

## Importance of Fitness Awareness in India

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### ABSTRACT

*We often interact with more health-conscious Indians today, who watch their calorie intake and regularly partake in exercise or yoga to stay fit and healthy. It is a lifestyle we should all adapt, especially when in spite of 2/3rds of India being under 35 years of age, India is counted amongst the most unfit countries in the world. 1 of 3 Indians is classified to be medically unfit, suffering from easily preventable lifestyle diseases. The objective of this research paper is to understand the importance of fitness awareness in India and take some measures to implement programs to promote fitness.*

**Keywords:** Fitness, India, awareness, health issues, exercise, yoga

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### INTRODUCTION

A fit person can live life to its fullest extent. In your lives, physical and mental fitness is very important and people who are mentally and physically fit are less prone and suffer from disease or medical conditions [1].

#### What is Fitness?

Does fitness not only mean being physically fit, but also a person? Also the mental state. If a person is physically fit but not fit mentally, that person may not function optimally. Only when your body is physically fit can you achieve mental fitness.

#### How is Fit and Active Significant?

People who are physically fit tend to be healthier, are able to keep the desired weight, and are not prone to health problems either. A person should be engaged in physical activities in order to maintain a relaxed state of mind. A person who is physically as well as mentally fit can handle challenges and problems well [2].

#### How Can You Become More Physically Fit?

In order to become physically fit there is

need for change in life style. You need to avoid unhealthy and junk food like fried snacks, fizzy drinks, alcohol and need to incorporate fruits, greens, pulses in their diet. Eliminating all junk foods and beverages will help to detox your body. There is need for getting one selves in outdoor activities [3].

### OBJECTIVES

1. To determine the level of fitness in India
2. To know the effect of lack of fitness
3. To understand the importance of fitness
4. To take some measures to promote fitness programs.

### RESEARCH DESIGN

Research method is quantitative for this study. Scale was designed as per the objective of our study and the data is secondary which is being analysed by multiple researches done by IT companies.

### SOURCES OF DATA

Secondary data is collected through research papers, journals and articles published.

## DATA ANALYSIS

30% of the respondents follow some kind of exercise routine and 37.5% watch their diet. Out of them, however, what's clear is that women prefer dieting and men like to exercise. Across cities, 39.6% women monitor their diets regularly as compared to 35.2% of men. And, 33.2% men exercise regularly as compared to women (26.8%).

Both sexes are not informed about the benefits of fibre and gluten-free food. More than 50% of men and women think it is not important to choose food items with contain high fibre content. They don't know that it is an important part of a healthy balanced diet and can prevent heart disease, diabetes, weight problems and improve digestion. Men, 35.7%, and women, 35.9%, also don't see the importance of unsaturated fat [4–5].

## FINDINGS

1. Probiotics did not find many takers among women, with just 35.1% of them saying its important compared to 38.9% men.
2. Though enough information is available on organic food, just 36.1% women compared to 42.1% men say it is important to choose food grown without the use of pesticides.
3. At 50.7%, more men consume greens than women, a finding that was reversed when it came to chocolates. A higher percentage of women, 31.2%, preferred chocolate than men, 29.5%.
4. Fitness through yoga is the popular choice for 22.5% women as compared to 17.3% men.

## IMPLICATIONS

- Thus by this survey conducted we come to know that the people in India do not give much importance to exercise and fitness.
- Today people's life has become more sedentary hence it is more important

for everyone to have at least some kind of physical activities.

- As it is said a sound mind in sound body, so to it is necessary to be physically fit to have a healthy and well developed mind.
- It is found that women take health more lightly than men and hence they are more to infections and diseases that could be prevented.
- There is less awareness among people about healthy and balanced diet.
- Yoga is given more importance by women than men.

## CONCLUSION AND RECOMMENDATIONS

- There is a need to implement programs that emphasize on need of physical fitness.
- Physical Education and fitness should be given importance in school and colleges.
- All children must be taught the importance of fitness and should be engaged in physical activities in order for development of their brain and mental health.
- There is a need to make people understand physical fitness is not about going to gym but it is about healthy eating, having a balanced diet and healthy living by engaging in few physical activities like walking, stretching and light exercises.

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