



Fitness Capsule for Prevention of Hypo Kinetic Disease

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Abstract

Lifestyle is defined as sum total of individuals' ways of life. Individual lifestyle constitute what he / she eat, drinks smoke physical activity or in activity, participation in unprotected sexual behavior and drug habit. The above mentioned indices are called lifestyle factors. The effect of this lifestyle factors are responsible degenerative and chronic diseases that afflict human being in recent times. This article deals with the hypo kinetic disease and its prevention through physical activity.

Keywords: Fitness, Prevention, Hypo Kinetic, Disease.

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Introduction

Increase in sedentary behavior during occupational and domestic activities. Increase in passive modes of transport. Insufficient participation of physical activity during leisure time. Approximately 3.2 million people die globally each year due to lack of sufficient physical activity. The more we enjoyed the "good life" the greater the increase in chronic diseases. We need to increase physical activity for better health, quality of life. Now a day's more peoples are suffering to hypo kinetic diseases. It can be defined as "A disease or condition that is related to or caused by chronic physical inactivity and poor fitness". Fitness is defined as the quality of being suitable to perform a particular task. The term fitness increased in western vernacular by a factor of ten. Modern definition of fitness describes either a person or machine's ability to perform a specific function or a holistic definition of human adaptability to cope with various situations. This has led to an interrelation of human fitness and attractiveness which has mobilized global fitness and fitness equipment industries. Regarding specific function, fitness is attributed to personnel who possess significant aerobic or anaerobic ability, i.e. strength or endurance. A holistic definition of fitness is described by Greg Glassman in the Cross Fit journal as an increased work capacity across broad times and modal domains; mastery of several attributes of fitness including strength, endurance, power, speed, balance and coordination and being able to improve the amount of work done in a given time with any of these domains. A well rounded fitness program will improve a person in all aspects of fitness, rather than one, such as

only cardio/respiratory endurance or only weight training. Physical fitness has proven to result in positive effects on the body's blood pressure because staying active and exercising regularly builds up a stronger heart. A healthy diet is a diet which contains a balanced amount of nutrients, varied food such as fruits and vegetables, proteins primarily from fish, dairy products, and nuts. Minimal amounts of caffeine, sugar, fat, salt, and alcohol. Healthy eating is identical to a healthy diet, in that it relates to the practice of food intake for healthy living. Governments often use this term to refer to the ideal diet which the average person requires to remain healthy.

Objective of the Study

- To aware importance of fitness to prevent hypo kinetic disease.
- Prevention is better than cure.

Main Body of the Paper

Lifestyle is defined as sum total of individuals' ways of life. Individual lifestyle constitute what he / she eat, drinks smoke physical activity or in activity, participation in unprotected sexual behavior and drug habit. The above mentioned indices are called lifestyle factors. The effect of this lifestyle factors are responsible degenerative and chronic diseases that afflict human being in recent times. Such degenerative diseases are hypertension, diabetics, cancer, stroke and liver diseases including the spread of HIV/AIDS. Lifestyles are patterns of behavioral choices made from the alternative that are available to people according to their socioeconomic circumstances and to the ease with which they are able to choose certain ones over others. Lifestyles are the "behavior of choice" which affect ones fitness and health status. Physical fitness is having sound strength and endurances which promotes a healthy mind.

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Fitness was commonly defined as the capacity to carry out day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered the definition insufficient. In current contexts, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities to be healthy, to resist hypo kinetic diseases, and to meet emergency situations. Hypo kinetics are conditions related to inactivity or low levels of habitual i.e. obesity, excess body weight and diabetes. Also physical fitness is defined by as a state of well-being with low risk of premature health problems and possessions of reserved energy to The amount of physical activity needed to maintain a healthy weight, lose weight, promote good health; including prevention of hypo kinetic diseases are recommended by various organizations in the United States, to be 30 minutes of moderate physical activity in most of the weeks. This level of activity might include walking, jogging, running, gardening, and yard work or swimming, sedentary behavior patterns and excessive fat in the diet. Sedentary lifestyles are defined in relation to the numbers of hours that individual spend sitting down in a typical day or the number of hours expended walking or in either specific activities. Another definition of sedentary lifestyle referred to those individuals who did not practice any physical activity during their leisure time and in addition spent long time sitting down (Friedman and Thieibar, 1972). Majority of the University staff (Academic and non- academic staff) walk about with pot-belly and hearty hips buttocks occasioned by sedentary behavior adopted in their work places.

What Is Diabetes

Diabetes is a defect in the body's ability to convert glucose (sugar) to energy. Glucose is the main source of fuel for our body. When food is digested it is changed into fats, protein, or carbohydrates. Foods that affect blood sugars are called carbohydrates. Diabetes develops when the pancreas fails to produce sufficient quantities of insulin – Type 1 diabetes or the insulin produced is defective and cannot move glucose into the cells – Type 2 diabetes. Either insulin is not produced in sufficient quantities or the insulin produced is defective and cannot move the glucose into the cells.

Normal Diabetes		normal diabetes
Fasting blood sugar	80-99 mg/dl	
	126 mg/dl and above	
Random blood sugar	80-139 mg/dl	200
	mg/dl and above	
2 hour glucose tolerance test	80-139 mg/dl	200 mg/dl
		and above

Exercise for Prevention Of Diabetics

- Sit-up: normal, side word

- Using body twister machine
- Vakrasana
- Malsyasana
- Dhanurasana
- Savasana
- Strengthening exercise

What Is Hyper Tension

Blood pressure is the force of blood pushing against blood vessel walls. High blood pressure (HBP) means the pressure in your arteries is higher than it should be. Another name for high blood pressure is hypertension.

Normal blood pressure is below 120/80 mm Hg. If you're an adult and your systolic pressure is 120 to 139, or your diastolic pressure is 80 to 89 (or both), you have "prehypertension." High blood pressure is a pressure of 140 systolic or higher and/or 90 diastolic or higher that stays high over time.

Exercise for prevention of hypertension

1. Weekly once Endurance run
2. Step –up
3. Meditation
4. Strengthening exercise
5. Sheersasana
6. Sarvangasana
7. Savasana

Conclusion

1. Fitness gives you more energy and strength.
2. Lowers your cholesterol.
3. Improves your circulation.
4. It helps to manage your weight.
5. Strengthens your muscles, bones and joints.
6. Decreases your stress.
7. Improves your posture, balance and independent living.
8. Improves your well-being.
9. May help you sleep better.
10. Reach and maintain a healthy weight.
11. Eat healthy meals low in saturated fat, *Tran's* fat, sodium (salt) and added sugars.
12. Limit alcohol to no more than one drink per day for women or two drinks a day for men.
13. Be more physically active. If you have high blood pressure, aim for at least 40 minutes of moderate-intensity physical activity at least 3 to 4 times a week.
14. Take medicine the way your doctor tells you.
15. Know what your blood pressure should be and work to keep it at that level.

Reference

1. Health, fitness and wellness encyclopedia
2. Fitness and exercise source book (Dan R Harrts)
3. Alternative health and medicine encyclopedia(James E Marti).