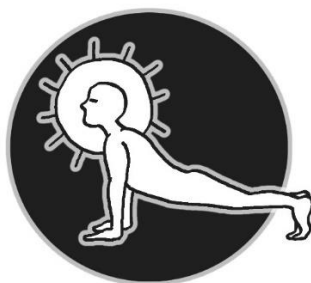


Fitness Through Exercise



With the strong survival instinct, humans are bound to do certain things like having food, breathing fresh air, consumption of water for all healthy and balanced metabolism of body. Consumption of amount of food is directly proportional to the energy required for all physiological processes. Excessive consumption of food, lack of exercise lead to various health issues such as obesity and its related diseases. These are the main reasons to have balanced diet. Storage of excess fats is one of the major problems we are facing globally in all types of societies & age groups. The solution is simple: ‘exercise’. Unused things lose their usability and efficiency, similarly human body needs consistent exercise to maintain its efficiency as well as immunity. Diabetes is one of the widely found disorders because of lack of fitness and relaxed life style. Diabetic patients feel appetite, but less or untimely intake of food worsen the condition, lead to lack of Insulin secretion in body and weight loss.

Let’s have a look at an old tale of *Mughal* emperor *Akbar* and his minister *Birbal*. One day emperor *Akbar* plays a trick with all his cabinet ministers. He proposes

everyone to take his royal goat's to their home for a month. Whosoever might be able to maintain the same weight of a goat was to be honoured, as 'most intelligent man' in the State. Everyone agreed and took each goat home. Every goat-bearer used to check weight at frequent interval throughout the month. Except *Birbal*, no one could maintain the weight of the royal goat. Emperor *Akbar* asked *Birbal* how he had managed to achieve this difficult task. *Birbal* explained that he just followed the routine of goat from timely food by taking her out in grass. This made it possible to keep it balanced.

Most of us are not aware of right ways of food consumption, types of food suitable for our body-type, seasonality, frequency and more. These are major contributing factors in healthy & balanced life. One of the common factors of ill health & obesity is junk food. Famous dietician and health expert *Anjali Mukherjee's* "Health Total" advises eating fresh, raw and natural food has tremendous antioxidant property. So, this is the important key to remain fit as we are heavily surrounded and marketed by temptations to eat junk foods.

Fitness centers, gyms are flooding with new memberships, to get rid of obesity. Obesity is a disorder that has gone beyond personal problem. It has become national alarming situation where health of citizens is considered. I believe, 'healthy mind dwells in healthy body'. Healthy body inspires betterment of mind-set, positive thoughts leading to good acts.

Satguru Vamanrao Pai says, "Your body is a temple" A medium that connects your inner being with this world. Your body connects your mind, conscience and soul for better alignment, with you as a whole and universe. That's

why our body should be maintained and kept healthy by practicing habit of exercise.

Procrastination is the biggest barrier, which stops us from acting on new plans and doesn't allow us to get rid off of our comfort zone. This leads to finding new excuses of not doing things that need immediate attention. Inabilities to look beyond current scenario, lack of will power are some effects of procrastinating mind. People end up spending more money and time than initially required to achieve same thing.

Considering long term effects of procrastination, we end up wasting massive amount of energy in a self-created problem. Our society will be benefited if we can see the future problems and act on it at right time before it goes beyond our limits. Wasteful energy can be diverted towards socially beneficial activities like tree plantations, cleaning roads & public places. By use of man power machine use can be minimized, may save fuel & unnecessary energy wastage, for better health of society.

Discipline is crucial to change any scenario, especially when it has to be done at national level. Fitness may be considered from same viewpoint, by introducing rules of mandatory exercises for everyone, mandatory exercise rules for people of all segments of society, working in all profession.

7 Benefits of regular physical activity⁵

Following are the 7 benefits of physical activity:

⁵<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>

1. **Exercise controls weight:** Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

2. **Exercise combats health conditions and diseases:** Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage many health problems and concerns, including:

- ❖ Stroke
- ❖ Metabolic syndrome
- ❖ High blood pressure
- ❖ Type 2 diabetes
- ❖ Depression
- ❖ Anxiety
- ❖ Many types of cancer
- ❖ Arthritis
- ❖ Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

3. Exercise improves mood: Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.

You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

4. Exercise boosts energy: Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

5. Exercise promotes better sleep: Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

6. Exercise puts the spark back into your sex life: Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and increase your confidence about your physical appearance, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men

who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

7. Exercise can be fun ... and social! Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting.

So, take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family.

People could be made aware of, how much important open spaces & green vegetation are to our society. Education institutions like schools and colleges are losing the importance of sports, fitness related sessions as a part of academic syllabus since last 40 years.

If a child has talent and passion for certain sport, responsive parents should take this into consideration and try to provide best possible training and support to sharpen child's skills. Unfortunately, the percentage of this kind of parents is very less, compared to massive population of our country. Schools and colleges in the urban and metropolitan areas at many places do not have provision of playground. This certainly affects the health of the students.

Healthy life routine can be boosted at workplace. Being a business person, one should encourage healthy workforce and introduce related activities. Here I am tempted to quote that in Japan in all the establishments

before the work starts the staff carries out mass exercises to remain fit.

With all these above-mentioned mandatory initiatives, we should consider another side of coin. Sports are to be made compulsory in schools, not to increase burden on the pockets of the parents. Organizing school level, zonal competitions will be inspiring young talent and keep them fit. This will develop team spirit, concentration, dealing with defeat, passion and hard work for success. Participation in sports also inculcates leadership qualities and shape the personality. Students with increasing graph of success in sports can be inspired to attain higher goals by providing right training to be able to take part in zonal, national, as well as international level competitions. Unnecessary academic can be cut down to allocate more time to sports, as it is more important in growing age to be fit.

In the recent past the Government of India as well as most of the State Governments has recognized the importance of sports and a separate ministry has been constituted to have coordinated efforts in the sound development of sports. This has immensely helped the Indian sports as their participation as well as achievements at the international events has substantially improved which is reflected in the medals secured at the Commonwealth Games / Asian Games/ Olympics etc.

Early age awareness of healthy routine, exercise and food habits will help students in future. There was a famous tale; I used to listen in my childhood. There was a small kid in a school from a very rich family. He used to bring sweets, delicious food items in his lunchbox. There was another kid who was from poor family. Poor kid used

to bring bread and chutney as a simple lunch as he could not afford delicious sweets. Simple food consumption kept the poor away from all obesity disorders. Show off, of rich clothes, daily consumption of fats, rich sweets don't lead to good health; in fact it gives invitation to all related disorders. Students are wasting lot of precious time in college canteens, on mobile phones than investing it in their fitness. Apart from schools, degree colleges should also encourage sports and related competitions. Sports should have some allocation of marks, which may be reflected in final progress report.

Same things can be implemented professionally. Duration of 8-9 hours shift should have some time reserved for games whether indoor or outdoor. Private as well as public sector, all segments of people should be encouraged, to play games. Implementation and acceptance of this strategy at every level of society will lead to visible changes at national level. Massive amount of energy can be channelized for productive life.

With consistency in efforts, we will realize big tasks. Social issues like lack of water conservation can be made possible by inspiring students and youth to dedicate some of their time for betterment of society.

Recent lifestyles, changing climate, stress have created health issues, diseases and unnecessary expenditure of money on treatments and medication. Diseases affect yourself as well as your loved ones.

Defence education and service should be made mandatory for young men and women. This will evoke patriotism and dedication towards your country. With

trained and productive man-power, we will be able to achieve critical tasks.

This will make our young generation healthier and stronger. Especially Indian tradition of exercise, to achieve healthy mind and body, has reached all corners of world. ‘Yoga’ can be promoted as part of routine life, from early age. Public practice of yoga, allocation of space and sessions on mediation for the same shall be encouraged.

It is worthwhile mentioning over here that Hon. Narendra Modiji our Prime Minister in his UN address suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and 2014 shares a special significance in many parts of the world. Now every year at the International level Yoga Day is celebrated on the 21st June. Yoga is physical, mental and spiritual practice which originated in India. Now Yoga Day celebrated all over the world and in India in all the schools with all enthusiasm. Let me quote what our Prime Minister:

“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in wellbeing. Let us work towards adopting an International Yoga Day”.

— *Narendra Modi, UN General Assembly*

Biggest of structures in the world are the proofs of unity of human spirit. With every single hour of investment

by billions of people in our country wonders can be achieved. We can overcome basic infrastructure problems like roads, dams, bridges with more flexible and productive manpower with less expense. We will inspire our future generations and make them more responsible towards themselves and society they are living in.

Noble causes can be easily supported by all of us by simply donating blood and organs can also be donated after the death. The spark of patriotism towards making your country a better place to live in should be the prime motto of all citizens in all segments of society.

Exercise is way towards achieving of healthy mind, healthy body and spirit. Body is the basic foundation of these pillars. So, the importance of fitness and exercise should be taken on priority for betterment of living.



Quotes

“You should work out because it will make your mind and body feel better, and work better together.”

– **Josie Michelle Davis**

“Fitness is not about being better than someone else... It’s about being better than you used to be.”

“When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is disease.”

– **V.L. Allinear**

“To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.”

– **Buddha**