ABSTRACT

The purpose of this study is to determine the advantages of physical fitness through exercise for health life. The human body is meant for movements. Regular exercise and physical activity is the path of health and well being. Regular exercise has many benefits in addition to helping you to maintain a health weight, improving cardiovascular fitness. The concept and philosophy of exercise for fitness and healthy life has been historically acknowledged but recent resurgence of concern for fitness and healthy life has greatly promoted in exercise participation. The importance of exercise according to modern thought, two set components include cardiovascular fitness, strength and muscular endurance, flexibility and body composition. The skills related components have been identified as ability, speed, power, coordination and recreation time. Accordingly the fitness boom has resulted in ever increasing health club and fitness saloons besides the acceptance of education curricular, human ability to move dynamically and the like. For such reasons exercise will continue to be heavily influenced by the changing philosophies through time and space.

INTRODUCTION

Research has confirmed that any amount of exercise at any stage is beneficial and in general the more you do, the greater benefits. The national academy of sciences has recommended that everyone strive for a total of an hour per day of physical activity. The hour can be made up several shorter bursts of activity done throughout the day. The common people of the country want not only to participate in sports or other physical activity to keep them fit and health but also participate for competitive purpose. Due to interest and active participation in sports and other physical activity the knowledge about health, injury and illness have been increased.
The exercise programme requires becomes an important part of their life and the do exercise without any question. It has been realized that fitness adds not only years to an individual life, but adds lot of happiness and healthy movements. Exercise includes: dance, calisthenics, sport/games and more formal activities like jogging, swimming and running, in other we define exercise as “Any set of movement designed to trained or improve a skill”.

**SUGGESTIVE TIME TO EXERCISE**

The important and most popular time for exercise is early morning. Early start of day with exercise makes people alert and energetic.

You should do exercise two or three hours before evening meal. The late afternoon exercise provides good change of pace at the end of the work days an helps to dissolve the day’s worries and tensions. Don’t exercise just after eating.

You should consider the following factors when you plan your exercise programme: personal preference, family responsibility, nature of job, exercise facilities and weather because these factors can effect, cancel or interrupt your daily demands of your time.

Make necessary arrangement when you exercise during extreme hot, cold and humid weather.

**IMPORTANT PRINCIPLES**

**TIME:** It is best to set proper time for exercise and start at three sessions per week and then increased gradually according to ability and availability of time. Most people set their exercise time every day. This helps them get into the habit of workout. The time of day is important individuals don’t try to exercise and play game with full stomach. Avoid exercise in excessive heat and cold climate.

**PHYSICAL EXAMINATION:** Before choosing or selecting exercise programme an individual should obtain a proper physical examination from the doctor so the individual will know his or her limitations. This will help to select suitable activity.

**DURATION:** The duration of the exercise is play significant role to have fit and healthy body. The ideal duration of exercise is 30 to 60 minutes. Some people find it necessary to begin with 10 to 15 minutes and build-up.

**ADDITIONAL EXERCISE:** An individual should incorporate additional activity with his/her daily planned exercise programme. Take a good distances walk instead of using bike or car: for purchasing and marketing, use the stairs instead of taking the elevator. Do some kinds of gardening work with manual technique rather than tools. These are the some additional activities are help to maintain fitness and health.

**VARIATION IN ACTIVITY:** Monotonous kills working habits. It was observed that individual feels monotonous while doing the same type of exercise for a long period of time doing the same type of activity again and again develops monotonous. One’s monotonous is develop, the individual loosing concentration and interest to activity. So to avoid monotonous it
is very important for individual to plan his/her activity programme and time to time change and include appropriate new activity.

**INTENSITY OF EXERCISE:** Intensity of exercise varies greatly depending on individual age, sex, fitness level and medical condition. Many experts of the medical Sciences have suggested aerobic exercise as suitable and beneficial for most persons. It can be geared to an individual’s fitness level and increased his/ her ability to work. Aerobic exercise should be done at least three times of week. It helps to achieve cardiopulmonary vascular fitness- a strong and healthy heart, lungs and blood vessels. the best form of aerobic exercise includes brisk walking, swimming, jogging, rope jumping, rowing and dance etc.-

**THE AIM AND ADVANTAGES OF EXERCISE**

The aim of exercise programme is not just to prepare international sportsman or women. It has a lot of means to common people. Regular exercise plays an important role in staying. Fit and healthy exercise is not to play important part of treating medical problems such as hypertension, depression etc. it can also be important in preventing many of other medical problems. Regular exercise also improves individual body image and increase energy level. It helps to control weight and reduces stress. If individual committed to do exercise and combine with balance diet can help to provide the sense of well-being and can help to prevent chronic illness disability and premature death. Some important advantages are: Good health, (efficient heart and lungs, control body weight, blood pressure, lower cholesterol, minimum risk of diabetes and heart disease), Good appearance (proper body shape, toned muscles, grace in pace, elegance in movement, confidence etc.), Increase well-being (energetic, no stress, good sleep, mental sharpness, quick decision, good concentration etc.

**THE RISKS DURING THE EXERCISE**

Despite the many healthy advantages obtained through various sports, games and exercise injuries and illness can occur as a result of physical activity. Anyone participating in contact games can expect some of the contact to be hard on the body, fracture contusions, strain, sprain, dislocation; even death have been known to occur. In present time the peoples are now aware of many caused that can help to prevent injuries and follow one principle “prevention is better than cure”. For example during the competitions use of protective equipment, high level fitness, good warming up and cooling down, knowledge about the game, presence of mind, careful etc. But sports and games basically is a complex nature of activity therefore it is observed that after lot of precaution, the accident do happen in the competitions. Apart from these, certain pre existing conditions can increase the danger or difficulty of participate in physical activity for example, a person has minor injury and if he ignore his injury and take part in competition he make himself be more prone to injury. Some pre-existing conditions are permanent such as Diabetes, asthma etc. It is advisable to take proper medical examination at regular intervals.

**CONCLUSIONS**

The exercise can help specific mental health problems. Exercise is an essential part of any weight loss programme to maximize your fat loss while keeping valuable muscle mass. As the people
undertake their exercise programme to develop health, it is very important to understand their present fitness level. Fitness level also influenced by age, sex, heredity, habits, exercise and habits diet, attitude about life, family, professional social pressure, tension stress and anxiety etc. People cannot able to do anything about age, sex, heredity factors, however, it is within people power to change and improve in the others where needed and have good optimal fitness to help make a healthy life.

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