

A Review Article On: A Study on Measures for Good Health and Wellness

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ABSTRACT:

The purpose of this study is to identify the benefits of physical Activity & exercise for health. Physical Activity And exercise for health. Physical Activity and exercises are supposed to reduce the risk of several chronic diseases (e.g cardiovascular diseases ,diabetes ,cancer ,hypertension, obesity, depression and osteoporosis) and premature death. Reviewed literature explored that youth who participate in physical activity and exercise are more likely to report good general health and more likely to have no feasible serious mental illness. The findings of these study revealed that regular physical activity and exercise leads to improve health wellbeing. Mental health is important at every stage of life, from childhood and adolescence through adulthood and agig. The proper nutrition can improve your ability to fight illness, improve your ability to recover from illness or injury and improves your well being.

Keyword: Health, Good Health, lifestyle, personal health,

INTRODUCTION

Regardless of income level ,we all aspire to be in good health. This makes health a key driving force behind income generation. in order to meet the demand for good health, it is important to understand the important role played by reliable health services and health practitioners. Society can be categorized into two groups: those who are already sick and in need of medical treatment and rehabilitation and those who may already have pathological conditions , but do not yet exhibit clinical signs or symptoms of sickness. for the first group, it is necessary to ensure effective treatment through national services. The objective of the second group is individually , to stay healthy with no need for extended medical support ,and as a community ,for governments to ensure the nations good health by offering regular medical examinations, disease screening facilities and

prompt treatment according to age and levels of vulnerability .A government's main objective should be to reach optimum levels of health within the nation by supporting individuals who actively participate in the social and economic development of the nation. governments should ensure that people have equal access to the best levels of health at a cost that the country can afford.

WHAT IS HEALTH ?^[1]

The WHO Constitution defines health as "a state of complete ,mental and social well-being and not merely the absence of disease or infirmity" .however society is not devoid of disease, further determined by environmental and genetic factors.' Realizing the challenge posed by this goal, the WHO States in Article 1 of its constitution that "the attainment by all peoples of the highest possible level of health," and "The enjoyment of the highest attainable standard of health, is one of the fundamental rights of every human being without distinction of health, is one of the fundamental rights of every human being without distinction of race, religion political belief economic or social condition".

Physical activity

Physical activity can be considered as any bodies movement produced by skeletal muscle that require energy expenditure (westerterp,2013). The amount of energy requisite to accomplish an activity can be measured in kilojoules (KJ) or kilocalories (kcal); 4,184 KJ is fundamentally equal 1 Kcal (1). In particular the KJ is preferred as it is measure of energy expenditure, on the other hand ,traditionally the kcal, a measure of heat, has been used more frequently for the assessment of physical activity ranging from behavior observation and self-report to motion sensors (westerterp,2013). Some of the physical activity can have a number of diverse physical outcomes. For instances, running and cycling increase aerobic fitness or stamina; weight training or using resistance bands increases

muscle strength; yoga and stretching exercises increase flexibility and balance. In the present study. Physical activity categorized into two terms i.e. Aerobic activities and non-aerobic activities. Aerobic activities mean light to vigorous intensity-physical activity that requires more oxygen than inactive behavior and thus promotes cardiovascular fitness and other health fitness like jumping rope , biking , swimming, running: playing soccer, basketball or volleyball. Anaerobic activities mean intense physical activity that is short in duration and requires a breakdown of energy sources is the absence of sufficient oxygen. Energy sources are refilled as an individual recovers from the activity. Anaerobic activity includes sprinting during running, swimming ,or biking need maximal performance during the concise period. physical fitness is not the sole basis of being healthy; being healthy means being mentally and emotionally fit. Being should be part of your overall lifestyle. Living a healthy lifestyle can help prevent chronic disease and long-term illnesses. Feeling good about yourself and taking care of your health are important for your self-esteem and self-image. Maintain a healthy lifestyle by doing what is right for your body.



Fig. No. 1:- Physical Activity

HEALTH^[2]:-

According to the world health organization, is "a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity."

A variety of definitions have been used for different purposes over time. Health can be promoted by encouraging healthful activities, such as regular physical exercise and adequate sleep, and by reducing or avoiding unhealthy activities or situations, such as smoking or excessive stress, some factors affecting health are due to individual choices, such as whether to engage in a high-risk behavior, while others are due to structural causes, such as whether the society is arranged in a way that makes it easier or harder for people to get necessary healthcare services. Still other factors are

beyond both individual and group choices, such as genetic disorders.



Fig. No. 2:- Good Health

TYPES OF HEALTH:-



Fig. No. 3:- Types of Health

Mental health^[2]:-

The World health organization describes mental health as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully ,and is able to make a contribution to his or her community". Mental health is not just the absence of mental illness.

Mental illness is described as 'The spectrum of cognitive, emotional and behavioral conditions that interfere with social and emotional well-being and the lives and productively of people. Having a mental illness can seriously impair, temporarily or permanently, the Mental functioning of a person. Other terms include:

‘mental health problem’. ‘illness’, ‘disorder’, ‘dysfunction’.

Approximately twenty percent of all adults in the US are considered diagnosable with a mental illness. Mental illness are the leading cause of disability in US and Canada. Example of these illness include schizophrenia, ADHD, major depressive disorder, bipolar disorder, anxiety disorder, post-traumatic stress disorder.

The meaning of health has evolved over time. In keeping with the biomedical perspective, early definitions of health focused on the theme of the body’s ability to function; health was seen as a state of normal function that could be disrupted from time to time by disease. An example of such a definition of health is: “a state characterized by anatomic, physiologic, and psychological integrity”. Ability to perform personally valued family, work, and community roles; ability to deal with physical, biological, psychological, and social stress”.

Then, in 1948, in radical departure from previous definitions, the world health organization (WHO) proposed a definition that aimed higher, linking health to well-being, in terms of “physical, mental, and social well-being, and not merely the absence of disease and infirmity”.

Although this definition was welcomed by some as being innovative, it was also criticized for being vague and excessively broad and was not constructed as measurable. For a long time, it was set aside as an impractical ideal, with most discussions of health returning to the practicality of the biomedical model.

just as there was shift from viewing disease as a state to thinking of it as a process, the same shift happened in definitions of health. Again, the WHO played a leading role when it fostered the development of the health promotion movement in the 1960s. This brought in a new conception of health, not as a state, but in dynamic terms of resiliency, in other words, as “a resource for living”.

In 1984, WHO revised the definition of health defined it as a “the extent to which an individual or group is able to realize aspirations and satisfy needs and to change or cope with the environment. Health is a resource for every day life, not the objective of living; it is a positive concept, emphasizing social and social and personal resources, as well as physical capacities.”

Thus, health referred to the ability to maintain homeostasis and recover from adverse events. Mental, intellectual, emotional and social

health referred to a person’s ability to handle stress, to acquire skills, to maintain relationships, all of which form resources for resiliency and independent living. This opens up many possibilities for health to be taught, strengthened and learned.

Emotional Health^[2]:-

Emotional health is an important part of over health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They’re able to cope with life’s challenges. They can keep problems in perspective and bounce back from set backs. They feel good about themselves and have good relationships.

being emotionally healthy doesn’t mean you’re happy all the time. It means you’re aware of your emotions. You can deal with them, whether they’re positive or negative. Emotionally healthy people steel feel stress, anger, and sadness. But they know how to manage their negative feelings. they can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

research shows that emotional health is a skill. There are steps you can take to improve your emotional health and be happier.

Path to improved health:-

Emotional health allows you to work productively and cope with the stresses of everyday life. It can help you realize your full potential. It helps you work with other people and contributes to society.

it also affects your physical health. Research shows a link between an upbeat mental and physical signs of good health. These includes lower blood pressure, reduced risk of heart disease, and a healthier weight.

There are many ways to improve or maintain good emotional health:-

- 1) Be aware of your emotions and reactions:- Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things
- 2) Express your feelings in appropriate ways:- Let people close to you know when something is bothering. Keeping feelings of sadness and anger inside adds to stress. It can cause problems in your relationships and at work or school.
- 3) Manage stress learn relaxation methods to cope with stress:- This could include deep breathing, meditation, exercise.
- 4) Strive for balance:- find a healthy balance between work and play, and between activity and

rest. Make time for things you enjoy . Focus on positive things in your life.

5) Take care of your physical health:-exercise regularly ,it healthy meals , and get enough sleep. Don't abuse drugs or alcohol .keep your physical health from affecting emotional health.

6) Connect with others:-make a lunch date, join a group, and say hi to strangers. We need positive connection with other people.

7) Figure out what's important to you in life , and focus on that . This could be your work , your family , volunteering caregiving, or something else . Spend your time doing what feels meaningful to you.

8) Stay positive focus on the good thing in life . For give yourself for making mistakes and forgives others. Spend time with healthy, positive people.

9)Practice deep breathing relaxes your body and lowers your blood pressure and heart rate.

10) stay honest with your self and others personal strength and emotional stability is build on integrity and transparency .

11) Keep positive, upbeat, and optimize sticks attitude. Smile laugh, and enjoy your life.

12) Stay connected stay close to those who support your recovery and distance your self from those do not.

13) Stay balanced keep work ,love, projects ,and people integrated in finally tuned harmony.

14) Stay Strong being known for the best attitude, best effort, and best character. Finish strong.

15) Stay hopeful remain confident that your future is filled with the promise of good things to come .

Social Health^[3]:-

What is social health?

social health is as our ability to interact from our meaningful relationships with other it also relate to how comfortably we can adopt in social situations . Social relationships is impact on our mental health, physical health, and mortality risk .

over the years sociologists have created a link between social relationships and health out comes. Studies are showing that social relationships both quality and quantity are having short and long-term effects on our health.

Signs of Being socially healthy include:-

- 1)Having assertive skills rather than passive or aggressive ones
- 2)Balancing your social and personal time
- 3)Being engaged with other people in community
- 4)Adapting in social situations
- 5)To be yourself in all situations

6)Treating other with respect

7)Being able to developed and maintain friendship and network

8)Creating boundaries in friendship to encourage communication and conflicts management

9)Having a supportive network of family and friends

10) Having fun in life

Why social health important?

Our social health and social wellness are a vital part of our overall health and wellbeing. According to Australian government "social relationships are protective of mental health "

We interact people everyday. The quality and quantity of our relationships affect our mental and physical well being. Maintaining a good level of social wellness lets you build enter personal relationship with others. These relationships include friendships, intimate relationships platonic , family, and professional (work) relationship .

Researchers have also linked the following health issues to poor social health :

- 1)Suffering a heart attack
- 2) chronic disease
- 3) mobility issues
- 4) High blood pressure
- 5) raised stress hormones leading to inflammation
- 6) cancer
- 7) Poor Mental health
- 8) Anxiety and depression
- 9) poor immune system

Environmental Health^[2]:-

Environmental Health is the branch of public health concerned with all aspects of the natural and built environment affecting human health. Environmental health focuses on the natural and built environments for the benefits of human health. The major subdisciplines of environmental health are: environmental science; environmental and occupational medicine, toxicology and environmental epidemiology.

What is environmental health?

The environmental can directly and indirectly impact on our health and wellbeing. Environmental health examines the interaction between the environment and our health.

We use The following definitions:-

- 1)Environmental health:-refers to aspects of human health(including quality of life) that are determined by physical, chemical, biological and physiological factors in the environment.

2)Environment:-broadly includes everything external to ourselves, including the physical, natural, social and behavioral environments.

3)Health is a state of complete physical, mental and social wellbeing, and not merely the absence Health of disease or illness.



Fig. No. 4:- Environmental Health

Why is the environment important for health:-

we need safe and healthy and supportive environments for good health. The environments in which we lives is a major determinant of our health and wellbeing. We depends on the environments for energy and the materials needed to sustain life, such as:

- 1) clean air
- 2) safe drinking water
- 3) nutrition food
- 4) safe places to live.

Many aspects of our environment-both built and natural environments-can impact on our health. It’s important that we interpret health issues in the wider context of our environments and where we live.

Spiritual Health^[4]:-

One specific definition does not completely summarize spiritual health. while organized religion and prayer-two concept familiar to most in western socialist can certainly be part of spiritual health they are not all that should be Consist of more broad concepts, such as hope, purpose, and peace.

some common criteria that fall within the category of spiritual health include belief in a supreme being unity with a greater force, a guiling sense of

meaning and value, an organized religion, balance, introspection, and meaning.

While all of these aspects are not necessary to be spiritually healthy, addressing the main concepts can provide a foundational understanding to this way of approaching one’s health.

Overall health can be positively impacted by high levels of spiritual health. For example, people experiencing a life-changing event may deal with their situation in a more positive manner if their levels of spiritual health are high. In other words, people can become more resilient by properly addressing their spiritual health.



Fig. No. 5:- Spiritual Health

Spirituality Meaning:-

- 1)MEANING:-(having purpose making sense of life)
- 2)VALUE:-(having cherished beliefs & standards)
- 3)TRANSCENDENCE:-that is beyond (appreciating a dimension d self) Metaphysical.
- 4)CONNECTING:-(relating to self others nature & ultimate other)
- 5)BECOMING:-(which in values reflection, allowing life to unfold, knowing who one is)

SPIRITUALRELATED TO SPIRTUALITY:-

- 1)SOCIAL
- 2)PHYSICAL
- 3)PSYCHOLOGICAL
- 4)SPIRTUAL

CONCEPTS RELATED TO SPITUALITY.

1)RELIFION:-organized system of beliefs and practices providing guidelines for life’s questions & challenges.

2)FAITH:-believe in / be committed to something / someone faith gives life meaning strength in times of difficulty.

3)HOPE:-is a concept that incorporates spirituality” A process of anticipation that involves the interaction of thinking, acting, feeling and relating and is directed towards a future fulfilment that is personally meaningful’ in the absence of hope a person gives up & illness is likely to progress move rapidly.

4)TRANSCENDENCE:-The capacity to reach out beyond oneself, to extend oneself, to extend oneself beyond personal concerns and to take on broader life perspectives, activities and purpose.

5)FORGIVENESS:-increased attention among health care professionals assist client to forgiveness clients seek forgiveness during illness from others as well as god.

Physical Health^[5]:-

Physical health is the state of being free from illness or injury. Can over a wide range of areas including healthy diet, healthy weight, areas including healthy diet, healthy weight, dental health, personal hygiene and sleep. Physical health is vital for overall well-being.

While physical health consists of many components,

- 1)PHYSICAL ACTIVIITY:-includes strength, flexibility, and endurance
- 2)NUTRITION AND DIET:-include nutrient intake, fluid intake, and healthy digestion
- 3)ALCOHOL AND DRUGS:-include the abstinence from or reduced consumption of these substances
- 4)MEDICAL SELF-CARE :-include addressing minor ailments or injuries and seeking emergency care as necessary
- 5)REST AND SLEEP:-include periodic rest and relaxation, along with high quality sleep

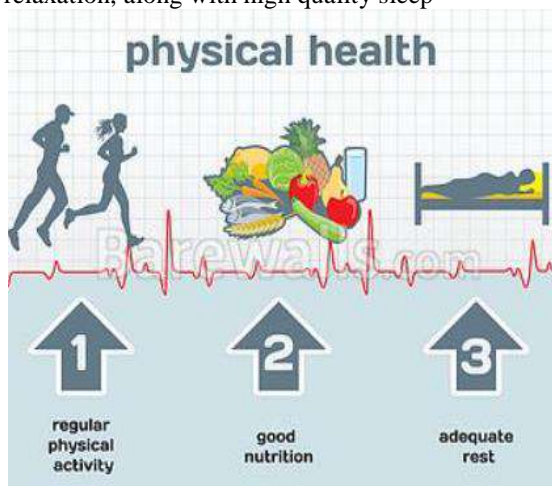


Fig. No. 6:- Physical Health

COMPONENTS OF PHYSICAL HEALTH

Physical activity:-most healthy children and adults should be activity on a daily basis. This should be a mix of both leisurely physical activity and structured exercise. Examples of leisurely physical activity include hiking, biking, and walking. Examples of more structured forms of exercise include strength training, running, and sports.

NUTRITION AND DIET:-A well-balanced diet should contain carbohydrates, proteins, fats, vitamins, and minerals. Restricting specific nutrients should only be done under the supervision of a licensed health professional. Fluid, ideally in the form of clean water, should be regularly consumed. Meals and snacks should be consumed throughout the day, and portion sizes should be sensible.

ALCHOL AND DRUGS:-substances that alter mood or other bodily processes should be limited or avoided those with addictive tendencies or other health risks should consider complete abstinence from these substances.

SELF-CARE MEDICAL:-Basic items, such as bandages, lozenges, and over-the-counter pain-relieving medications should be easily accessible from home. Long-term coughing, fevers, or other ailments should be addressed through primary care.

REST AND SLEEP:-while regular activity is essential for physical health allowing the body to rest is just as important. Spending time relaxing or taking short naps can help rejuvenate the body. Sleep should take place in a quiet, dark environment and should last approximately 7-9 hours. Consistent sleep that is much shorter or longer than this duration, or is low quality, may need to be addressed by a health professional.

THERE ARE TWO TYPES OF DISEASE:

ACUTE DISEASE^[6,8]:

What is an acute disease?

An acute disease appears suddenly and lasts for a short amount of time. This is different from chronic diseases, which develop gradually and remain for months on end. Some examples include the influenza virus and the common cold.

Acute diseases can include these common symptoms:-

- 1)Fever
- 2) Sore throat
- 3) Cough
- 4) Sneezing
- 5) Earache
- 6) Diarrhea

- 7) Runny nose
- 8) Nausea
- 9) Rash
- 10) headache

1) Acute: - illness generally develop suddenly and last a short time, often only a few days or weeks.

Causes

Acute:-conditions are often caused by a virus or an infection, but can also be caused by an injury resulting from a fall or an automobile accident, or by the misuse of drugs or medication.

SYMPTOMS AND TREATMENT:-

disease come on rapidly. And are accompanied by distinct symptoms that require urgent or short-term care, and get better once they are treated. For example, a broken bone that might result from a fall must be treated by a doctor and will heal in time. Sometimes, an acute illness, such as the common cold, will just go away on its own. Most people with acute illness, after your condition improves, you'll likely be eager to return to the comfort and familiarity of home. But being discharged from the hospital doesn't mean you're fully recovered.

EXAMPLES:-

Acute medical conditions:-

- 1) Asthma attack
- 2) Broken bone
- 3) Bronchitis
- 4) Burn
- 5) Covid-19
- 6) Common cold
- 7) Flu
- 8) Heart attack
- 9) Pneumonia
- 10) Respiratory infection

CHRONIC DISEASE^[7,8]:

WHAT IS AN CHRONIC DISEASE?

A chronic condition is a human health condition or disease that is persistent or otherwise long-lasting on its effects or a disease that comes with time. The term chronic is often applied when the course of the disease lasts for more than three months.

Chronic disease can include these common symptoms:-

- 1) Heart disease
- 2) Stroke
- 3) Lung cancer
- 4) Depression
- 5) Type.2 diabetes

- 6) Arthritis
- 7) osteoporosis
- 8) Asthma
- 9) Chronic kidney disease
- 10) Oral disease

2) Chronic:-condition develop slowly and may worsen over an extended period of time-months to years.

Causes:-

Chronic:-condition are often caused by unhealthy behaviors that increase the risk of disease poor nutrition, inadequate physical activity, overuse of alcohol, or smoking. Social, emotional, environmental, and genetic factors also play a role. As people age, they are more likely to develop one or more chronic conditions.

SYMPTOMS AND TREATMENT:-

Conditions are slower to develop, may progress over time, and may have any number of warning signs or no signs at all. Common chronic conditions are arthritis, Alzheimer's disease, diabetes, heart disease, high blood pressure, and chronic kidney disease. Unlike acute conditions, chronic health conditions cannot be cured only controlled. Living with chronic illness or managing the symptoms of a chronic condition can often be done by creating a health care plan in partnership with your physician the plan may include taking medication, healthy eating, physical or occupational therapy, exercise, or complementary treatments, such as acupuncture or meditation. Frequently chronic conditions can be prevented by practicing healthy lifestyle behaviors, such as staying physically active; maintaining a healthy weight and nutritional status; limiting sun exposure; and refraining from drugs, smoking, and excessive alcohol use.

EXAMPLE

chronic medical condition:-

- 1) Alzheimer's disease
- 2) Arthritis
- 3) Chronic obstructive pulmonary disease
- 4) Depression
- 5) Diabetes
- 6) Heart disease
- 7) High blood pressure
- 8) High cholesterol
- 9) Obesity
- 10) stroke

Exercise^[9]:-

- Define:-exercise is defined as any movement that makes your muscles work and requires your body to burn calories.
- They are many types of physical activity, including swimming, running, jogging, walking, and dancing.
- Being active has been shown to have many health benefits, both physically & mentally.

There are two main types of exercise

Aerobic exercise^[10]:-Aerobic is physical exercise to low to high intensity that depends primarily on the aerobic energy generating process. "AEROBIC" is defined as "relating to involving or requiring free oxygen" And refers to the use of oxygen to meet energy demands during exercise via aerobic metabolism adequately.



Fig. No. 7:- Aerobic Exercise

Resistance exercise^[11]:-Resistance training increase muscle strength by making your muscle work against a weight machines, resistance bands & your own body weight.



Fig. No. 8:-Resistance Exercise

- Exercise involves engaging in physical activity and increasing the heart rate beyond resting levels. It is an important part of preserving physical and mental health.

What is important of exercise?

Exercise helps people lose weight & lower the risk of some diseases. Exercising regularly lowers a person's risk of developing some diseases, including obesity type 2 diabetes, and high blood pressure. Exercise also can help keep your body at a healthy weight. Exercise can help a person age well.

WHAT ARE 10 BENEFITS OF PHYSICAL ACTIVITY:

- Improve your memory & brain function.
- Protect against many chronic diseases.
- Aid in weight management.
- Lower blood pressure & improve heart health.
- Improve your quality of sleep.
- Reduce feelings of anxiety & depression.
- Combat cancer-related fatigue.



Fig. No. 9:- Exercise

What are 7 benefits of exercise^[13]:

- 1)Exercise controls weight. Exercise can help prevent excess weight gain or help maintain weight loss...
 - 2)Exercise combats health condition and diseases...
 - 3)Exercise improves mood...
 - 4)Exercise boosts energy...
 - 5)Exercise promotes better sleep...
 - 6)Exercise puts the spark back into your sex life...
 - 7)Exercise can be fun... and social!
- Whenshould we do exercise?
 Afternoon workouts are almost as good. Morning workouts are ideal for burning fat & losing weight , but afternoon workouts may give your performance a boost, since you'll have eaten a meal of two by the time you get going. "Any time you eat, your blood sugar levels rise".

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 exercise, just get more active throughout your day take the stairs instead of the elevator or rev up your household chores.

2) Exercise combats health condition 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, 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 problem and concerns, including:-

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

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

3) Exercise improves mood:-

Need an emotional lift? Or need to destress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leaves you feeling happier, more relaxed and less anxious.

4) Exercise promotes better sleep:-

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

exercise delivers oxygen and nutrient 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 all 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 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 problem 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.

•Four types of exercise can improve your health and physical...

- 1)Endurance
- 2)Strength
- 3)balance
- 4)flexibility

1)Endurance^[12]:-

•Endurance activities, often referred to as aerobic increases your breathing and heart rates. These activities help keep you healthy, improve your fitness, and help you perform the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also can delay or prevent many diseases that are common in older adults such as diabetes, colon, and breast cancers, heart disease and others. Physical activities that build endurance include:

- Brisk walking or jogging
- Yard work (mowing, raking)
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis or basketball

2) Strength^[12]:

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training”.

•Below are few examples of strength exercises:-

- Lifting weight
- Carrying groceries
- Gripping a tennis ball
- Overhead arm curl
- Arm curls
- Wall push-ups
- Lifting you body weight

3) Balance^[12]:-

Balance exercises help prevent falls, a common problem in older adults that can have serious consequences. Many lower-body strength exercises also will improve your balance. Balance exercises include:-

- Tai chi, a “moving meditation” that involves shifting the body slowly, gently, and precisely, while breathing deeply.
- Standing on the foot.
- The heel-to-toe walk
- The balance walk.
- Standing from a seated walk.

4) Flexibility^[12]:-

Stretching can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway. Flexibility exercises include:

- The back stretch exercise
- The inner thigh stretch
- The ankle stretch
- The back of leg stretch

Nutrient^[14]

- Define:-Substances in food that your body needs to function properly throughout the day.
- Nutrient are essential for the normal functioning of the human body.
- A nutrient is a chemical substances in food that helps maintain the body.

What is nutrition?

“Nutrition is the process of taking in food and converting it into energy and other vital nutrients required for life.”

Nutrient are the substances which provide energy and biomolecules necessary for carrying out the various body function. All living organisms need nutrients for proper functioning and growth. But they show divergence in how they fulfill this demand. Some animals feed on simple inorganic requirement, while others utilize complex requirement varies from one species to another.

Types of Nutrition^[14]

1) Autotrophic mode

•In the autotrophic mode, organism use simple inorganic matters like water and carbon dioxide in the presence of light and chlorophyll to synthesis food on their own. In other words, the process of photosynthesis is used to convert light energy into food such are called autotrophs. Plants, algae and bacteria (cyanobacteria) are some examples where autotrophic nutrition is observed. During photosynthesis, carbon dioxide and water get converted into carbohydrates. These carbohydrates are stored in the form of starch in plants. Plants later derive the energy required from the stored starch. The process of photosynthesis can be explained in three stages:-

- Absorption:-The chlorophyll present in leaves traps the light coming from the sun.
- Conversion:-The absorbed light energy gets converted light energy gets converted into chemical energy. And water absorbed will split into hydrogen and oxygen molecules.
- Reduction:-At last, carbon dioxide gets reduced i.e. hydrogen molecules combine carbon, to form carbohydrates (sugar molecules).

All three events are not a continuous process. They may or may not take place sequentially. In plants, stomata are the openings on leaves where gaseous exchange takes place and is regulated by guard cells. Plant take in and release gases through these stomatal pores.

In desert-like habitats, to avoid water loss, guard cells keep these pores closed during the day time. Later during the night time, stomata will be opened to absorb carbon dioxide and store carbon dioxide to perform photosynthesis.

Other than photosynthesis, plants also depend on soil for micro and macro elements.

These elements are used to synthesize proteins and other essential compounds required for the proper functioning and growth of the plants.



Fig. no.10 :- Autotrophic nutrition

2) Heterotrophic Nutrition^[14]

•Every organism is not capable of preparing food on its own. Such organism depend on others for their nutrition . The organism which cannot produce food on their own and depend on other sources/ organism are called heterotrophs. This mode of nutrition is known as heterotrophic nutrition.

•Fungi and all the animals including humans are heterotrophs. Heterotrophs can be of many varieties depending upon their environment and adaptations. Some may eat plants (herbivores) and others eat animals (carnivores) while few eat both (omnivores). Thus we can say survival of heterotrophs depends directly or indirectly on plants.

•Heterotrophs are classified into different categories based on their mode of nutrition. They are:-

- 1) Parasites (e.g. leeches, ticks)
- 2) Saprophytes (e.g. mushrooms)
- 3) Holozoic (e.g. humans, dogs)

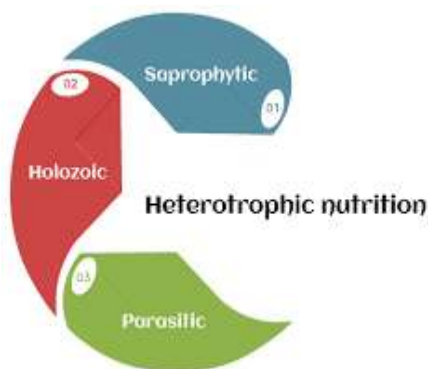


Fig. no.11 :- Heterotrophic nutrition

□ A person's body cannot produce everything that it needs to function. There are six essential nutrients that people consume through dietary sources to maintain optimal health.

•The world health organization (WHO) note that essential nutrients are crucial in supporting a person's reproduction, good health, and growth. The WHO divides these essential nutrients into two categories:-

•Micronutrients are nutrients that a person needs in small doses. Micronutrients consist of vitamins and minerals . Although the body only needs small amounts of them, a deficiency can cause illness.

•Macronutrient are nutrient that a person needs in larger amounts. Macronutrients include water, protein, carbohydrates, and fats.

•The six essential nutrient are :-

- 1) Vitamins
- 2) minerals
- 3) Protein
- 4) Water
- 5) carbohydrate

Vitamins^[15]:-

Vitamins are micronutrient that offer benefits, including:

- Boosting the immune system
- Helping prevent or delay certain cancers, such as prostate cancer
- Strengthening teeth and bones
- Aiding calcium absorption
- Maintaining healthy skin
- There are 13 essential vitamins that nutritionists divide into groups: fat soluble and water soluble.
- Fat soluble vitamins are:-
- Vitamin A, Vitamin D, vitamin E, vitamin K
- Water soluble vitamins are:-
- Vitamin B-1 (thiamine)
- Vitamin B-12 (cyanocobalamin)
- Vitamin B-6
- Vitamin B-2 (riboflavin)
- Vitamin B-5 (pantothenic acid)
- Vitamin B-3 (NIACIN)
- Vitamin B-9 (Folate, folic acid)
- Vitamin B-7 (biotin) , Vitamin c

Typically, a person who eats a diet rich in vegetables, fruits, and lean proteins can get all the vitamins they need in their food. However, those who eat less fruit and vegetables , and those eat less fruit and vegetables , and those with digestive condition may need to take a vitamin supplement to reduce or avoid a deficiency.

Minerals^[15]:-

Minerals are the second type of micronutrients There are two groups of minerals : major and trace minerals. The body needs a balance of minerals from both groups for optimal health.

□ Major minerals are:-

- Magnesium
- Calcium
- Phosphorus
- Sodium

□ Major minerals help the body to do the following:-

- Iron, zinc, chromium, copper, iodine,

□ Trace minerals help with:-

- Strengthening bones
- Preventing tooth decay
- Aiding in blood clotting

□ person can ensure they consumes enough minerals by including the following foods in their diet.

- Milk and other dairy products
- Nuts and seeds
- Vegetables
- Fruits
- poultry



Fig. no :- 12 :- minerals

Protein^[15]:

Protein is a macronutrient every cell in the body needs to function properly.

Proteins carry out a variety of functions including:-

- Ensuring the growth and development of muscles, bones, hair, and skin.
- Forming antibodies, hormones, and other essential substances.
- Serving as a fuel source for the cells and tissues when needed.

A person can take in proteins through their diet.

The following foods are good sources of protein:-

- Red meats, poultry, including chicken and turkey
- Fish and other seafood
- Eggs
- Dairy products
- Soy
- Nuts, some grains, including quinoa

Although meats and fish tend to contain the highest levels of protein, vegan and vegetarians can get enough protein from various plant products.



Fig.no:-13:- Protein

Fats^[15]:

People often associated high fat foods with bad health. However, a person needs certain fats to help maintain optimal health.

Fats provide the body with energy and help it carry out a range of functions. however, it is essential to consume healthful fats, such as monounsaturated and polyunsaturated fats and limit or avoid saturated and trans fats.

Healthful fats help with the following functions:-

- Cell growth, blood clotting, building new cells
- Reducing the risk of heart disease and type 2 diabetes
- Muscle movement
- Balance blood sugar
- Brain functioning
- Mineral and vitamin absorption
- Hormone production

□ According to recent dietary guidelines for Americans, a person should consumes 20-35% of their calories from healthful fats.

A person can find healthful fats in several foods, including:-

- Nuts
- Fish, such as salmon and tuna
- Vegetables oils
- seeds



Fig. no:- 14:- carbohydrates

Carbohydrates^[15]:

Carbohydrates are essential to the body. They are sugars or starches that provide energy for all the cells tissues in the body.

There are two different types of carbohydrates: simple and complex. Carbohydrates , such as white bread, pasta and rice. However, the body needs complex carbohydrates to support the following:-

- The immune system
- Brain function
- The nervous system
- Energy to perform tasks
- Digestive function

The dietary guidelines for Americans recommend a person consumes 45-65% of their daily calories from complex carbohydrates:

- The following foods contain complex carbohydrates:
- Quinoa
- Brown rice, vegetables, oatmeal,
- Barely

People should avoid overly processed products that contain bleached, white flour, and foods with added sugar.



Water^[15]:

Water is probably the most important essential nutrient that a person needs. A person can only survive a few days without consuming water. Even slight dehydration can cause headache and dehydration can cause headaches and impaired physical and mental functioning.

The human body is made up of mostly water, and every cell requires water to function. Water helps with several functions, including:

- Flushing toxins out
- Shock absorption
- Transporting nutrients
- Preventing constipation
- Lubrication
- Hydration

The best source for water is to drink natural, unsweetened water from the tap or bottled sources. For people who do not like the taste of plain water, they can add a squeeze of lemon or other citrus fruits.

Also, a person can get extra water by consuming fruits that contain a large amount of water.

People should avoid their water intake from surgery drinks. Surgery drinks include sweetened teas, coffees, soda, lemonade, and fruit juices.



Fig .no. 15:-Water

Balance Diet^[16,17]:

•Balance diet is a food preparation which provides complete nutrients as well as supplies carbohydrates, proteins, fats, vitamins, minerals and fiber in their normal proportions. It is the basis for all diet modifications.

•A diet is all that we consumes in a day. And a balanced diet is a diet that contains an adequate quantity of the nutrients that we require in a day.

•In nutrition, diet is the sum of food consumed by a person or their organism. The word diet often implies the use of specific intake of nutrition for health or weight-management reasons (with the two often being related). Although humans are omnivores, each culture and each person holds some food preferences or some food taboos. This may be due to personal tasted or ethical reasons. Individual dietary choices may be more or less healthy.

•Complete nutrition requires ingestion and absorption of vitamins, minerals essential amino acids from protein and essential fatty acids from fat containing food, also food energy in the form of carbohydrates, protein, and fat, dietary habits and choices play a significant role in the quality of life, health and longevity.

A balanced diet

Everyone, whether involved in sport or not, should try to eat a healthy, balanced diet.

A balanced diet included all the things that your body needs. To achieve this, you need to eat a range of different types of food in the right proportions.

If you eat a balanced diet, you will get the energy and nutrients required to participate in exercise and to recover from it quickly.

When considering where to get the energy needed for sport, it is more helpful to think about food in terms of what molecules it contains, rather than where it comes from.

Energy in food comes in three main forms:-

- Carbohydrates
- Proteins
- Fats

The body also requires vitamins, minerals, Fibre and of course, water in order to function properly.



Fig.no.16:- balanced diet

Carbohydrates

Carbohydrates are the body's main source of energy. They come in two kinds:-

- 1) Simple carbohydrates:- (sugars) these can provide a lot of energy for immediate use, but contain no other useful nutrients.
- 2) Complex carbohydrates:- (starches) these are good sources of energy. The body can easily store energy from carbohydrates for rapid use by the muscles, so they are particularly important for athletes.

Starches foods often also contain lots of useful vitamins, minerals and fibre.

Complex carbohydrates should provide around half of your daily energy needs.

If you are performing strenuous exercise, this should increase to 60-70%.

Energy from carbohydrates is converted to a substance called glycogen. This is stored in the liver and the muscles.

When energy is needed, the body changes the glycogen to glucose which is used by the muscles during respiration.

If you eat too much carbohydrate, however, the body will store it as fat.

Fats

□ There are two types of fats:-

- Saturated fats-these are usually found in foods such as milk, butter, cheese and meat.
- Unsaturated fats-these are usually found in foods such as fish oils, cooking oils and sunflower seed oil.

Saturated fats can be converted into cholesterol by the liver. High blood cholesterol is linked to heart disease. For this reason, no more than 10% of your energy should come from eating saturated fat.

Because fat contains so much energy, you can easily eat more than your body needs. Excess fat is stored as body fat, causing weight gain.

In some sports like sumo wrestling and shot-putting, extra bulk can be an advantage. However, for most performers, extra body fat will hamper their performance.

If your body weighs more, it is more difficult to move. Sports people who need to move fast, like runners and games players, should limit the amount of fat in their diet.

Proteins

Proteins are used to generate energy only when the body has exhausted its stores of carbohydrates and fats.

Proteins are very important in the body for other reasons. Our muscles and other tissues are made from proteins.

The body manufactures proteins from amino acids.

Your body cannot make all of the different types of amino acids that it needs—you have to consume some of them in the food that you eat.

The protein you eat is broken down into amino acids and used by the body to build cells, make blood and repair and replace tissue.

Proteins are also needed by performers who are recovering from injury in order to repair damaged tissue.

What are the benefits of a balanced diet?

1) **Prevent diseases and infections:**—when you eat the full range of vitamins, minerals and other nutrients you improve your immune system and your healthy diet may even help prevent diseases like cancer, heart disease, diabetes, and stroke.

2) **Helps you control your weight:**—most people at some point want to lose weight at some point want to lose weight or gain weight—eating a balanced diet helps you control your weight and maintain it over time. It is not feasible to be on a weight-loss diet forever—a balanced diet is the only way to healthily control your weight in the long term.

3) **Improves your mental health:**—getting the right mix of nutrients can help to ease symptoms of depression and anxiety—looking after yourself by eating well is essential as you take steps to good mental health.

4) **Good for growth:**—A balanced diet is crucial for children and adolescents. As the body grows it is important to receive the right nutrients so that cells are built and maintained and body grows at the right pace.

5) **Better skin and hair:**—A healthy balanced diet also improves your looks. Eating well contributes to healthy skin and hair and a “glow” that makes you look younger.

Importance of a balanced Diet

□ The following are the important of a balanced Diet:-

• Balanced diet leads to a good physical and a good mental health.

• It helps in proper growth of the body.

• Also, it increases the capacity to work.

• Balanced diet increases the ability to fight or resist diseases.

EAT HEALTHY LIVE HEALTHY^[18]

□ Fruit are rich in potassium which maintains healthy blood pressure, fibre which reduces blood cholesterol and may lower risk of heart diseases and vitamins c which repairs all body tissues.

□ Eating vegetables like carrots, pumpkin, spinach cauliflower, reduces risks of cancers, stroke, type 2 diabetes. It decreases bone loss and maintains healthy body weight.

□ A balanced diet gives your body nutrition it needs to function properly, for good growth and development. It protects against infection, fatigue, diseases and poor performance in daily work.

Conclusion

• In conclusion, we need a healthy lifestyle to build up a healthy immune system and to avoid disease. Here, “maintain” means a healthy immune system to protect your body. To maintain body immunity, we mentioned 3-features-method before first is nutrients. We should eat a variety of food and keep a balanced diet.

• If you are having difficulty to keep a balanced diet, take some nutritional supplements to get adequate nutrients. And don't forget to pay attention to sanitation and food safety.

• Second is body maintenance

• Weight control is important.

• Weigh in a healthy range, and go to exercise regularly.

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