



A STUDY ON PHYSICAL, HEALTH AND ENVIRONMENT

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ABSTRACT Physical fitness is a general 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, physical activity, and sufficient rest. Physical health has many components which includes exercise, nutrition, sleep, alcohol, drugs and weight management. Exercise is the act of using your muscles to stay physically fit. Exercise helps to give you more energy, maintain weight, increase confidence and helps to battle chronic diseases. In this paper researcher has discussed the effect of environment on physical activity. It showed that it effects on muscular strength, cardiovascular strength, muscular strength, flexibility and body fat consumption.

KEYWORDS : muscular strength, cardiovascular strength, muscular strength, flexibility

INTRODUCTION

The Environment is our basic life support system and is composed of living beings, physical surroundings, and climatic conditions. It is derived from a French word, "Environ", that means "to surround". The term environment includes all biotic and abiotic entities around us. Biotic refers to the world of living organisms, where as Abiotic refers to the world of non-living elements. The Environment provides us the basic elements—air, water, food, and land which are essential for life to flourish on the Earth.

Environment means any thing that surround us. It can be living (biotic) or non-living (abiotic) things. It includes physical, chemical and other natural forces. Living things live in their environment. They constantly interact with it and adapt themselves to conditions in their environment. Living elements that an organism interacts with are known as biotic elements: animals, plants, etc. and abiotic elements are nonliving. Environment includes the living and non living things that an organism interacts with, or has an effect on it things which include air, water, sunlight etc. Studying the environment means studying the relationships among these various things. An example of interactions between non-living and living things is plants getting their minerals from the soil and making food using sunlight. Predation, an organism eating another, is an example of interaction between living things.

The environment can directly and indirectly impact on our health and wellbeing. Environmental health examines the interaction between the environment and our health. We use the following definitions of environment.

- Environmental health refers to aspects of human health (including quality of life) that are determined by physical, chemical, biological, social and psychosocial factors in the environment.
- Environment broadly includes everything external to ourselves, including the physical, natural, social and behavioral environments.
- Health is a state of complete physical, mental and social wellbeing, and is not merely the absence of disease or illness.

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The environmental importance for health:

Although the environment sustains human life, it can also cause diseases. Lack of basic necessities are significant cause of human mortality. Environmental hazards increase the risk of cancer, heart disease, asthma, and many other illnesses. Humans interact with the environment constantly. These interactions affect quality of life, years of healthy life lived, and health disparities. The World Health Organization (WHO) defines environment, as it relates to health, as "all the physical, chemical, and biological factors external to a person, and all the related behaviors". Environmental health consists of preventing or controlling disease, injury, and disability related to the interactions between people and their environment.

The Healthy People 2020 Environmental Health objectives focus on 6 themes, each of which high lights an element of environmental health:

- Outdoor air quality
- Surface and ground water quality
- Toxic substances and hazardous wastes
- Homes and communities
- Infrastructure and surveillance
- Global environmental health

Environmental health addresses all human health-related aspects of the natural environment and the built environment. Environmental health concerns include:

Air quality, including both ambient outdoor air and indoor air quality, which also comprises concerns about environmental tobacco smoke, Bio-safety, Disaster preparedness and response Environmental racism, Food safety, including in agriculture, transportation, food processing, wholesale, retail distribution and sale. Hazardous materials management, including hazardous waste management, contaminated site remediation, the prevention of leaks from under grounds to rage tanks and the prevention of hazardous materials releases to the environment and responses to emergency situations resulting from such releases.

1. Housing, including sub-standard housing apartment and the inspection of jails and prisons.

2. Childhood lead poisoning prevention.
3. Land use planning, including smart growth.
4. Liquid waste disposal, including city waste water treatment plants and on-site wastewater disposal systems, such as septic tank systems and chemical toilets.
5. Medical waste management and disposal.
6. Noise pollution control.
7. Occupational health and industrial hygiene.
8. Radiological health, including exposure to ionizing radiation from X-rays or radio-active isotopes.
9. Recreational water illness prevention, including from swimming pools, spas and ocean and fresh water bathing places.
10. Safe drinking water. We need safe, healthy and supportive environments for good health.

The environment in which we live is a major determinant of our health and wellbeing. We depend on the environment for energy and the materials needed to sustain life, such as:

- Clean air
- safe drinking water
- nutritious food
- safe places to live.

Many aspects of our environment – both built and natural environment – can impact on our health. It's important that we interpret health issues in the wider context of our environment and where we live

Fresh Air Benefit:-

Oxygen is absolutely essential for maintaining healthy brain function, growth, and healing. In fact, the brain uses about three times as much oxygen for healthy neuron function, also muscles do. The brain is extremely sensitive to decreases in oxygen levels.

There are few simple pleasures in life that feel quite as nice as stepping outside and getting a deep breath of fresh air. Science shows that going outside does more than just feel good and it can have some very surprising health benefits. Here are 5 reasons you should spend more time outside:

- It helps clear your lungs.
- It can give you more energy and mental focus.
- It lowers blood pressure and heart rate.
- It helps you heal faster.
- It can improve your digestion.

Fresh air and sunlight can help improve our well-being across multiple areas, from making us feel happier and more relaxed, to having a measurable effect on our circulatory systems, recovery time, and overall health. If you find yourself feeling stressed, tired, sluggish, or even just bloated, step outside and take a few good, deep breaths of fresh air.

Water Benefit:-

Water carries nutrients to all cells in our body and oxygen to our brain. Water allows the body to absorb and assimilate minerals, vitamins, amino acids, glucose and other substances. Water flushes out toxins and waste. Water helps to regulate body temperature.

- It helps create saliva.
- It regulates your body temperature.
- It protects your tissues, spinal cord, and joints.
- It helps excrete waste through perspiration, urination, and defecation.
- It helps maximize physical performance.
- It helps prevent constipation.
- It aids indigestion.
- It helps with nutrient absorption

Physical Health and its importance:-

Physical Health means a healthy mind and healthy body go hand in hand, fueled by good physical activity, nutrition and sleep.

The five components of physical fitness are cardiovascular endurance, muscular strength, muscular endurance, flexibility and body composition, according to fit physical health is essential to the complete health of an individual; this includes everything from overall well-being to physical fitness. It can also be defined as a state of physical well-being in which the individual is able to perform daily activities without problems.

1. Muscular Strength:-

This is the "power" that helps you to lift and carry heavy objects.

Without muscular strength, your body would be weak and unable to keep up with the demands placed up on it. The way to increase strength is to train with heavy weights, working in the 4 – 6 or 12 – 15 rep ranges. The heavier the weight, the fewer reps you should perform.

2. Muscular Endurance:-

Endurance is the ability of your muscles to perform contractions for extended periods of time. Rather than just lifting or carrying something for a few seconds, the muscles are used for minutes. The way to increase strength is to train with light weights, working in the 20 – 25 rep range. Working with lighter weight will train the muscle fibers needed for muscular endurance, and the higher rep range leads to a longer period of exercise.

3. Cardiovascular Endurance:-

Cardiovascular endurance is your body's ability to keep up with exercise like running, jogging, swimming, cycling, and anything that forces your cardiovascular system (lungs, heart, blood vessels) to work for extended periods of time. Together, the heart and lungs fuel your body with the oxygen needed by your muscles, ensuring that they have the oxygen needed for the work they are doing. The Cooper Run (running as far as possible in 12 minutes) is a test commonly used to assess cardiovascular endurance, but many trainers use the Step Test (stepping on to a platform for 5 minutes). Both are accurate measures of a subject's cardiovascular endurance.

4. Flexibility:-

Flexibility is one of the most important, yet often overlooked, components of physical fitness. Without flexibility, the muscles and joints would grow stiff and movement would be limited. Flexibility training ensures that your body can move through its entire range of motion without pain or stiffness. To test your flexibility, lean forward and try to touch your toes. Those with good flexibility will usually be able to touch their toes, while those with limited flexibility will not. The sit and reach test (sitting on the floor and reaching toward your toes) is another good way to assess your flexibility. The more flexible you are, the closer you will come to touching your toes and beyond.

5. Body Fat Composition:-

Body fat composition refers to the amount of fat on your body. For example, a 100-pound person with a 25% body fat composition will have a lean body mass of 75 pounds. To qualify as fit:

- Men must have a body fat composition lower than 17 percent
- Women must have a body fat composition lower than 24 percent
- The average man tends to have about 18 to 24 percent body fat, while the average woman has 25 to 31 percent body fat.

Objectives of controlling body fats are as follows:-

- Improve cardio-respiratory and muscular fitness.
- Decrease levels of body fat.
- Reduce symptoms of depression.
- Improve cognitive skills.
- Physical development proper growth and development, psychological development.
- Healthy environment focuses environmental efforts on recovery of ecosystem, conserving bio diversity and the natural and cultural environment, good human health,

The Importance of Physical and Mental Health:-

Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type-2 diabetes, heart disease, and reduce your risk for some cancers.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. Good physical health helps alleviate the symptoms of depression, while mental health disorders can also lead to worsened physical health. This intrinsic relationship means that staying physically healthy is extremely important.

Benefits of Physical Activity

- Improve your memory and brain function (all age groups).
- Protect against many chronic diseases.
- Aid in weight management.
- Lower blood pressure and improve heart health.
- Improve your quality of sleep.

- Reduce feelings of anxiety and depression.
- Combat cancer-related fatigue. reduce your risk of a heart attack
- have a lower blood cholesterol level
- lower the risk of type – 2 diabetes and some cancers
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalization or bed rest
- feel better—with more energy, a better mood, feel more relaxed and sleep better.

There are following factors affecting of our health.

- **Sleep** : How well and how much you sleep affects your health and performance.
- **Nutrition** : What you put in your mouth will determine how successful you are.
- **Hydration**: Water plays many roles in the human body.
- **Stress Management**: Chronic stress wreaks havoc on our health.
- It is a natural mood lifter.

Regular physical activity can relieve stress, anxiety, depression and anger. Without regular activity, your body slowly loses its strength, stamina and ability to function properly. It's like the old saying: you don't stop moving from growing old, you grow old from stopping moving. Exercise increases muscle strength, which in turn increases your ability to do other physical activities It helps keep the doctor away. Stand up when you eat your apple a day! Too much sitting and other sedentary activities can increase your risk of heart disease and stroke. One study showed that adults who watch more than 4 hours of television a day had an 80% higher risk of death from cardiovascular disease.

RESULT AND CONCLUSIONS:-

Environment and human health are so vast and difficult because of resources. It resulted as follows.

1. Environment is broadly defined to include community demography and organization.
2. Air Pollution and health is hard to quantify. It has to be extrapolated epidemiological studies and is complicated because susceptibilities vary.
3. Environment and development related health effect are becoming of increasing concentration.

Recommendation and Suggestion:-

It is recommended to Promote Physical activity in children and youth. The Physical activity is important to the overall health and wellbeing of everyone, including school-age children. Extracurricular activities for physical activity provide chances for kids and adolescents to be active and play at various skill level via structured or unstructured after and before school athletic activities. It concern world-wide, in both developing and developed countries.

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