



ORIGINAL RESEARCH PAPER

Commerce

CO-RELATION BETWEEN PHYSICAL HEALTH AND MENTAL MAKE-UP

KEY WORDS: Healthy, Relationship, Physical Activity, Schedule, Mental Health, Diseases, Interval, Walk, Workout, Health Benefits.

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ABSTRACT

It has been proved that positive effects on mental make-up in both nonclinical and clinical populations can be seen due to vigorous physical activity. Some symptoms associated with mild to moderate despair can be alleviated by exercise and physical activity. Physical activity helps in improving many other problems such as social skills, abuse programs and reduces anxiety. Research has been made regarding relationship between physical and mental health and evidence shows that improvement of mood and decrease anxiety and stress can be done by exercising for at least 30 minutes per day.

INTRODUCTION:

Physical activity and mental status holds a very prominent relationship. Since these are co-related they require equal importance and need our proper attention. Keeping it in mind we should concentrate on various factors on which they depend to keep are body and mind healthy. People should devote sometime of their schedule for physical well being and some for keeping their mind fit for upcoming situations. Our life cycle is all about time, so if you eat on time sleep on time or do exercises on time your mind will set a particular schedule and will work according to it but things not done on time becomes the culprit for destruction of your health.

WELL BEING

Very Serious mental sickness such as depression can be cured or prevented by physical activities. Ability to cope with the pressures of life in a positive way is termed as a true definition of mental health. Many at times people experience variation in their mood, sometimes stressed or anxious and sometimes happy and ready to accept everything offered by life. 30 minutes of physical activity is recommended to all the adults at a moderate intensity. Give a proper interval warm up to your body no need to do everything at a time. It helps in releasing endorphins into the blood stream. It works as your body's natural painkillers and, let you feel pleasant and active too. Muscle and heart function can also be improved by regular exercising. By physical activities heavy risks of catching any sort of diseases reduces. Psychological benefits of physical activity are:

- It helps to improve self-esteem
- It can promote positive sense of achievement
- It helps in weight controlling phenomenon
- Give opportunities for making new friends and socializing
- "Different people have different meanings of these",

Including jogging, walking, swimming, tennis, dancing, yoga, weight training, aerobics and playing sports you can also do day-to-day activities like walking the dog, playing with the kids and household chores. Also avoid lifts and take stairs as it is good for your health.

PHYSICAL ACTIVITY

Physical activity can be taken on a daily routine. It is an element which had benefited you, will benefit you in future too. 30 minutes brisk walking can be considered as a physical activity. Any sort of physical activity can be done anywhere, some of them are:

- 3.1 **AT HOME:** Work out at home is the best, safe, convenient and most comfortable. It set a good example to your kids mind that you are physically active, Buying equipment is a onetime expense and your entire family can use it. Work done at home can complete you exercise task such as:

- Walking in the garden.
- Go out for a walk after dinner and before breakfast.
- Instead of hiring someone for household work do it yourself.
- Park your car farther away from your work place so that you could walk enough.

AT OFFICE:

- Discuss project ideas by taking a walk with your co-worker.
- Attend all the phone calls while standing.
- Avoid elevators and prefer stairs.
- On business trips, stay in the hotel in which there is a fitness gym where you can work out in your free time.
- Treat your exercise schedule as another important appointment.
- Go for a walk during your lunch break.

INFLUENCE OF PHYSICAL ACTIVITY OVER HEALTH REDUCE STRESS

Try to take a walk or head to a gym on regular interval of your schedule. Physical activity benefits your health and the most common one is stress relief. Work out helps to manage physical and mental stress.

IMPROVING SELF-CONFIDENCE

Physical fitness helps to boost self esteem and develop positive self-image. It helps in elevating a person's perception of his or her attractiveness.

ENJOY OUTINGS

- To bring some more excitement into your life go out for a well scheduled workout.
- Go for an outdoor workout which suits your style like rock climbing, renting canoe or just take jog in a park or hiking.

CONCLUSION

It has been proven that regular physical activity or exercises contributes a lot to primary and secondary prevention of various never ending diseases. It is also associated with a huge risk of premature death. The volume of health status and physical activity has a graded relation as there are low risks in physically active people. Physical activity helps to improve the physical and mental health of a person. Physical activity is associated with the various health benefits in youth too. It is always suggested that more the physical activity more will be the health benefits. People should workout daily or at regular intervals to say away from chronic diseases and to bring negative into positive.

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