Unlocking the secrets of Good Health, Wellness and Fitness

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ABSTRACT

In general, health is an optimal well-being that contributes significantly to quality of life free from disease and illness. Optimal health includes high-level mental, social, emotional, spiritual, and physical wellness within the parameters of heredity and personal abilities. Good health helps in sustaining an average life cycle of human being. Several factors such as nutrition and exercise are main components of a healthy life that make people mentally and physically fit. These four parts health, exercise, fitness, nutrition are a pillar for human healthy life. The HELP Philosophy says that H=Health, E=Everyone, L=Lifetime, P=Personal. Wellness is the integration of many different components such as mental, social, emotional, spiritual, and physical factors that expand one’s potential to live a quality of life, work effectively and make significant contribution to society. It is the reflection of how one feels about life as well as one’s ability to function effectively. In the present review, an attempt has been made to shed some light on the much ignored but equally relevant matters of health and explore the possibilities of mass awakening in the process of attaining good health in with a teamwork of diet, exercise, fitness and a supportive community.

Introduction

Health is state of optimal well-being that gives us a disease free, illness free and better quality of life. The optimal health includes high levels of mental, social, emotional, spiritual, and physical wellness owing to a person’s heredity factors and personal abilities to perform any activity (Corbin et al 2000; Saxena et al 2005; Steptoe et al 2015; Ohuruogu 2016; Miret et al 2017). During a life cycle, healthy days are the number of days, per week or month, that a person considers himself or herself to be in good or better than good health. On the other hand, wellness is the integration of many different components such as mental, social, emotional, spiritual and physical that expand one’s potential to live, quality of life and work effectively to make a significant contribution to society (Charles 2000; Steptoe et al 2015; Miret et al 2017). Wellness reflects how one feels, a sense of well-being about life as well as one’s ability to function effectively (Miret et al 2017). Wellness, in contrast to illness, is sometimes described as the positive component of good health and considered as a quality of life an individual avails and ably enjoy to do the activities of life that require a pleasant and supportive community (Charles 2000; Singh and Singh 2008).

Health can be negatively affected by a number a ways mostly depending upon the nature of activities a person perform and a lifestyle that a person practices (Natural Perspective on Health,
2007). Usually, activity days are the number of days, per week or month, a person feels that he/she can perform usual daily activities successfully and in good health. Other factor that affects overall health is “illness”, which is more or less an ill feeling and/or symptoms associated with a disease or circumstances that upset homeostasis (Singh and Singh 2008). We can improve our health by including a lot of physical activity and good eating habits in our day to day life.

**Health-Related Physical Fitness**

Physical fitness is the body’s ability to function efficiently and effectively. It consists of health-related physical fitness and skill-related physical fitness, which have different components, each of which contributes to total quality of life (Charles 2000; Olubayo-Fatregun et al 2014). Physical fitness also includes metabolic fitness and associated with a person’s ability to work effectively, enjoy leisure time, being healthy, resist hypokinetic diseases and meet emergency situations. It is related to, but different from health, wellness, and the psychological, sociological, emotional, and spiritual components of fitness. Although the development of physical fitness is the result of many things, optimal physical fitness is not possible without regular exercise.

Nowadays, one of the imperative soft target of physical fitness is our heart. Hence, it will be important to maintain the overall cardiovascular fitness. Moreover, cardiovascular fitness is the ability of the heart, blood vessel blood, and respiratory system to supply fuel and oxygen to the muscles and the ability of the muscles to utilize fuel to allow sustained exercise (Ohuruogu 2016). A physically fit person can sustain the physical activity for reasonably longer periods without any stress. Physical activity also maintains flexibility of our muscles and joints which helps the person to move the body joints freely either during work or in play.

**Skill-Related Physical Fitness**

The physical fitness goals that require skill to perform are grouped into the skill related physical fitness territory. For example- agility, balance, co-ordination, power, reaction time, speed, healthy lifestyles, exercise etc. (Charles 2000; Ohuruogu 2016). The ability to rapidly and accurately change the direction of the movement of the entire body in space is known as agility. Some examples of activities that require outstanding agility are skiing and wrestling. Another skill related physical fitness is balance, which is referred to as the maintenance of equilibrium in stationary or moving conditions, such as water skiing or acting on the balance beam. Another skill is coordination, which is the ability to use senses within our body to perform motor function efficiently, such as juggling, hitting a golf ball, batting a baseball, or kicking a ball. There are some activities that require power within our body, which is in broader term mentioned as the ability to transfer energy into force rapidly. Some of the examples of activities that requires immense power are throwing the discus and putting the shot.

**Healthy Lifestyles**

Regular physical activity, eating well, managing stress, avoiding destructive habits, adopting good safety habits, learning first aid, adopting good personal health habits, seeking and complying with medical advice timely, being an informed consumer, protecting the environment. An integral part of good health is exercise which is defined as the physical activity performed for obtaining good health fitness. Physical activity is generally considered to be a broad term used to describe all forms of large muscle movements including sports, dance, games, work, lifestyle activities, and exercise for fitness (Charles 2000; Natural Perspective on Health 2007; Carless and Douglas 2016).

**The Health aka HELP Philosophy**

This philosophy states and stands for the initial letters of the word HELP which means- H=Health; E=Everyone; L=Lifetime; P=Personal
Corbin et al (2011). Again, this philosophy explains about the simple ways, such as changing our lifestyles and following a discipline, we can maintain and stay healthy in our lifetime (Corbin et al 2011).

**Conclusion**

Good health and happiness is the key to better living and longevity of our lives. Hence, the present mini review throws some light on the secrets of well-being, fitness and overall health. With a better practice of healthy living, good diet and exercise, we can enhance our chances of disease free life and sustain the life threatening barriers of illness and stress of various kinds encroaching our day to day life.

**Conflict of interest**

There are no conflict of interest of any kind regarding this manuscript. This manuscript is a product of original research and hasn’t been published anywhere else.

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