



Peaceful physical fitness

Devi N¹, Dr. GR Valliammal²

¹⁻² Department of Yoga, Bharathiyar University, Coimbatore, Tamil Nadu, India

Abstract

A person who owns body with force activity or movement that amplifies and supports overall health and physical fitness is called physical exercise. Habitual of regular physical exercise has got enormous benefits. Exercise is of different types such as aerobic exercise, anaerobic exercise and flexibility exercise, Aerobic exercise moves the large muscle groups with alternate contraction and relaxation, forces to deep breath, heart to pump more blood with sufficient tissue oxygenation. It is also called cardiovascular exercise. For instant of aerobic exercise are walking, running, jogging, Swimming etc. In anaerobic exercise there is forceful contraction of muscle with stretching, usually mechanically aided and help to build up muscles strength and muscle bulk. For instant Weight lifting, pulling, pushing, sprinting etc. Flexibility exercise is one type of stretching exercise to improve the movements of muscles, joints and ligaments. Sky exercise is a good example of aerobic exercise, easy to perform, safe, effective, need bit of training, does not require any equipment and less chance of injury, Regular thirty minutes of Sky exercise in the morning with seven days in a week is good for health. Regular thirty minutes Sky exercise improves the cardiovascular status, reduces the risk of cardiac disease, high blood pressure and cerebrovascular disease. It reduces body weight, improves insulin sensitivity, helps in glycaemic control, prevents obesity and diabetes mellitus. It is helpful for relieving anxiety, stress, brings a sense of wellbeing and overall physical fitness.

Keywords: to live long and healthy life, sharp mind, flexibility, muscular endurance, boost energy strength and stamina

Introduction

“Anyone who has never made a mistake has never tried anything new.” Physical fitness means the capacity to do the routine work without any fatigue or exertion and after doing the work the person has power to do some more work and recover is quicker. Wellness is the capacity of an individual by which one leads a balanced life. A way of life of style living that reflects the attitude and values of a person of group importance of physical fitness, wellness and lifestyle.

Healthy benefits of GYM

Huge health benefits

- It's clear, but we will mention it anyway going to the gym is good for our health and fitness, during exercise we increase our cardiovascular fitness through strengthening our heart and lungs and we increase our strength through creating lean muscle.
- Studies show that regular exercise and an increase in strength and cardio fitness levels can help reduce the risk of health concerns and diseases, including
 - Heart disease
 - High blood pressure
 - High cholesterol
 - Diabetes
 - Depression
 - Stress related illnesses

Access to Equipment

- One of the big advantages of joining a gym is the wide array of equipment available.

Make Friends

- Like-minded people can meet and socialized in the

gym. Collective of person's fitness classes will help us work towards our goals and to be a fun way to make friends.

Access to Knowledge

- Health clubs have qualified, experienced personal trainers (many with health and sports-relevant degrees) on hand who can guide you on the best exercises and workouts for reaching your aims.

Establish a Healthy Routine

- One of the hurdles in committing to a gym membership is justifying the cost and how much we will use it. It's easy to establish a healthy routine with a gym membership when we have the use of facilities regardless of rain, hail or shine outside. There is no soggy ground to worry about, no dogs to hurdle when running and no risk of heat exhaustion on summer days.

Increased Energy Levels

- One of the side effects of exercise is an increase in energy levels and enhanced mood, due to the release of natural, happy endorphins. There is no better feeling than leaving the gym after a workout feeling energised and ready for whatever the day throws at us.

The psychological benefits of GYM

Help for depression and anxiety

- Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety.

Decreased Stress

- Another mental benefit of exercise is reduced stress levels, something that can make us all happier.

Increasing your heart rate can actually reverse stress induced brain damage by stimulating the production of neurohormones like norepinephrine, which not only improve cognition and mood but also improve thinking clouded by stressful events.

Increased Self-Esteem and Self-Confidence

- From improving endurance to losing weight and increasing muscle tone, there is no shortage of physical achievements that come about from regular exercise. All those achievements can all add up to a whopping boost of self-esteem and the confidence that comes with it.

Better Sleep

- If you have trouble getting a good night's sleep, exercise can help with that, too. Physical activity increases body temperature, which can have calming effects on the mind, leading to less sheep counting and more shuteye.

Brain Boost

- From building intelligence to strengthening memory, exercise boosts brainpower in a number of ways. Studies on mice and humans indicate that cardiovascular exercise creates new brain cells a process called neurogenesis and improve overall brain performance.

Importance of Sky Yoga

i) Better posture

Sky exercise helps in keeping spine erect, enabling everyone to sit straight and not slouch.

ii) Improved Bone Health

Many postures in exercises require we to lift our own weight which helps in making the bones stronger and helps ward off osteoporosis.

iii) Increased Blood Flow

The inverted and twisted nature of sky yoga poses wring out the venous from the internal organs and allow the oxygenated blood to flow. This boost the haemoglobin and red blood cells count.

iv) Improved Heart Health

When we practice SKY Yoga regularly we get our heart into the aerobic range. This not only lowers the risk of heart attack but also relieves depression.

v) Lowered-Blood Pressure

The corpse pose helps people with hypertension. The particular exercise is said to have resulted in great improvement in people with high blood pressure.

Health and wellness of sky yoga

Health

The process of achieving individual potential in the Physical, Social, Emotional, Mental, Spiritual and Environmental areas.

Wellness

The achievement of the highest level of health possible in each of the several areas.

Types of health

Physical health

- Body size, shape and flexibility
- Body functioning
- Ability to perform normal activities of daily living
- Susceptibility to disease and disorders

Intellectual Health

- Think clearly
- Meet life challenges
- Making responsive decisions

Social Health

- Satisfying-interpersonal relationship
- Interaction with others
- Adaptation to various social situations
- Daily behaviours

Emotional Health

- Feeling competent
- Express opinion when appropriate
- Self esteem
- Self confidence
- Trust
- Love

Environment Health

- Appreciation of the external environment
- The role of individual play in preserving, protecting, improving environmental condition

Spiritual Health

- Felling of unity with others and nature.
- To care and respect all living things.
- Sense of meaning or Value in life

Advantages of Simplified Exercises

- Exercises for Hands and Arms
- Leg Exercises
- Breathing Exercises
- Eye Exercises
- Kapalopathy
- Relaxation

Conclusion

A healthy lifestyle does not happen overnight it takes sometime depending upon our habits. Regular exercises keeps a person fit perform all routine work without any difficulty. Thus one should participate in physical activity, moreover it is a symbol of good health. Refrain from bad habit such as smoking, drinking Alcohol and drugs etc. These are the bars to a good health. Having a positive outlook and making sure everyone should take time out to have fun which can actually have a positive effect on everyone's health too.

Reference

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