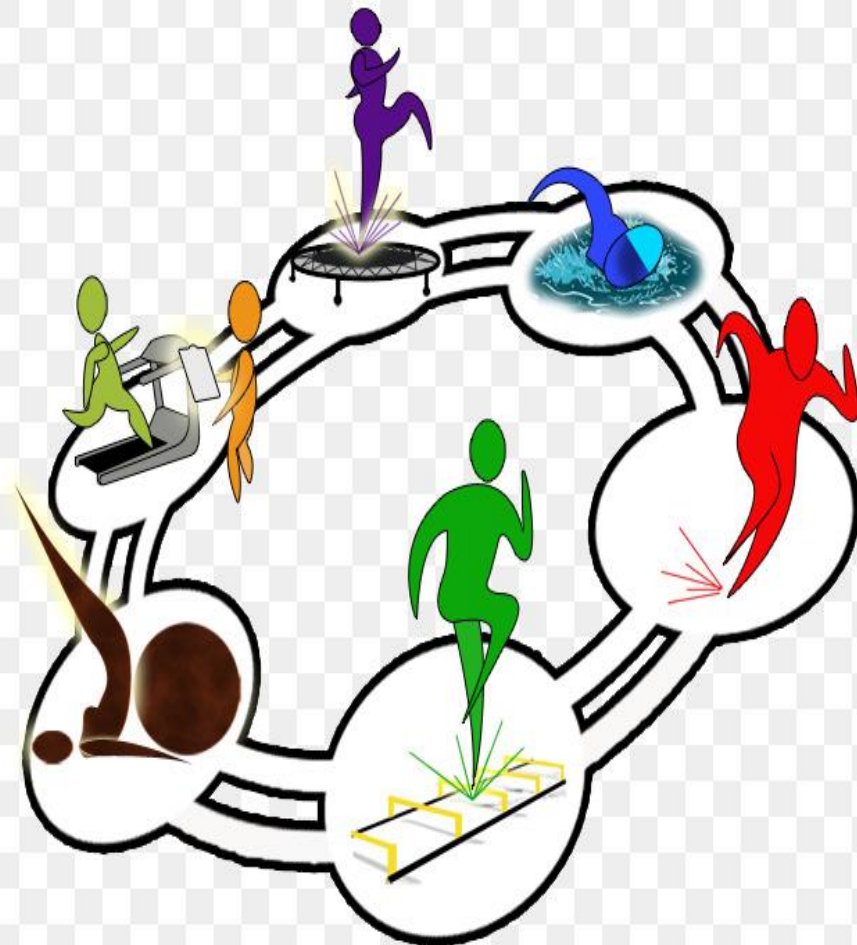


**Module 1 Unit 1 Foundation Course – Health and Fitness**  
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**Foundation Course**  
**Health & Lifestyle Management**

**Module I**



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## **Health**

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO).

The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. The health of all peoples is fundamental to the attainment of peace and security and is dependent on the fullest co-operation of individuals and States. Unequal development in different countries in the promotion of health and control of diseases, especially communicable disease, is a common danger. Healthy development of the child is of basic importance; the ability to live harmoniously in a changing total environment is essential to such development. The extension to all peoples of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health.

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities without fatigue. Physical health is when your body is functioning as it was designed to function. To sustain your health, you must receive nutrients, exercise or use your parts, and be in an environment amenable to stable growth. You must also avoid the various attacks or threats to your health. Genetic weaknesses, injuries and losses may cause malfunctioning of some organs. Compensation may often make up for injuries or losses such that the functioning is almost as designed. A major concern in health relates to healing damage done to the various parts.

## **Fitness**

Physical fitness is the ability of an individual to carry out his/her daily task or physical movement without fatigue with desired quantity and quality.

It is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest. Being physically fit enables you to more easily, meet the physical demands of everyday living and respond positively to increased physical demands under stressful conditions. The term is often associated with health and well-being,



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since being physically fit is usually associated with improved health such as heart and lung function (cardiovascular fitness). Another attribute of physical fitness, muscular fitness (muscle strength, endurance and flexibility) contributes to ease of movement when completing everyday tasks, and also protects your body from injury when performing daily activities. Your physical build (body weight, body mass index, body composition, and waist circumference) is also considered an attribute of physical fitness as the components of your physical build can positively or negatively affect your physical fitness and health.

### **Wellness**

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

Maintaining an optimal body structures and functions at genetic and cellular levels through healthy food intake, physical activity and exercise, sleep health, drinking water, being able to perform well for daily living courses.

The ability of body to maintain a healthy quality of life that helps us to perform our day to day activities without fatigue, illness, or risk of injury. Physical wellness depends on healthy habits which help to keep body in salubrious state such as

- Balanced diet
- Exercise and physical activity
- Good sleep and rest
- Recreation and leisure
- Immunization
- Regular medical examination
- Avoiding detrimental habits like smoking, drinking drugs.
- Self-management, temperance, attitude and skills toward achieving one's personal fitness and healthy goals.
- Physically well individuals have the ability to apply their knowledge, motivations, commitments, and values into their relationships in a healthy manner.



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- Physical wellness means taking care of yourself and maintaining good health with regular-based physical activity practice and assessment or checkups.
- Physical wellness includes engaging in balanced physical activities and knowing your limits to prevent physical injury.

### **Modern concepts of health, fitness & lifestyle management**

Lifestyle is an essential factor in health. Unhealthy behavior can lead to illness, disability and even death. Recent medical reports show that there has been a rise in health-related issues like metabolic diseases, joint and skeletal problems, cardiovascular diseases, hypertension and obesity. Research has proven that a healthy lifestyle like appropriate diet, satisfactory physical fitness level and a healthy weight can provide health benefits. In summary, for many of us, the modern lifestyle and the stress it causes affects our physical, psychological and social health. Hence, it has become vital to understand the relationship and maintain the right balance.

### **Modern Lifestyle habits that influence health**

#### **1. Unhealthy Diet**

Diet is the most crucial factor in lifestyle and has a direct relation with health. The way people eat has also changed from before. Earlier, the diet used to include a lot of vegetables and fruits which gave nutritional value. With the fast-paced modern lifestyle, the diet has also become fast. In a competitive world, people have no time to cook meals or sit and eat slowly. As a result, people resort to fast-foods, frozen foods loaded with preservatives and skip on healthy nutritious food. This gives rise to unwanted diseases and afflictions. Obesity is on the rise and has become a chronic problem, along with other hypokinetic diseases.

#### **2. Lack of physical fitness or exercise**

Along with poor eating habits, lack of physical fitness is a significant problem in modern lifestyle. When it is together, it can cause damage to a person's health. The study from **WHO** tells that around 60-85% of the worldwide population does not engage in enough physical activity. Additionally, people do not have time because they are working more in a competitive world and living in stressful situations. So, the best way is to reduce stress to exercise regularly and work on your holistic wellness.



### **3. Lack of sleep**

Many aspects of modern lifestyle like television, computer screens, longer commutes, the blurring of the line between work and personal time have contributed to sleep deprivation. For a healthy lifestyle, a person requires a minimum of seven hours of good sleep. Sleep deprivation prevents the body to strengthen the immune system and produce cytokines to fight infection. This means a person takes a longer time to recover from illness and increases the risk of chronic illness. It also affects body weight and leads to obesity. Lack of sleep can also lead to diabetes and cardiovascular diseases.

### **4. Substance Abuse**

The modern-day addiction of alcohol, nicotine and many more carcinogenic substances has become a pursuit of pleasure. The easy availability of temptations along with constant stress results in an unprecedented epidemic of addiction, depression, anxiety and chronic disease.

### **5. Technology addiction**

Modern technology brings certain advantages to people and makes things better, such as fast communication and ease of travelling. Machines are used for everyday chores like cooking, washing, cleaning, thereby reducing the need for physical work and over a while, making people dependent on it. Computers and the internet are a standard part of every household. Modern technology can bring us luxury, but when the problem starts when it becomes an addiction. Let us know how it affects health and fitness.

- **Excessive use of Cell phone:** Lately, smartphones have become an essential part of every person's life. But, it can be a blessing or a curse. People have become obsessive and are losing the humane aspect of their lives. Constant staring at a screen causes short-sightedness, low concentration and other health risks.
- **Disturbed sleep:** Technology addiction and excessive dependency on gadgets are causing people to develop poor sleeping habits. By staying up late, one develops a lack of concentration and focus.

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- **Development in children:** Research suggests that when children use more technology, it results in stunted cognitive growth and poor eyesight.
- Overuse of technology as part of routine life can lead to neck and back pain.

### **How can be tackle the risk of modern lifestyle**

Deciding to make a change in your life is never easy. Breaking old habits and creating healthy ones can be challenging and even discouraging at times. However, it's not impossible. Whether you are looking for a positive outlook on life, wanting to change your diet and eat nutritious foods or you need a new workout plan, our Ultimate Guide to a Healthy Lifestyle discusses different ways you can find a healthier and happier life. Let us help you find a plan that fits your lifestyle needs.

- Identify the bad or unhealthy habits in your life that you want to change.
- Hold yourself accountable for making those changes.
- Remove the negative triggers in your life.
- Believe that you can change.
- Know that it will take time and you might have setbacks. Make a plan with goals and take baby steps.

### **Important healthy habits in healthy lifestyle**

1. Regular exercise
2. Healthy diet
3. Positive attitude
4. Good sleep
5. Early wakeup
6. Meditation
7. Periodical body checkup and medication
8. Work smarter not too hard
9. Understand our body and mind
10. Create happiness

### **Physical Health & Mental Health**





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Physical health and mental health are strongly connected. Taking care of your physical health is scientifically shown to improve mental wellbeing, and vice versa. If one declines, the other can be affected too.

Mental health is the level of psychological well-being or an absence of mental illness. It is the state of someone who is "functioning at a satisfactory level of emotional and behavioral adjustment".

Physical health is the ability of an individual to perform his\her daily task or physical needs without undue fatigue

Mental and physical health is fundamentally linked. There are multiple associations between mental health and chronic physical conditions that significantly impact people's quality of life, demands on health care and other publicly funded services, and generate consequences to society. The World Health Organization (WHO) defines: health as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The WHO states that "there is no health without mental health."

Nowhere is the relationship between mental and physical health more evident than in the area of chronic conditions. The associations between mental and physical health are:

1. Poor mental health is a risk factor for chronic physical conditions.
2. People with serious mental health conditions are at high risk of experiencing chronic physical conditions.
3. People with chronic physical conditions are at risk of developing poor mental health.

The social determinants of health impact both chronic physical conditions and mental health. Key aspects of prevention include increasing physical activity, access to nutritious foods, ensuring adequate income and fostering social inclusion and social support. This creates opportunities to enhance protective factors and reduce risk factors related to aspects of mental and physical health.

### **Components of Physical Fitness**

There are five major components related with physical fitness



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1. Speed
2. Strength
3. Endurance
4. Flexibility
5. Body Composition

### Speed

The ability of an individual to cover maximum distance or perform physical movements with limited time interval of time.

Example for speed related activities – 100 running, high knees actions...



### Strength

The ability of an individual to act or overcome the resistance with maximal or submaximal effort.

Example for strength related activities – pulling a land roller, weight lifting...





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**Endurance**

The ability of an individual to perform physical movement for a long period of time without undue fatigue.

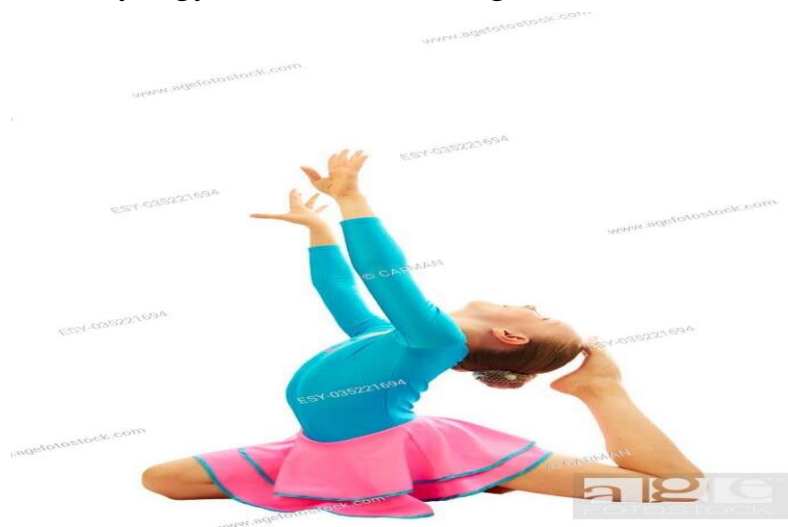
Example for endurance related activities – marathon, mountaineering....



**Flexibility**

Flexibility is the ability of a joint or series of joints to move maximum range without any muscles tension.

Example for flexibility – gymnastics, stretching



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Body composition

The amount of fat mass compared to lean muscle mass, bone and organs in human body.

Example for perfect body composition – body builders, athletic type body...

