

## Physical fitness for Women

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### Introduction:

Physical fitness is a measure of the body's ability to function efficiently and effectively in work and leisure activities, resist hypo kinetic diseases (diseases from sedentary lifestyles), and to meet emergency situations. Physical fitness comprises two related concepts: general fitness (a state of health and well-being), and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through fitness is defined as the state of general well being, physically sound and healthy, along with mental stability. Physical fitness is important as it keeps our body free from illness. It enables the organs like heart, lungs and muscles to function efficiently. Physical exercise is important for maintaining physical fitness and can contribute positively to maintaining a healthy weight, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system.

### Discussion:

Women of all ages benefit from a moderate physical exercises daily. Walking for 30 Min to Hour or Jogging from 15 min to 30 Min. Women with health problems such heart disease, diabetes, obesity, blood pressure etc. should first consult a physician before beginning the physical exercise. More than 90 per cent of Indian Women do not engage in physical activity. Social support from family, friends, and religion obstructs the women for doing any physical activity. The regular exercise significantly increases life expectancy and improves overall health. Regular physical activity reduces the risk of cancer, heart disease, and osteoporosis. Here are some simple tips to help you get started on a regular plan of physical exercise.

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Physical exercises helps you live longer and prevent many chronic diseases, such as heart disease, high blood pressure, abnormal blood lipid (cholesterol and triglyceride) profile, stroke, type 2 diabetes, metabolic syndrome, and colon and breast cancers. Physical exercises improve cardio respiratory and muscular fitness. Physical activity raises your metabolism and helps you lose weight more easily. Physical activity helps reduce stress, anxiety, and depression and improve your mood. Physical activity helps maintain brain function in older adults. Physical exercises help with digestion and promotes regular bowel movements. Physical activity increases bone density. Physical activity helps you age more gracefully by maintaining your looks and your agility. Physical activity improves sleep quality. Physical activity improves your overall quality of life.

### **Benefits of Physical Training**

1. Physical Training reduces the risk of coronary heart disease, high blood pressure, colon cancer and diabetes.
2. It also helps in maintaining to control the weight, build lean muscle and reduces fat in the body.
3. It helps in regulating the swelling of joints and pain associated with arthritis.
4. Develops the Psychological Behaviour.
5. It develops the whole some personality of the women.
6. It develops the Health care.

### **Suggestions for improving the fitness among women:**

1. Go with walking for shopping house hold groceries near to the home.
2. Go for 30 Min to 1 Hour walk in the morning or in the evening.
3. Clean the House and do the domestic work at home.
4. Plant and Care for a garden at home
5. Play with Kids
6. Stationery Cycling at Home
7. Do Mobility and Stretching Exercises at Home.

8. Go for Yoga Classes or Dances.
9. Join nearby Gym for tread mill running.
10. Climb Stairs if you stay in Apartments.

**Suggestions for Organizations to improve the fitness among women**

1. Provide good environment to the general public to have parks, Play grounds, Walking and cycling areas near to their homes.
2. Open Clubs for community recreation, form neighborhood groups to do the Physical activity among the women.
3. The Organization must promote moderate amount of physical activity by conducting the sports and games, Runs and walking events.

**References:**

<http://www.secondscount.org/heart-resources/> Physical Exercise, Wikipaedia