will lead to a well balanced personality. Your behavior reveals your personality. Thus you may now realize that health means physical and mental well-being. Let us now consider the inter-relationship of physical, mental, emotional, social and moral development that influences the health of an individual. Complete health is the physical and mental well-being of an individual.

6. Physical Fitness

Picture of an athlete's physical fitness is quality of health. This quality is found in a person who has strength like speed, stamina, suppleness, correct posture, correct movement and activity. Activeness leads to physical efficiency. Skeletal-neuro muscular mechanism, circulatory and respiratory systems should function in harmony, in order to maintain physical efficiency. Sources for this physical well-being are food, exercise, rest, sleep and intelligent care of the body. Physical fitness alone will not provide complete health.

8. Mental Fitness

Physical fitness can be measured by using different types of tests. But mental health cannot be tested. An individual's mental health is revealed by his behavior, speech and appearance. You are a psycho-physical unity. Body and mind cannot be separated from each other. It is one whole being. What you give the mind affects the body. What you give the body, affects the mind. An individual who is physically fit should possess a healthy mind. Anti-social behavior is the outcome of an unhealthy mind." **A healthy body has a healthy mind" Juvalnel.**

The mental and physical condition affects the development of a child physically and mentally. Due to this, height and weight of a child have become the important factors to identify his growth rate. If a child's basic human needs such as food, clothing, shelter, love, exercise, rest, sleep are supplied, then his health physically and mentally will improve. He would display just, fair attitudes towards the society.

7. Emotional Stability

Children are dancing, laughing, playing, emotions are feelings you get at various moments in your life, love, fear, anger, joy, fun are some of them. If you are not contented mentally and emotionally, you will be sick physically and mentally unfit.

The nervous system that controls our organic systems gets affected due to emotions. This could be the beginning of many a disease. You too would have experienced the loss of appetite due to anger and fear. If this condition persists continuously, then ulcers may form in the stomach. The suppression of unfavorable emotions will cause pain to the body.

There may be mental disorders too as a result. When an individual is shy or angry the cheeks become red. It is due to the blood flowing into the enlarged capillaries. If this continues, a liquid will ooze out from the dilated capillaries and get collected under the skin. Irritation occurs when scratched. The skin is ruptured and the liquid comes to the surface of the skin. This is called eczema.

You may have experienced that when you are subjected to emotional stress, your heart beats rapidly. The heart beats out 20 pints of blood per minute. When the heart beat is slow, it pumps out 8 pints of blood per minute. This condition is a disease. When both body and mind are under stress, it is detrimental to health. "The best way to avoid disease is to lead a physically and mentally balanced life."

8. Social Fitness

There are two main responsibilities you should fulfill towards society. First, you should improve your own health. Secondly, you should understand the health problems of those around you. This will help you to get adjusted to the society you live in. If you can adjust yourself to any society and culture, you are socially sound. If you are in perfect harmony physically and mentally you are free from frustration, an understanding and a useful person to the society. Society expects from you qualities of co-operation, helpfulness and good social behaviors.

9. Moral Development

Home, school and the temple or church influences a lot to mould the morals of the child. This is very important for complete well-being. Constant proper guidance instructions and advice from parents, teachers, religious leaders and adults will develop the co-operation and exemplary conduct are qualities of good

health. These qualities will develop in you according to your physical and mental well-being'. Show others the behaviors you would expect others to have towards you. Try to make your students accept this maxim.

10.1 Balance Personality

Personality reveals your physical, mental and social well-being. To be of a balanced personality, you should possess good health habits and try to live a healthy life. Correct posture is a quality of a good personality. Correct posture is a sign of well-being in the child. Physical well-being could be obtained with nutritious food, exercise, rest and recreation. Correct speech is another quality of good personality. This reveals the physical and mental conditions which are influenced by the attitudes, home environment, and intellectual development by the attitudes, home environment, intellectual development and the educational background. If you are not adjusted and suitable to the culture, society, age, you are an upset, dissatisfied and distressed person. Your behavior reveals your personality.

10. Conclusion

The person one who is involving in regular physical exercises, they will be enjoying throughout their life and prevent all the diseases and strengthening their entire generation.

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