



**HARDE SANDIP  
MACHHINDRA,**

Ph.D Scholar, SPPU  
Pune

**DR. VISHNU  
PETKAR,**

Asst. Prof., Dept. of  
Physical Education,  
SPPU Pune

**One Day International Multi-Disciplinary Conference  
RESEARCH, INNOVATION, CHALLENGES & OPPORTUNITIES  
IN HIGHER EDUCATION**

On 13<sup>th</sup> January, 2023 @  
Smt Salunkabai Raut Arts & Commerce College, Wanoja,  
In collaboration with  
Saraswati Kala Mahavidyalaya, Dahihanda  
Arts And Science College, Kurha,  
Physical Education Foundation of India, New Delhi.

**IMPORTANCE OF WELLNESS, PHYSICAL ACTIVITY IN HEALTHY  
LIFESTYLE**

**ABSTRACT**

*Physical wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or stress. Being physically healthy enables to have better overall health, including in the relationships. It only get one body, so taking care of it is important. By knowing the body, and family's health history, you can start to figure out what is normal for you. Being physically active also improve brain health, helps to manage weight, reduced the risk of disease, strengthen bones and muscles, and improves ability to do everyday activities. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.*

**KEY WORD:** - Wellness, Physical activity, Health

**Introduction**

Regular physical activity is proven to help prevent and manage non communicable diseases such as heart disease, stroke, diabetes and several cancers. It also prevents hypertension, maintain body weight and also improve mental health, quality of life and well-being. Physical activity is very important for good health. Besides feeling better mentally, exercising can help protect from most of the diseases, stroke, obesity, diabetes, and blood pressure; and it can make you look younger and maintain bone density, improve quality of your life, and give leave from getting sick. In short, Health is a state of being better than wellness is the state of living a healthy lifestyle. Health refers to physical, mental, and social well-being; wellness claims to enhance well-being manner.

**Wellness**

Wellness is the act of daily routine for healthy habits to attain better physical and mental health outcomes, so that instead of just surviving, thriving. To understand the level of wellness, it's important to understand how it's contributed to health.

**Physical Wellness**

Physical wellness is about doing what you can to keep strengthening and care for your body. Taking steps before, during, and after your treatment can give you manage the effects and side effects of the illness and side effects of treatment.

**Most important benefits of health and wellness**

Research studies related to wellness indicate that Americans who take good care of themselves and make healthy lifestyle choices are healthier, happier, more productive, miss less work, and have lower healthcare costs

**Relationship between wellness and exercise**

Research shows that people who exercise regularly have better mental health and emotional wellbeing, and lower rates of mental illness. Exercise seems to reduce the risk of develop the mental illness. It also seems to help to treat some mental health conditions, just like depression and anxiety.

**10 Habits to Maintain Good Health**

Committing to healthy behaviors is one of the most meaningful gifts can give to yourself, as well as around you. By taking care of health, you will be able to serve as a role model to the family, friends and co-workers. Following is a list of 10 habits that will help to maintain the health and wellness:

1. **Build plate around healthy choices.** Start by filling half plate with fruits and vegetables. Fill in the rest of meal with a selection of proteins, whole grains and dairy. Makes it simple by offer suggestions of food serve in sizes, health profits, and suggestions for each food group.
2. **Stay Hydrated.** Water, beverages, and food all count toward daily fluid intake. Avoid sports drinks or sodas with high sugar content and water-rich fruits and vegetables for snacks. Start of each morning by

drinking the full glass of water and continue the trend in same day, including mealtimes. Men should point to drink at least twelve glasses of water per day; women should aim to drink at least nine glasses of water per day. Drinking fluids throughout in the day versus all at once will help the body cells to absorb the water gradually without adding stress to the kidneys.

3. **Limit alcohol intake.** If anyone drinks alcoholic beverages, the Dietary Guidelines for Americans suggest do so in moderation no more than one drink in a day for women and not more than two drinks in a day for men. That equates to 12 glasses of beer; 8 glasses of malt liquor; 5 glasses of wine; or 1.5 glasses of a shot of 80-proof distilled spirits or liquor. Excessive or binge drinking back the numerous immediate and long-term health risks.
4. **Avoid/quit tobacco usage.** Not available any list would be complete without acknowledge the innumerable reasons why the use of tobacco is unhealthy and avoidable. If you are a chain smoker, it's likely you will find habit one of the hardest to change. Chat with the company about tobacco cessation programs.
5. **Walk more.** Opportunities to walk are everywhere we turn whether that means taking 10-minute walking break at the office or choosing stairs over elevators. These short increments of activity can increase blood flow and also releasing hormones that helps us to manage stress, increase alertness and burn calories.
6. **Choose physical activities you enjoy.** Experts suggestion should be adults set a goal of at least 30 minutes of moderate-intensity activity on any day of the week whether 30 minutes at a time or broken into 10 minute intervals three times in a day. Find an activity that you will enjoy doing and look forward to exercising.
7. **Wash the hands.** The number one way to minimize the spread of germs is by thoroughly washing the hands. It's the simplest step toward limiting infection. Using soap and water concludes the effective method of hand washing. When soap and water aren't readily available, hand sanitizer is the preplanned back-up plan.
8. **Develop healthy sleep habits.** Adhering to a sleep schedule or bedtime can be perfect consistently going to bed and getting up at the same time every day. The addition of relaxing, reads the book or listen the music, and also allow body to wipe down at the end of the day.
9. **Primary care physician regularly.** A primary care physician will help to stay healthy, he manage illness and prevent diseases. To doctor ask for general health screening and its recommendations to prioritize the need for scheduling an appointment.

10. **Set target and work toward achieving them.** Use SMART criteria when setting goals in order to provide specific direction and achieve the clear results. These are the kind of goals that you are most likely to adopt as part of a long-term commitment to give better health and wellness.

#### Physical Activity

Physical activity is any body movement produced by skeletal muscles that requires energy. In other words, physically active means moving the body more and more. There are three major types activity:

1. **Aerobic** - it increases cardio respiratory fitness. Heart rate should increase and will breathe harder and normal. Also think of this as endurance activity. Examples: brisk walking, running, cycling, swimming, hiking.
2. **Muscle Strengthening** -it includes training and weightlifting resistance. It might lift, pull, or push objects. Examples: weightlifting, resistance bands, push-ups, pull ups, picking up boxes, climbing trees, playing on play equipment.
3. **Bone Strengthening** - it places force or impact on promoting bones to gain strength. Examples: jumping, running, weightlifting.

#### Why Is Physical Activity Important?

Physical activity is most important thing of a healthy lifestyle and it also improve health outcomes across the life span. When we're healthy, more capable of achieving the goals and a higher quality of life. It can provide health benefits of age, gender, race, health status, body size and ability status. Study has shown that as moderate to vigorous physical activity (MVPA) increases, all cause mortality decreases.

There are some benefits to being physically active for all age criteria.

- Reduces anxiety and depression symptoms.
- Reduces blood pressure.
- Improve the sleep.
- Improves aspects of cognition and brain functioning
- Assists to achieve the healthy weight.
- Improves insulin sensitivity
- Improves cardio respiratory physical fitness and muscle strength.
- Prevents the management of chronic diseases

#### Family-Based Physical Activity

It is generally accepted that family is an important thing in improving the physical activity of young children and adolescents. Family based studies are the gold standards to preventing childhood obesity. However, there is no consensus on the best parenting strategies should help the families take physical activity recommendations for regularly. It also included a summary of study available that families can used to inform their decisions around physical activity.

There are many paths to increase physical activity. It includes routine physical activity, free play, sports and games. Children and adolescents are less likely to meet daily in adult or routine forms of physical activity.

Physical activity should be prepared and pre planned for the child's developmental stage. Younger children may not have motor skills for participation in organized sports or daily routine activity. Thus, free play or physical activity may be more appropriate.

- Ages 6-8 - Focus on fun or enjoy. At this age, still learning basic motor skills i.e. catching, throwing, and kicking. Free play is a good choice for good one.
- Ages 9-12 - Kids will become more co-operated at this age. Trying new sports or events may be appropriate to become healthy.
- Ages 13+ - Help kids find an activity they like and consider their enjoyment, abilities and interests. It could be an organized team sport, individual sport, or non-sport activity.

It is planned that only 20 percent of children and adolescents makes physical activity guidelines. The study shows that girl's participation in physical activity decreases in adolescents compared to boys. Other study has been shown parents are reluctant allowed girls participation in outdoor play.

#### Supporting Physical Activity in Children & Teens

Finding activities that all members of the family can participate in might be challenging but should be appropriate for all steps of fitness. It may give advantage to choose an physical activity according to the low level of fitness.

Consider these areas to increase support for family activity:

- **Encouragement** - it provides education about the wellness of physical activity? Also provide support an athletic event?

- **Logistics and Environmental Facilitation** – it built environments are important for activity. It also transport the child to activities.
- **Modeling and Co-Activity** - Create buy in for the full family. Children who see parents being actively support to participate.

#### Physical activity so important for health and wellbeing essay

It improves in respiratory, cardiovascular and overall health. Staying active can also helps to maintain a healthy weight, reduce risk for type 2 diabetes, heart disease, and reduce risk for some cancers. In other words, staying active is a crucial part of maintaining well health and wellness.

#### Conclusion :

Physical activity and wellness makes fit and active. It improves various system of body and health, growth and development. Wellness requires a balanced life and release of emotions. Physical activity can have immediate and long-term health benefits to make strong and better. Most importantly, proper activity can improve quality of life.

#### References :

1. S. Department of Health and Human Services. *Physical Activity Guidelines for Americans*. 2<sup>nd</sup> ed. [https://health.gov/sites/default/files/201909/Physical\\_Activity\\_Guidelines\\_2nd\\_edition.pdf](https://health.gov/sites/default/files/201909/Physical_Activity_Guidelines_2nd_edition.pdf) Published 2018. 2018. Accessed November 18, 2021.
2. Rhodes RE, Perdew M, Malli S. Correlates of Parental Support of Child and Youth Physical Activity: a Systematic Review. *J. Behav. Med.* 2020;27:636–646. doi.org/10.1007/s12529-020-09909-1
3. [www.wikipedia.org](http://www.wikipedia.org)