

## FITNESS AND WELLNESS IN COLLEGES

**PAVAN J.K. AND RAMESH N.\***

Director of Physical Education, Govt. First Grade College, Channarayapattana, India

\*Director, SG Physical Education, Govt. College, Mandya, India

\*Corresponding author. E-mail: N Ramesh

Received: May 10, 2011; Accepted: June 15, 2011

**Abstract-** "Sound mind in a sound body" a beautiful cote by Swami Vivekananda and it's the dream too. Our youth is strong back bone of our country. So most of the youth is in the colleges. To build the strong and healthy country and the society; the easy way to build the awareness of Physical Fitness and the good culture healthy habits in the youth. Nowadays we can observe that the lack of fitness problems in the youth so to fulfill the theme fitness and wellness for the youth in the college it self . Our aim is to see the nation to be strong with seeing that the youth should be fit in the colleges.

### Physical fitness

*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 exercise correct nutrition and enough rest. It is an important part of life. In previous years, *fitness* was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. These days, *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 hypokinetic diseases and to meet emergency situations.

### Wellness

A set of common characteristics seen in most thoughtful attempts at a definition of wellness. We generally see a reference to a "state of well-being," which is vague, to say the least. Also frequently seen is a "state of acceptance or satisfaction with our present condition." Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being. Wellness can also be described as "the constant, conscious pursuit of living life to its fullest potential." Wellness can be described as a state that combines health and happiness. Thus, those factors that contribute to being healthy and happy will also likely contribute to being well. Factors that contribute to health and happiness have long been recognized, at least since the time of Ancient Greeks. To achieve a state of wellness, one has to work on its determinants.

The determinants of wellness are: better understanding of concepts like destiny, health practices, spirituality, family, environment, work, money and security, health services, social support and leisure. The truth is wellness is a tough word to define. That said, we'll leave it to Charles B. Corbin of Arizona State University who gives this definition of wellness: "Wellness is a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being."

- Wellness is an active process of becoming aware of and making choices toward a more successful existence.
- Process means that improvement is always possible
- Aware means that we are continuously seeking more information about how we can improve.
- Choices means that we consider a variety of options and select those in our best interest.
- Success is determined by each individual to be their collection of life accomplishments

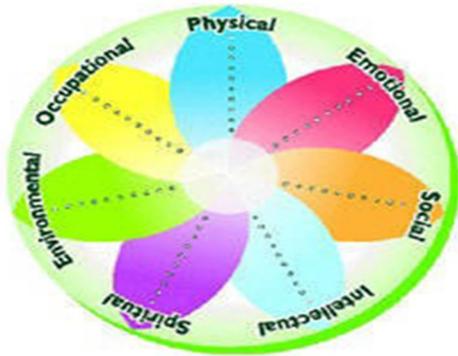
### Dimensions of Wellness

If wellness is multidimensional, what are the dimensions of wellness? The most commonly described sub-dimensions are the following:

- ❖ Social Wellness
- ❖ Occupational Wellness
- ❖ Spiritual Wellness
- ❖ Physical Wellness
- ❖ Intellectual Wellness
- ❖ Emotional Wellness
- ❖ Environmental Wellness

- ❖ Financial Wellness
- ❖ Mental Wellness

Ultimately, the dimensions of wellness all fall into two broader categories, being mental and physical. This is critical to note, as the mental or emotional component is often overlooked as focus on such main staples as physical fitness and chronic disease risk factors. In order to achieve a state of wellness in our own lives or try to guide others to it, we must pay due diligence to each of the dimensions. We may not all be physically fit or free from disease; we can, however, strive for increased wellness by working with what we've been dealt.



### Social Wellness

The social dimension of wellness encourages contributing to one's human and physical environment to the common welfare of one's community. Social Wellness emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one's family.' As you travel a wellness path, you'll become more aware of your importance in society as well as the impact you have on nature and your community

#### So how can I improve social wellness?

- a) Practice self disclosure
- b) Get to know your personal needs and pursue things and people who nurture those needs
- c) Contact and make a specific effort to talk to the people who are supportive in your life
- d) Attend a Wellness Forum
- e) Join a club or organization that interests you
- f) The social dimension of wellness involves developing, nourishing and encouraging satisfying relationships

### Environmental Wellness

Is important to lead a lifestyle that is respectful of our environment. This includes respecting nature and those species living in it. Also, respect for others living in our environment is just as necessary as respect for the physical environment itself. While today's climate is one of increased environmental awareness, the average person may still be unconcerned or simply uninformed about what he or she can do to help the environment. You don't have to be a member of an

organization to help; an individual can help by simply leading an environmentally conscious life.

- Signs of Good Environmental Wellness
- You are aware of the limits of the earth's natural resources
- You conserve energy (i.e., Shutting off unused lights)
- You recycle paper, cans, and glass as much as possible
- You enjoy, appreciate, and spend time outside in natural settings
- You do not pollute the air, water or earth if you can avoid doing so.
- The environmental dimension of wellness involves accepting the impact we have on our world and doing something about it.

### Mental Wellness

When searching the literature on mental health, it is difficult to find a straightforward definition of mental wellness. Instead, we define its absence. Although many adults do not fit snugly into descriptions of depression and anxiety, depressive symptoms and behaviors that identify anxiety are seen in many people. Unfortunately, even if these adults recognize their depressive symptoms and feelings of anxiety, and even if low-cost treatment were available around the corner, the stigma of mental illness inhibits many of them from seeking help.

#### What Are Barriers to Mental Wellness?

- Age-related Changes
- Illness
- Attitudes of Others
- Alcohol or Drugs
- Health Complaints
- Stigma

### Emotional Wellness

The emotional dimension of wellness emphasizes an awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. The emotionally well person maintains satisfying relationships with others. Managing your life in personally rewarding ways, and taking responsibility for your actions, will help you see life as an exciting, hopeful adventure.

- As you travel the wellness path, you'll begin to believe that - emotionally.
- It's better to be aware of and accept our feelings than to deny them.
- It's better to be optimistic in our approach to life than pessimistic.

#### Tips to Increase Emotional Wellness

Emotional wellness is striving to meet emotional needs constructively. It is maintaining good mental health, a positive attitude, high self-esteem, and a strong self-image. It is the ability to respond resiliently to emotional states and the flow of life every day. It is dealing with a variety of situations realistically and learning more about yourself and how things you do affect your feelings. It is taking responsibility for your own behavior and responding to challenges as opportunities.

- Practice optimism.
- Spend time with friends and family discussing important personal concerns and being supportive of each other.
- Participate in self-esteem workshops or support groups.
- Read a self-help book that is of interest to you.
- Learn time management skills and other stress management techniques.
- Attend a wellness forum.
- Smile at least 20 times each day.

### Physical Wellness

The physical dimension of wellness encourages cardiovascular flexibility and strength and also encourages regular, physical activity. Physical development encourages knowledge about food and nutrition and discourages the use of tobacco, drugs and excessive alcohol consumption. Physical Wellness encourages consumption and activities which contribute to high level wellness, including medical self-care and appropriate use of the medical system.

### Steps for Improving Physical Wellness / Physical Fitness

Physical wellness is the ability to apply your knowledge, motivation, commitment, behavior, self management, attitude, and skills toward achieving your personal fitness and health goals. A wise person once said, "Those who think they have no time for exercise will sooner or later have to find time for illness." Physical wellness can be maintained by applying the knowledge and skills of sound nutrition, exercise, and safety to everyday life.

- Exercise three time a week, 20-30 minutes per session
- Use the stairs instead of the elevator or escalator, and walk whenever possible
- Get consistent and adequate sleep
- Use seat belts and helmets, and encourage others to do so
- Learn to recognize early signs of illness
- Listen to your body
- Eat breakfast - it's the most important meal of the day
- Eat a variety of healthy foods

### Conclusion

With all the above facts we can know that Fitness is very necessary for life to lead the life with out strain and wellness is most essential to lead the life happily. The stage make understand to our youth is in the college. So it's our responsibility to make understand that the both the above things are part and parcel to our life with this I conclude the topic

### References

- [1] <http://www.fitness.gov>
- [2] <http://www.tradoc.army.mil>
- [3] <http://www.aafp.org>
- [4] <http://www.niams.nih.gov>
- [5] <http://aspe.hhs.gov>
- [6] <http://www.cdc.gov>
- [7] <http://www.sccfd.org>