



Health fitness and wellness: A prescription for a healthy lifestyle

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Abstract

The greatest wealth is health. Good health is life's greatest blessing. The groundwork of all happiness is health. John F. Kennedy rightly said - "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. Wellness is the complete integration of body, mind and spirit. In this research study the investigators found the best prescription for a healthy lifestyle by focusing on health, fitness and well-being of persons. To achieve these aim 240 students from CBSE schools and CG schools of Bilaspur city in Chhattisgarh were chosen randomly and divided into two groups of 120 girls and 120 boys each. To test the students' health, fitness and wellness level and analyse the data the Naga Bhushan Goud(D U 2008) was adopted and Mean, SD, and 't-test' were used. It was concluded that girls proved to be not only more conscious about health, fitness and wellness but were also healthier and fitter than boys. The calculated t-value was 2.984. In the same way CBSE students possessed better health, fitness and wellness awareness than CG students. The table value showed 1.97 at 0.5 level.

Keywords: health fitness, wellness, prescription, healthy lifestyle

Introduction

Good health is based upon knowledge of valid health principles and the willingness to put this knowledge to work in daily living. Health is not a condition of matter but of mind. Health is man's normal condition; his birth right; it is the result of living in accordance with the natural laws pertaining to the body, mind and environment. These laws are related to fresh air and sunlight, balanced diet, regular exercise, rest, relaxation and sleep, cleanliness, internal and good patterns of living. Modern medical science is often used for its pre-occupations with the study of disease and neglect of the study of health. It has encouraged the people to rely on drugs and tonics for the maintenance of health and hygiene than to teach them the rational way to be healthy.

The importance of health, fitness, and wellness

Primary components of fitness

The four primary components (also known as the components of health related to fitness) that are important to improve physical health are as follows:

- Cardio-respiratory capacity is the ability of the body to take in oxygen (respiration), deliver it to the cells (circulation), and use it at the cellular level to create energy (bioenergetics) for physical work (activity). In fitness, we also refer to cardio-respiratory capacity as aerobic capacity. This capacity includes aerobic endurance (how long), aerobic strength (how hard), and aerobic power (how fast). Some of the long-term adaptations of cardio respiratory training are: decreased resting heart rate, decreased risk of cardiovascular disease, improved endurance, increased stroke volume and cardiac output.
- Muscular capacity refers to the spectrum of muscular

capability. This includes muscular endurance (i.e., the ability to apply force over a long period of time or to complete repeated muscle contractions); muscular strength (i.e., the ability to generate force, or the maximum amount of force that a muscle can exert in a single contraction); and muscular power (i.e., the ability to generate strength in an explosive way). Some of the long-term adaptations of improving muscular capacity are increased strength, improved muscular endurance, increased basal metabolic rate, improved joint strength, and overall posture.

- Flexibility is the range of movement or amount of motion that a joint is capable of performing. Each joint has a different amount of flexibility. Some of the long-term adaptations of improved flexibility are decreased risk of injury, improved range of motion, improved bodily movements, and improved posture.
- Body composition is the proportion of fat-free mass (muscle, bone, blood, organs, and fluids) to fat mass (adipose tissue deposited under the skin and around organs). Some of the long-term adaptations of improving body composition are decreased risk of cardiovascular disease, improved basal metabolic rate and improved bodily function.

Health and Wellness

Health is a dynamic process because it is always changing. We all have times of good health, times of sickness, and maybe even times of serious illness. As our lifestyles change, so does our level of health.

Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive toward an optimal state of well-being. As our

lifestyle improves, our health also improves and we experience less disease and sickness. When most people are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier (cardio respiratory ability, muscular ability, flexibility, and body composition). Although these components are a critical part of being healthy, they are not the only contributing factors. Physical health is only one aspect of our overall health.

The other components of health (Greenberg, 2004, p. 7) that are just as important as physical health include the following:

- Social health-The ability to interact well with people and the environment and to have satisfying personal relationships.
- Mental health-The ability to learn and grow intellectually. Life experiences as well as more formal structures (e.g., school) enhance mental health.
- Emotional health-The ability to control emotions so that you feel comfortable expressing them and can express them appropriately.
- Spiritual health-A belief in some unifying force. It varies from person to person but has the concept of faith at its core.

Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviours and attitudes. If we take responsibility for our own health and well-being, we can improve our health on a daily basis. Certain factors influence our state of wellness, including nutrition, physical activity, stress-coping methods, good relationships, and career success.

Each day we work toward maximizing our level of health and wellness to live long, full, and healthy lives. The pursuit of health, personal growth, and improved quality of life relies on living a balanced life. To achieve balance, we need to care for our mind, body, and spirit.

If any of these three areas is consistently lacking or forgotten about, we will not be at our optimal level of health. We are constantly challenged with balancing each of these three areas throughout life.

Prescription for a healthy lifestyle without medication

We have to stop relying on medication to “fix” us, and instead, start working towards living our best lives naturally and without the need for harmful pills.

There are eight suggestions to get you started on the way to living a healthier life without medication:

1. Eat Healthier Food.
Remember the saying, “You are what you eat?”
It’s so very, very true. You are the sum total of what you put into your body every single day.
Healthy eating supplies your body with the essential vitamins, nutrients, and minerals it needs to stay physically, mentally, and emotionally fit.
Put down the cookies, crackers, and chips (all of which promote heart disease, diabetes, cancer, and the like) and start eating the good stuff – the vegetables, fruits, lean meats, healthy nuts, and so on.
2. Get More Sleep
Sleep is the ultimate protector.
It protects your physical self from muscle breakdown,

your mental self from overextension, and your emotional self from excess distress.

You need at least 7-9 hours of sleep each day. Doing so will improve your memory, repair your body, make you happier, and help you to live longer.

3. Exercise Regularly
The advantages of exercise are two-fold...
Not only does it get you into peak physical and mental shape, it also helps you shed those unwanted pounds (which helps boost your confidence).
Weight loss doesn’t come in the form of a pill...
But it does come in the form of running, biking, weight lifting, swimming, playing sports, doing yoga, and so on.
Make it a point to perform some form of mild-to-moderate exercise each day for the next thirty days. By that time, you won’t want to stop!
4. Love Yourself
Did you know that depression affects 1 in 10 Americans (and that the number of patients diagnosed with depression increases 20% each year)?
How do you beat this disease without relying so much on your meds?
Answer: You LOVE YOURSELF!
Starting today, make it a point to be in love with yourself. Not in a creepy, conceited sort of way. But in a “love the miracle of your existence” sort of way.
Know what you stand for, what your values are, and what you are willing to do and give to others, and then start living your life by those standards.
Genuine love for your self is the key to true happiness and emotional health.
5. Challenge Your Mind
Just like with exercise and physical fitness, if you never work out your mind, it’s going to get out of shape. And when that happens, we tend to turn to medication to help us out.
So start challenging your mind with mentally stimulating activities – puzzles, games, word problems, problem solving, learning a new hobby, and so on.
Some studies have even shown that stimulating your mind via challenging activities can possibly help prevent dementia.
6. Surround Yourself with Positive People
You are the sum total of the people you surround yourself with on a daily basis.
Are those people helping or hindering you? Are they a positive or negative influence on your life? Are you even hanging around other people?
Being around others who: a) are positive and uplifting, b) share the same interests as yourself, and c) don’t bring you down can have a profound positive effect both on your mental and emotional health.
So, if you don’t have a positive social circle (both offline and online), get one. And if you’re in a painful relationship, get help.
7. Reduce Your Stress
Stress is not good. And being exposed to too much stress for too long can have negative effects on your physical, mental, and emotional health.
Without managing it, stress can single-handedly ruin your life.

Do any combination of the following to help lower your stress (without having to result to potentially harmful prescription medications):

- Practice yoga. Where you have to practice deep, conscious breathing (which can help lower stress levels)
 - Keep a gratitude journal. Where you write down all of the positive things in your life.
 - Help others in need. Where you help a friend or stranger with one of their problems (which will make your problems seem less important and smaller.)
 - Drink green tea. Green tea is a great drink with low caffeine but many health benefits.
8. Get Checked
 This one is often either overlooked or skipped...
 But the only person who can really tell if something is wrong with your health is a certified healthcare professional (medical specialist, psychologist, etc.).
 Often there can be an underlying problem sabotaging your health that you are completely unaware of. So it's important that you get checked regularly for any potential problems.
 Set up regular dentist and doctor appointments, get an annual health screen, and make up for any missed milestone exams.
 And remember, just because something may be wrong, that doesn't mean you must take medication. Talk to your doctor and come up with a decision together that will be most beneficial to your ongoing healthy lifestyle.

Need of the present study

Health, fitness and wellness is a major concern of all people. Health effects every phase of our living as individuals and as community members. Health education rests on the premise that a scientific fact does not exert its fullest impact on health progress. Fitness is taking care of the complete body. Health is hopefully the result of good exercise and well-being. Major health problems are faced by majority of the children in this country. This task involves not only the taking of good exercise and diet but also better understanding of the relation of health, fitness and wellness, more particularly in the case of school children. Unless they are healthy they cannot be regular to the school. Many research studies found that ill-health is one of the major causes for students' dropout from school. Majority of students are suffering with anaemia, malnutrition and ignorance. This can be prevented and connected to a considerable extent if the precautions are taken.

Review of related literature

Kumar (2012) [7] studies about Oral Health for Healthy life that there is lack in appropriate oral health education even among literates. This pilot study gives information regarding the present scenario prevailing in Chennai.
 Abhishek Mehta, Gurkiran Kaur (2014) [8] conducted a study that Oral health is fundamental to general health and well-being. Schools can provide a supportive environment for promoting oral health.
 Soumyadeep Bhaumik (2014) [8] 'Health and beyond strategies for a better India'. A concept and strategy for a better primarily health case mode.

Objectives of the Study

1. To study the influence of gender on consciousness of health fitness and wellness of Higher Secondary school students.
2. To study the influence of management on consciousness of health fitness and wellness of secondary school students.

Hypotheses of the Study

1. There would be no significant difference between boys and girl students with regard to their health, fitness and wellness consciousness of higher secondary school students.
2. There would be no significant difference between CBSE and CG school students with regard to their health, fitness and wellness consciousness of higher secondary school students.

Methodology

Method

In the present study Descriptive Survey Method of investigation was employed by the investigators.

Sample

For the purpose of the study a sample consisted of 240 Higher Secondary School students in Bilaspur District was selected by using the simple random sampling technique.

Tools

The consciousness of health, fitness and Wellness test was prepared by Naga Bhushan Goud (D U, 2008) was adopted for the present study awareness that covers the following dimensions:

1. Concept of health fitness and wellness.
2. Causes of ill-health and unfitnes
3. Precautions to be taken for a healthy lifestyle.

Statistical techniques used

In the present study, the investigators used mean SD and t-test to analysis the data.

Analysis and Interpretation of the data

Hypothesis 1

The scores on health, fitness and wellness consciousness of higher secondary school students and the mean and standard deviation of the scores was calculated the significance of the difference between the means was found by using T test mean and standard deviation of scores on health, fitness and wellness consciousness and t value is provided in the table 1 below

Table 1: Mean standard deviation and P value of consciousness of boys and girls on health fitness and wellness

Group	N	Mean	S.D.	Df	t-value
Boys	120	24.2	3.9	238	2.984
Girls	120	25.7	3.6		P<.01

The above table 1 shows that the means of health, fitness and Wellness for boys is 24.2 with a standard deviation of 3.9 and the mean score of girls is 25.7 which is standard deviation of

3.6. This implies girls are more conscious about health, fitness and wellness. The calculated t value 2.984 is more than table value of 2.56 and 0.01 levels. Hence the formulated null hypothesis is rejected. Therefore it can be said that gender shows significant influence on the consciousness of students on health, fitness and wellness.

Hypothesis 2

The scores on health, fitness and wellness consciousness of higher secondary school students were summed up and the mean and standard deviation of the score is calculated. The significance of the difference between the means was found by using T test mean and standard deviation of scores on health, fitness and wellness consciousness and P value is provided in the table 2 below

Table 2: Mean, standard deviation and t value of CG and CBSE school students' consciousness on health, fitness and wellness

Group	N	Mean	S.D.	df	t-value
C.G.	120	24.8	4.5	238	0.633
C.B.S.E.	120	25.1	3.1		NS

The about table 2 shows that the mean score of health, fitness and wellness for CG school students is 24.8 with a standard deviation of 4.5 and the mean score of CBSE school students is 25.1 with standard deviation of 3.1. This implies CBSE students are more conscious about health, fitness and wellness. The calculated t value 0.633 is less than table value of 1.97 at 0.05 level. Hence the formulated null hypothesis is accepted. Moreover, students of CBSE schools are more health consciousness than CG school students.

Findings of the study

The statistical treatment of the data reveals the following major findings of the study:

1. There is significant difference between boys and girls of higher secondary school students with regard to the health, fitness and wellness consciousness.
2. Girls are more health conscious than boys
3. There was significant difference between CG and CBSE higher secondary school students with regard to the health, fitness and wellness consciousness.

Educational implications of the study

This study will reach out not only for the students but also for the parents and teachers. Some of the important implications are:

1. This study can serve as a guide for the educators, teachers and parents not only to be conscious about their health, fitness and wellness but also to keep healthy, fit and well.
2. This study provides the parents and teachers with better preparedness for combating health problems among students.
3. The study indicates that special health programs can be organised by government and non-governmental organisations.
4. The existing consciousness can be further strengthened by means of Parent- Teacher Associations.
5. Providing better conducive healthy environment for

health deficiency children should be strengthened among parents to tackle the students in their home.

6. The results of this study help to overcome the problems of bad health conditions among students.

Conclusion

Perfect health is an important requisite for an individual and a family. We all know that health is wealth. Optimum health is the highest level of health attainable by an individual. Positive health means striving for preservations and improvements of health. W H O defined health in its production in 1946 as - "A state of complete physical, mental and social well being and not merely the absence of disease or infirmity."

In conclusion, this study showed that girls of Higher Secondary schools were more health conscious than boys in respect to health, fitness and wellness. CBSE higher secondary school students were found much more health conscious than CG school students.

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